

# A Statistical Evaluation of Combining Human Productivity Metrics in the Indoor Environment

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## ABSTRACT

*The potential of improving human productivity by providing healthy indoor environments has been a consistent interest in the building field for decades. This research field's long-standing challenge is to measure human productivity given the complex nature of office work. Previous studies have diversified productivity metrics, allowing greater flexibility in collecting human data; however, this diversity complicates the ability to combine productivity metrics from disparate studies within a meta-analysis. This study aims to categorize existing productivity metrics and statistically assess which categories show similar behavior when used to measure the impacts of indoor environmental quality. The 106 productivity metrics compiled were grouped into six categories: neurobehavioral speed, accuracy, neurobehavioral response time, call handling time, self-reported productivity, and performance score. Then, this study set neurobehavioral speed as the baseline category given its fitness to the efficiency-based*

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28 *definition of productivity (i.e., output versus input) and conducted three statistical analyses with*  
29 *the other categories to evaluate their similarity. The results showed the categories of*  
30 *neurobehavioral response time, self-reported productivity, and call handling time had statistical*  
31 *similarity with neurobehavioral speed. This study contributes to creating a constructive research*  
32 *environment for future meta-analyses to understand which human productivity metrics can be*  
33 *combined with each other.*

34 Keywords: Indoor Environmental Quality, Productivity, Office Buildings

35  
36 **INTRODUCTION**

37  
38       Healthy building certification systems have quickly grown their project portfolios [1].  
39 This movement demonstrates the growing interest in creating healthy indoor environments in  
40 buildings, considering the value of occupants' health and productivity. From the employer's  
41 perspective, if their employees could become more productive, it would help justify the upfront  
42 refurbishment costs or additional operational costs. The cost of employees to an employer  
43 accounts for 92% of building costs, while utility bills account for only 6% [2]. This scale gap  
44 suggests a large opportunity for financial benefits by providing indoor environmental conditions  
45 that contribute to occupant productivity. Specifically, potential office worker productivity gains  
46 from improved indoor environments have been estimated at up to \$230 billion (in 2016 U.S.  
47 dollars) at the national level [3].

48       The human productivity impacts due to variations in indoor environments in office  
49 buildings has been a consistent research interest for several decades (e.g., [4]). Building  
50 systems are the main vehicle for facility managers to control the indoor environmental quality  
51 (IEQ) of their building and therefore physical comfort and well-being of the occupants.

52 Therefore, gaining the knowledge of how IEQ contributes to human productivity is important to  
53 determine which IEQ parameters to target and to what extent. For example, Gupta et al. [5]  
54 demonstrated that task performance (numerical calculation and proofreading) was impacted by  
55 air temperature and carbon dioxide (CO<sub>2</sub>) concentration, and the occupants in naturally  
56 ventilated offices had higher tolerance to IEQ variations. Kawamura et al. [6] asked human  
57 subjects to perform three-digit multiplication tasks under different IEQ conditions and showed  
58 that subjects prioritized the thermal and acoustic environments and perceived that they  
59 performed better when satisfied with IEQ. Niemelä et al. [7] used a computerized monitoring  
60 system to compute call center workers' productivity (the number of telephone communications  
61 divided by the active work time) under different IEQ conditions and found that the average  
62 productivity decreased when the air temperature exceeded 25°C.

63         Although the previous studies demonstrated the trends of human productivity under  
64 different environmental conditions, they used a variety of human productivity metrics,  
65 including office workers' task speed, reaction time, scores of cognitive performance tests, and  
66 self-reported productivity. The use of diverse human productivity categories in this research  
67 field allows flexibility in conducting individual studies, but it poses several challenges. First, each  
68 productivity metric accounts for different aspects of performance (e.g., speed, accuracy).  
69 Second, meta-analyses are often conducted in this research field (e.g., [8-11]) due to the small  
70 participant sizes in individual studies and difficulty of studying human subjects. Hence, when  
71 productivity data using different metrics are compiled, it is challenging to conduct a meaningful  
72 meta-analysis. Specifically, Seppänen et al. [12] used productivity data from literature with a  
73 wide range of metrics, from objectively reported work performance to cognitive performance

74 test scores, to create a human productivity prediction model with respect to air temperature.  
75 Even though all these metrics are important components of human productivity, they have  
76 different scales, units, and relationships to overall performance. Therefore, the results from  
77 such a model could become impracticable without careful consideration. In the end, this  
78 research aims to address the question of whether different types of human productivity metrics  
79 can be combined directly.

