

THERMAL COMFORT

MENTAL HEALTH

Talking Points



Keywords: Thermal comfort, mental health, fatigue, vitality, anxiety, personal control

Mental Fatigue and Vitality

- Temperatures above the recommended threshold (78.8 degrees Fahrenheit) are correlated with an increase in mental fatigue (Yoshida 2015, Tanabe 2007)
- Worker vitality, the desire to participate in activities after work hours, decreases when subject is in thermal discomfort. As mental fatigue increases, worker vitality decreases (Akimoto 2010).

Personal Control and Anxiety

- Personal control over the thermal environment of a space has been correlated to positive psychological responses (Wagner 2006, Van Hoof 2010).
- When a patient in a hospital has the ability to control their personal environment before a procedure, the patient's anxiety significantly decreased ($t=3.85$, $P=.0002$) (Wagner 2006).
- Patients in preoperative care have been found to associate warm air with positive feelings of comfort and a significant decrease in anxiety ($t=1.87$, $P=.06$) (Wagner 2006, Fossum 2001).

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KEY REFERENCES

Review Articles

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