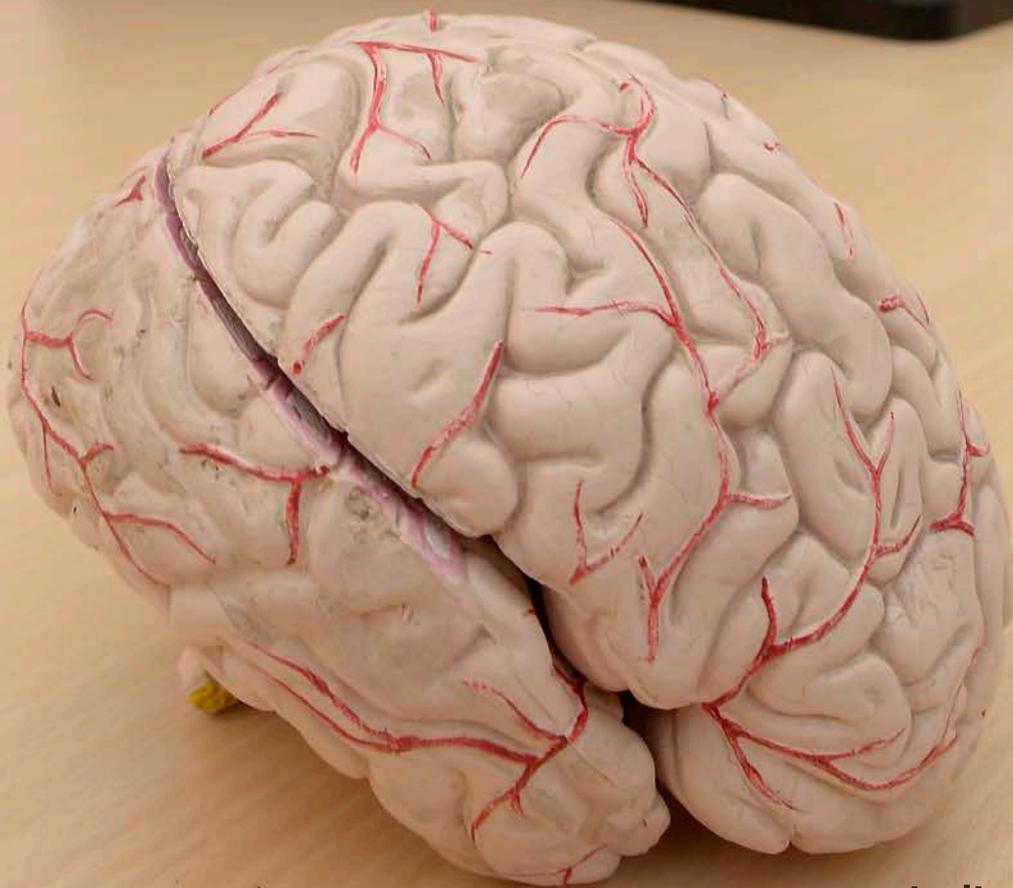




# OPLOFT<sup>®</sup>

Cognitive Research Trial





“My personal take from this experiment is that if you give people autonomy so that they decide how they work, that will somehow refresh them. Giving people some autonomy over how they work nearly always leads to better results.”

- Professor Walsh, for The Times

**Location:** University College London, Institute of Cognitive Neuroscience

**Research lead:** Vincent Walsh, Professor of Human Brain Research

**Date conducted:** 24-28 September 2018

**Participants:** 15 sedentary office workers

**Product:** Opløft Sit-Stand Platform

**Aim:**

To test potential changes in cognitive functioning of typically sedentary office workers when given the option to sit or stand.

**Method:**

Participants were asked to carry out a series of 6 well-established psychological tests at the beginning of the trial, and then again at the end. The results were then compared to measure changes in performance.



## What did we find?

The office workers achieved significantly better results in the majority of tasks after a week of using Opløft.



Decision-making skills



Concentration and vigilance



Creativity



Positivity



Verbal fluency

Professor Walsh's tests were designed to measure the following abilities:

### 1. Concentration and attention span

**Task: a visual search test inviting participants to find the odd one out.** Participants performed the task **10% faster** and **45% more accurately** after five days of Opløft use.

### 2. Decision-making

**Task: a version of the BART (balloon analogue risk test).** With Opløft use, the participants' judgement was deemed **twice as reliable**, making them **half as likely to make a critical mistake**. They also behaved less impulsively.

### 3. Improved verbal fluency

**Task: A problem-solving anagram challenge.** Participants demonstrated better language-based problem-solving skills with the use of sit-stand desks, showing a **64% improvement** from the beginning of the trial.

### 4. Positive frame of mind

**Task: An emotional stroop test** Unhappier people typically have a slower response to negatively emotional words when taking this test; however, Opløft users demonstrated a quicker reaction to negative words, suggesting a state of **happiness**.

### 5. Openness to creativity

**Task: A RAT (remote associate) test involving word association.** Participants scored **28% higher** in this creative thinking test while using Opløft, compared to when they were using static workstations.

### 6. Memory

**Task: An 'N Back' task required participants to remember a complex sequence of numbers.**

While previous studies have highlighted the physical health benefits of increased activity - such as reduced risk of musculoskeletal disorders, obesity and cardiovascular diseases - this is the first study of its kind to look at how productivity and emotional wellbeing may be enhanced with access to sit-stand desks at work.

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Posturite Limited  
The Mill, Berwick  
East Sussex BN26 6SZ

t. +44 (0) 345 345 0010  
e. sales@posturite.co.uk

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