80 In order to tackle such challenges, this study categorized productivity metrics diversely  
81 employed in previous studies based on common attributes and units of measurement  
82 (hereinafter, these are called productivity metric categories). Then, the productivity metric  
83 categories were compared statistically using summary statistics, graphical representation, and a  
84 pairwise t-test. This approach used productivity metrics that measure the *efficiency* or *speed*  
85 (i.e., a ratio of output to input) of office work, categorized as neurobehavioral speed, as a  
86 baseline for comparing other productivity metric categories. An example of an efficiency-based  
87 productivity metric is the time it takes to complete a cognitive task, such as a visual learning  
88 module, measured in units completed per hour. Examples of other productivity metric  
89 categories are accuracy and performance score (more details in the Methodology section). If  
90 statistical similarity is found between two productivity datasets, there is some evidence  
91 supporting the ability to directly combine the productivity metrics in these categories within a  
92 human productivity meta-analysis. If there are incongruencies in the statistical behavior of two  
93 categories, it is suggested that careful consideration is needed to combine these categories in  
94 research studies. In summary, this study aims to evaluate the statistical similarity of the data

95 from various productivity metrics. In the end, this research contributes to creating a  
96 constructive research environment for future meta-analyses in this field.

97 This paper is structured as follows. The Literature Review section provides a summary of  
98 human productivity metrics used in previous studies and meta-analysis efforts on office  
99 performance influenced by IEQ. The Methodology section details the steps taken to evaluate  
100 productivity metrics in this study, including how the data from existing productivity and IEQ  
101 studies were collected, how these data were processed in preparation for a meta-analysis, and  
102 an explanation of the statistical methods used to analyze the data. The Results section presents  
103 a detailed list of literature studies compiled to support this study, the results of the statistical  
104 tests conducted, and a discussion of the findings. In the Conclusion section, the limitations and  
105 the future directions of this research are discussed.

## 106 107 **LITERATURE REVIEW**

108  
109 Office work fits in diverse contexts ranging from manufacturing-based to knowledge-  
110 based [13]. This diverse nature of office work adds complexity because many office workers  
111 conduct different types of tasks and skills on a daily basis. Ultimately, analyzing an individual  
112 office worker's productivity becomes challenging.

113 Studies tried to solve this by focusing on easily quantifiable office work or diversifying  
114 productivity metrics. For example, many field studies observed the call handling time of call  
115 center representatives [7, 14] or nurses [12], given the ease of collecting these data. In  
116 laboratory-based studies, cognitive performance tests have been widely used, given the  
117 association of cognitive function with office work. Even though this approach does not directly  
118 measure office work in a field setting, it offers a simulated situation where participants'

119 productivity can be quantified and external conditions can be controlled. The tests to measure  
120 cognitive performance include numerical calculation, typewriting, memory (e.g., word, number,  
121 image), and reasoning tests (e.g., numerical, alphabetical, conditional, spatial, etc.) [15-17].  
122 Studies have measured speed, response time, and/or accuracy as the human productivity  
123 metrics in such tests. Other studies utilized self-reported productivity, a subjective metric. The  
124 National Aeronautics and Space Administration (NASA) Task Load Index (TLX) [18] has been  
125 employed in a number of studies [19, 20]. In this index, participants report their productivity on  
126 a 20-level Likert scale (from perfect to failure). Similar questions were posed in other studies  
127 [21, 22].

128         To take a holistic perspective of office work it is important to look at a variety of  
129 productivity metrics; however, as discussed above, combining metrics may confound the results  
130 in a meta-analysis. For example, response time, speed, score, and accuracy are widely used  
131 metrics from a cognitive performance test. Each metric shows an important aspect of  
132 productivity with regard to IEQ [15], but their scales and units might not align in a way that  
133 makes them directly compatible with each other for an overarching productivity metric. As an  
134 attempt to mitigate this issue, some studies came up with new metrics to combine accuracy  
135 and response time [11, 14], normalized the values measured in each metric as a percent  
136 improvement [22], or applied weights to the different types of tasks based on their application  
137 to general office work [12, 23]. However, such attempts did not quantitatively analyze the  
138 applicability of joining the various metrics to each other.

139         This challenge has not been addressed in any previous meta-analyses. Seppänen et al.  
140 [23] collected studies that correlated ventilation rate to office productivity and created a

141 regression model. This study weighted various productivity metrics based on their relative  
142 relevance to real work using the authors' judgment. A similar approach was taken in [12]. Some  
143 studies directly combined existing data regardless of productivity metrics without discussing  
144 their compatibility [24, 25]. Another research study compiled existing regression models  
145 relating thermal comfort and air temperature to productivity decrement to recreate a model  
146 that can be adapted to various work tasks [26]. This study also did not discuss the suitability of  
147 the productivity metrics themselves to be combined directly within a single model.

148         Hence, this research aims to support future studies where human productivity data are  
149 measured with diverse metrics that are simultaneously combined to gauge the impacts of IEQ  
150 in office environments. This research will help inform which types of data should be combined  
151 and which types of data require caution before combining with other types.

## 152         **METHODOLOGY**

### 153         **Literature Collection**

154  
155         In order to collect the articles that investigated the impact of IEQ on human productivity  
156  
157 in office buildings, we leveraged literature databases like Science Direct, Wiley, and Google  
158 Scholar to identify peer-reviewed publications. In such databases, the following keywords were  
159 individually and collectively used: office, productivity, performance, cognitive score, self-  
160 reported productivity, IEQ, thermal comfort, temperature, ventilation, CO<sub>2</sub>, lighting, and  
161 horizontal illuminance. Then the title and the abstract of each study were read to see whether  
162 they aligned with the research interests. In addition, existing literature review papers and meta-  
163 analyses (e.g., [12]) were used to track down the studies in those publications to build an  
164 extensive collection of studies.  
165

166           The criteria for including a study in this literature collection were the following: (1) it  
167 measured a specific change to the IEQ parameter (such as a general retrofit to the building  
168 (e.g., [27]) was excluded); (2) it defined the productivity metric(s); and (3) it recorded the  
169 impacts. Regression results from meta-analysis studies were not included; rather, the original  
170 studies were identified and reported directly in this collection. The IEQ metrics that were most  
171 available in literature studies that looked at productivity and performance variation were CO<sub>2</sub>  
172 [28], ventilation [29], thermal comfort [30], and horizontal illuminance [31]. These IEQ metrics  
173 are easily quantifiable in buildings and cover a wide range of IEQ categories (indoor air quality,  
174 thermal comfort, and lighting). In the end, the literature collection included 32 studies.

175  
176 **Data Preprocessing**

177  
178           After compiling the literature collection, the number of data points, number of subjects,  
179 study duration, and number of unique productivity metrics were extracted. The number of data  
180 points refers to the number of unique changes in IEQ conditions multiplied by the number of  
181 productivity metrics recorded in the study. For example, if a study changed CO<sub>2</sub> levels from 600  
182 ppm to 1,000 ppm and recorded three productivity metrics at each condition, that would be  
183 three testing data points that could be analyzed individually. If the study tested three CO<sub>2</sub>  
184 conditions (e.g., 600 ppm, 1,000 ppm, and 1,500 ppm) and recorded three productivity metrics  
185 at each condition, that would be six data points (one of the CO<sub>2</sub> conditions is the baseline and  
186 the other two can be the experimental conditions). Note that the number of subjects and  
187 duration recorded refer to each data point, not the entire study. For example, if the subject  
188 population spent one week at 1,500 ppm CO<sub>2</sub> and one week at 700 ppm CO<sub>2</sub>, the duration



189 recorded would be one week (seven days) even though the entire study lasted two weeks.  
190 Studies that took place in less than one day (i.e., several hours) were recorded as one day.

191 There were a number of confounding factors (e.g., outdoor air temperature, season,  
192 acoustic conditions) that could be controlled for within studies but not between studies. It was  
193 found that studies did not consistently report all IEQ conditions when they were not the  
194 independent variables (e.g., a study varied lighting levels, but did not collect CO<sub>2</sub> or air  
195 temperature data). Therefore, the effects of different baseline IEQ and other conditions on the  
196 experimental parameters could not be included in this research.

197 Similar to the analyses in [12] and [23], it was determined to apply a weighting factor  
198 that would not completely overshadow studies with small sample sizes. Based on the judgment  
199 of the authors, weight on a scale of 1 to 10 was applied to each data point based on the  
200 number of subjects and the study duration using a simple logarithmic weighting function  
201 (Equation (1)).

$$W_n = 9 * \frac{LN(P_n * D_n)}{LN(P_{MAX} * D_{MAX})} + 1 \quad (1)$$

*W* weighting factor

*n* n<sup>th</sup> data point in the set

*D* duration of measurement (days)

*P* number of participants

*Max* maximum value in the set

202 In the literature review, some important caveats were identified in IEQ parameters. In  
203 the case of CO<sub>2</sub>, some studies found a difference in artificially introduced CO<sub>2</sub> into a space and  
204 human-produced CO<sub>2</sub>. The studies that measure both have found that artificially introduced  
205 CO<sub>2</sub> may not cause a significant decrement in productivity compared to human-produced CO<sub>2</sub>  
206 [32]. It is suggested that CO<sub>2</sub> itself is not a harmful pollutant at the levels typically found in  
207 buildings, but rather a proxy for human bioeffulents and other comorbid indoor air pollutants  
208 that are not being circulated out due to low ventilation [33]. For that reason, artificially and  
209 human-produced CO<sub>2</sub> were considered as separate IEQ parameters.

210 In the case of thermal comfort, two prominent variables were used in studies: predicted  
211 mean vote (PMV) and ambient temperature. PMV is a more holistic variable, taking into  
212 account ambient and radiant temperature, relative humidity, airflow, clothing level, and  
213 metabolic rate into its calculation. Eight of the 19 thermal comfort studies in our literature  
214 collection provide both PMV and temperature data and are included under both of these IEQ  
215 parameters. Some of these studies only gave temperature but included enough information to  
216 infer PMV. If the study included temperature and humidity values and at least a qualitative  
217 description of metabolic rate and clothing level, we calculated the PMV values using Center for  
218 the Built Environment's Thermal Comfort Tool [34].

219 For the last step of preprocessing, the productivity metrics were grouped into categories  
220 based on contextual similarity in order to strengthen the statistical analyses. For example, time  
221 to complete an addition task and time to complete a subtraction task were grouped into one  
222 category. More details on the attributes used to group metrics are included in the Results  
223 section. As noted, the approach in this research prioritized the productivity metrics interpreted

224 as *efficiency* (i.e., a ratio of input to output) for a basis of reference for comparing to other  
225 categories.

226  
227 **Analyses of Productivity Metrics**

228  
229 Before comparing the impacts of each productivity metric category, the relative  
230 productivity was calculated using Equation (2). To maintain consistency in the positive and  
231 negative orientation of the results between IEQ parameters, the criteria for “worse” and  
232 “better” IEQ conditions were determined as the following:

- 233 • The greater the CO<sub>2</sub>, the worse the IEQ.
- 234 • The greater the ventilation rate, the better the IEQ.
- 235 • The temperature farther from thermal neutral, the worse the IEQ (23°C was used for  
236 thermal neutral based on the findings of optimal temperatures for performance in other  
237 studies [11, 25, 35, 36]).
- 238 • The greater the horizontal illuminance, the better the IEQ.

239 It is set up this way to show what the productivity improvement potential is for a  
240 building that is looking to improve IEQ.

$$RP_w = (P_b - P_w) / P_w \text{ (when higher P values are considered as 'better' performance)}$$

$$RP_w = -(P_b - P_w) / P_w \text{ (when lower P values are considered as 'better' performance) (2)}$$

*RP* relative productivity improvement (%)

*P* absolute value of productivity metric (e.g., units/minute)

*w* worse IEQ condition

*b* better IEQ condition

241 If the units of *P* are considered better if they are less (e.g., number of errors, reaction  
242 time), then the value of *RP* is multiplied by -1 so that a positive value of *RP* corresponds to an  
243 improvement in productivity. If the units from the study are already in a percentage (e.g.,  
244 percent errors, percent self-reported productivity), then the difference between the  
245 percentages is used instead of the percent change.

246 Three statistical methods were used to compare the datasets: summary statistics  
247 (mean, quartiles, variance); the density of values of each dataset represented graphically; and a  
248 pairwise t-test. The summary statistics convey the characteristics of the datasets in an easily  
249 interpretable fashion, the density plots graphically represent the data and their distribution,  
250 and the t-tests provided a more definitive conclusion concerning the similarities of the datasets.

251 The R programming language was employed to process these steps. These three  
252 methods were applied to (1) each productivity metric category and (2) each category separated  
253 by IEQ parameter. Throughout the remainder of this publication, they are referred to as the  
254 first analysis and second analysis.

255 To curtail possible statistical biases, several procedures were used. The outliers from  
256 each productivity grouping are defined as less than or greater than 1.5 multiplied by the  
257 interquartile range of the data from the 25th or 75th quartile respectively and removed. In the  
258 end, 14% of the total data points were removed. In the case of the first analysis, the results  
259 could be skewed by the range of IEQ values in the studies; for example, call handling time might  
260 include more studies with worse IEQ conditions whereas performance score might look at more

261 studies with better IEQ conditions, making the productivity impacts relatively smaller. With a  
 262 large sample of studies, the odds of an entire category being skewed is reduced. In response,  
 263 for the second analysis, the data were separated by IEQ category to normalize based on change  
 264 in the IEQ parameter (e.g., the change in relative productivity per-unit decrease in CO<sub>2</sub>).  
 265 Equation (3) shows the normalization by IEQ variable.

$$NRP_w = RP_w / ABS(E_b - E_w) \quad (3)$$

*NRP* normalized relative productivity improvement (e.g., %/ppm CO<sub>2</sub>)

*RP* relative productivity improvement (%)

*E* IEQ value (e.g., ppm CO<sub>2</sub>)

*w* worse IEQ condition

*b* better IEQ condition

266 At the end of the Results section is a summary of the three methods of comparison for  
 267 each productivity metric category. In this comparison, the summary statistics and density plots  
 268 are assigned a rating on a six-point scale from very similar to very different based on qualitative  
 269 observations of the data relative to the performance of the other categories. The t-test is  
 270 assigned a rating on the same scale based on the p-value.

271  
 272 **RESULTS**

273  
 274 **Data Preprocessing**

275  
 276 Table 1 shows the data collected, attributes of the studies that were extracted and the  
 277 weights calculated using Equation (1).

278 From the literature collection, a total of 106 productivity metrics were identified and  
279 grouped based on common attributes and units of measurement into the following six  
280 categories (Table 2). This categorization allowed for a greater sample size for the comparison of  
281 productivity metrics. Neurobehavioral speed most closely aligned with the definition of  
282 efficiency-based productivity described in the Introduction section, because the units were in  
283 output (tasks completed) per input (employees' time). Call handling time was also aligned with  
284 efficiency-based productivity in terms of units (e.g., calls completed per hour), but it was kept  
285 as a separate category because it was unique to the other metrics in that it required  
286 interpersonal communication and was typically collected in field studies as opposed to  
287 laboratory studies. Neurobehavioral response time looked at small timescale (seconds or  
288 milliseconds) compared to the neurobehavioral speed metrics (minutes, hours) and does not  
289 measure any type of work output. When human productivity was measured in a testing  
290 program with a score (e.g., on a scale of 10 or 100, as determined by the test creator),  
291 regardless of the focus area, it was categorized in the performance score category. These tests  
292 included the Strategic Management Simulation (SMS) test (e.g., basic/applied/focused activity  
293 level, task orientation, crisis response information seeking/usage [59, 60]) and cognitive  
294 performance tests like digit-span memory, picture recognition, symbol-digit modalities, text  
295 typing, Tsai-Partington, creative thinking, executive function, and cognitive flexibility. Five out  
296 of the 16 studies that have performance score metrics used SMS [28, 40, 43, 45, 46].

297  
298 **Statistical Evaluation of Productivity Metric Categories**  
299

300 Table 3 shows the summary statistics of the datasets for each productivity metric  
301 category. The metrics included are the mean, variance, and quartile values after applying the  
302 weighting factors from Table 1.

303 The results indicated that neurobehavioral speed was most similar to neurobehavioral  
304 response time and somewhat similar to self-reported productivity and call handling time,  
305 considering primarily the value of the means and also looking at the percentiles and variance.  
306 Performance score was the least similar to speed, with a mean almost three times larger and a  
307 large variance. Figure 1 shows the same results graphically. The curve for performance score  
308 showed a wide distribution, skewed to the right and extending past 20% on the x-axis where  
309 the graph is cut off. Accuracy shows a very narrow distribution compared to the other  
310 categories and neurobehavioral response time, neurobehavioral speed, self-reported  
311 productivity, and call handling time were fairly similar in distribution.

312 Table 4 shows the unweighted p-value results of the pairwise t-test. The six productivity  
313 grouping datasets did not meet the heteroskedasticity assumption of an ANOVA test (Levene's  
314 test p-value  $< 2.2e^{-16}$ ) because the sample size of each group did not have equal variance.  
315 Therefore, a non-parametric pairwise t-test adjusted by the Benjamini-Hochberg with no  
316 assumption of equal variance [61] was conducted. Neurobehavioral speed did not show a  
317 significant difference (i.e., showed similarity) to call handling time, neurobehavioral response  
318 time, and self-reported productivity.

319  
320 **Statistical Evaluation of Productivity Metric Category Behavior by IEQ Parameter**

321  
322 The second analysis divided the data by IEQ metrics. Although this reduced the sample  
323 size, it gave the ability to look at per-unit changes to productivity for comparison. Horizontal

324 illuminance did not have enough data points to analyze individually and was not included in this  
325 section. Some of the productivity metric categories no longer had a robust sample size within  
326 certain IEQ metrics and those categories were omitted from the analyses and discussion. It  
327 should be noted that there are no conclusions being made in this research about the behavior  
328 of productivity metric categories within IEQ metrics; rather these observations will be compiled  
329 to draw insights about the productivity categories as a whole, outside of any specific IEQ  
330 metric.

331           Within human-produced CO<sub>2</sub>, ventilation, and PMV, the productivity category datasets  
332 did not meet the heteroskedasticity assumptions of the standard ANOVA test (Levene's test p-  
333 value < 4.6e<sup>-06</sup>, < 8.8e<sup>-05</sup>, and < 0.032 respectively). Therefore, a non-parametric pairwise t-test  
334 adjusted by the Benjamini-Hochberg method with no assumption of equal variance was  
335 conducted, just as was performed in the first analysis. Although within artificially introduced  
336 CO<sub>2</sub> and ambient temperature the productivity categories met the heteroskedasticity  
337 assumptions of the standard ANOVA test, we used the same non-parametric pairwise t-test for  
338 consistency.

339  
340 *Carbon Dioxide*

341  
342           In Table 5, for human-produced CO<sub>2</sub>, call handling time and neurobehavioral speed had  
343 similar means but dissimilar quartiles. Call handling time had a relatively small sample size for  
344 human-produced CO<sub>2</sub> and neurobehavioral response time had a small sample size in both  
345 tables. These categories were therefore excluded from the pairwise t-test and graphical  
346 representations in this section. No self-reported productivity data were identified for CO<sub>2</sub>.  
347 Accuracy and neurobehavioral response time had means very close to zero, suggesting there



348 was not a noticeable relationship between CO<sub>2</sub> and these productivity metrics. Performance  
349 score had a very large mean, suggesting it is not directly compatible with the other metrics. For  
350 artificially introduced CO<sub>2</sub>, there was also a large variance for performance scores. This means  
351 that the various metrics within the performance score category may not be compatible even  
352 with each other.

353 Figure 2 shows the density distribution plot for productivity improvement results of  
354 studies by productivity metric category and by human-introduced CO<sub>2</sub> (left) and artificially  
355 introduced CO<sub>2</sub> (right). The horizontal extents of the two plots were limited to -20 to  
356 +40%/1,000 ppm to better show the behavior of the plots around the means, even though the  
357 data of performance score extended farther. The narrow curves with a high spike signify  
358 cohesiveness in the performance impacts, whereas the flat wide curves indicate there is high  
359 variability in the results.

360 Call handling time and neurobehavioral response time were removed from Tables 7 and  
361 8 due to small sample size. Table 7 shows that performance score had low similarity to all other  
362 datasets for human-produced CO<sub>2</sub>. All other datasets for human-produced CO<sub>2</sub> and all datasets  
363 within artificially introduced CO<sub>2</sub> were similar to each other, respectively.

364  
365 *Ventilation Rate*

366  
367 Within ventilation rate, call handling time and neurobehavioral speed had similar means  
368 and similar quartiles, as shown in Table 9. Performance score had a much larger mean and  
369 percentiles than the other groupings. Call handling time and neurobehavioral response time  
370 had small sample sizes and were therefore excluded from the pairwise t-test and graph in this

371 section. Figure 3 shows that performance score had a very wide distribution compared to  
372 neurobehavioral speed, and accuracy had a slightly narrower distribution.

373 In Table 10, all the categories included showed significant differences from each other.

374  
375 *Thermal Comfort*

376  
377 In Table 11, for temperature, neurobehavioral speed aligned somewhat well with call  
378 handling time. In Table 12, for PMV, neurobehavioral speed did not align with any of the other  
379 groupings. Performance score had a negative mean, suggesting an inverse relationship to PMV.

380 Figure 4 shows the density distribution plot for productivity improvement results of  
381 studies by productivity category and by ambient temperature (left) and PMV (right).

382 Tables 13 and 14 show the results of the t-test for temperature and PMV respectively.  
383 Call handling time did not show significant similarity to accuracy or neurobehavioral response  
384 time for temperature. Accuracy did not show significant similarity to neurobehavioral response  
385 time for PMV. The remaining categories presented did not show any significant differences  
386 from each other.

387  
388 **Summary of Results and Discussion**

389  
390 Table 15 shows the summary of the results using neurobehavioral speed as a basis of  
391 reference. This table includes the statistical summary statistics (focusing on the mean as a value  
392 for comparison), a comparison through graphical observation (focusing on the distribution of  
393 data), and the pairwise t-test results. Each comparison in the table is given a rating: very similar,  
394 similar, somewhat similar, somewhat different, different, or very different. For the summary

395 statistics and graphs, these ratings are assigned qualitatively based on the results presented.  
396 For the pairwise t-test, the rating is assigned based on the p-value.

397 Artificially introduced CO<sub>2</sub>, with the exception of performance score, had minimal impact  
398 on productivity results. This could be, as other studies have suggested, because CO<sub>2</sub> is an  
399 indicator of comorbid indoor air pollutants and ventilation rate and is not a harmful pollutant  
400 itself in the concentrations typically found in buildings. The data we collected for this IEQ  
401 variable are therefore not used in the comparison of productivity metrics categories in Table  
402 15. Temperature and PMV were combined into thermal comfort for the summary because  
403 there is some overlap in the studies these data come from and because the results were  
404 generally similar.

405 Based on the summaries in Table 15, all of the p-values for call handling time,  
406 neurobehavioral response time, and self-reported productivity showed no significant  
407 differences when compared to neurobehavioral speed. In addition, the majority of qualitative  
408 ratings based on the statistical summaries and graphical comparisons for these categories were  
409 somewhat similar, similar, or very similar. The majority of the p-values for accuracy and  
410 performance score (with the exception of thermal comfort analysis) showed significant  
411 difference compared to neurobehavioral speed. In addition, the majority of the qualitative  
412 ratings are somewhat different, different, or very different.

## 413 414 **CONCLUSIONS**

415  
416 This study has analyzed human productivity metrics used to measure the impact of IEQ in  
417 office buildings. The approach taken defines productivity as an efficiency (ratio of input to  
418 output), which has paved the way for investigating each of the productivity metric categories. In

419 previous studies and meta-analyses, the absence of this analysis confused the feasibility of  
420 combining productivity metrics in meta-analyses.

421 The studies that aligned with our research interest were compiled, and each study's data  
422 points, IEQ conditions, productivity metrics, and productivity impact were extracted. The 106  
423 productivity metrics were grouped into six categories and neurobehavioral speed category was  
424 set as the baseline given its fitness to our definition of productivity. The other five categories  
425 (neurobehavioral response time, accuracy, call handling time, performance score, and self-  
426 reported productivity) were analyzed statistically. The neurobehavioral response time, self-  
427 reported productivity, and call handling time metrics were found to have statistical similarity to  
428 the baseline. Based on the results of this study, regression models from meta-analyses that  
429 incorporate performance score or accuracy metrics with other productivity categories should be  
430 scrutinized. In future studies, more care should be given to defining productivity and evaluating  
431 how studies fit into this definition, so the results of those studies are meaningful.

432 Data scarcity is a significant limitation of this research. All the categories would benefit  
433 from more data points due to the complex nature of this field and from studies with larger  
434 participant sizes and study durations. The authors note that this research is not conclusive and  
435 only suggestive of the true nature of productivity metrics given the limited data that were used  
436 for the findings. Furthermore, this research would benefit from the inclusion of more IEQ  
437 parameters, such as volatile organic compounds, particulate matter, daylight, and acoustics,  
438 given their impacts on human productivity in buildings. This would provide a larger picture of the  
439 building-occupant nexus.

440           There are a number of confounding factors that could be controlled for within studies  
441 but not between studies. For example, one study could look at the effects of CO<sub>2</sub> at 30°C and  
442 another could run the experiment at 21°C. The studies were conducted at various times of the  
443 year and in various climate zones, which can impact the indoor environment and human  
444 behavior. It is expected that, in general, the results will be similar in nature; for example,  
445 decreasing CO<sub>2</sub> at a constant 30°C will likely improve productivity if decreasing CO<sub>2</sub> by the same  
446 amount improves productivity at 21°C; however, the magnitude of this productivity  
447 improvement may be dampened or exacerbated due to the interaction of environmental  
448 parameters. Because these confounding factors are not reported consistently across studies, it is  
449 not possible to take them into consideration and still maintain a large sample size for the meta-  
450 analysis.

451           This research is applicable to productivity in general for office workers. In future  
452 research, we plan to explore how the diversity of work functions and types could be addressed  
453 to make this research more applicable to individual buildings. Different types of cognitive tasks  
454 may be more or less applicable to different types of office work. For example, a digit-span  
455 memory test may be a suitable metric for a worker who regularly exercises executive function  
456 skills but may not be applicable to a worker who relies mostly on innovation and creativity  
457 skills. In a future where there is uncertainty around return-to-work status and a potential norm  
458 of increased remote working, there is the possibility of applying research like this to remote  
459 workers to understand how the IEQ conditions of employees' homes could be creating an  
460 opportunity for employer-sponsored home improvements.

461  
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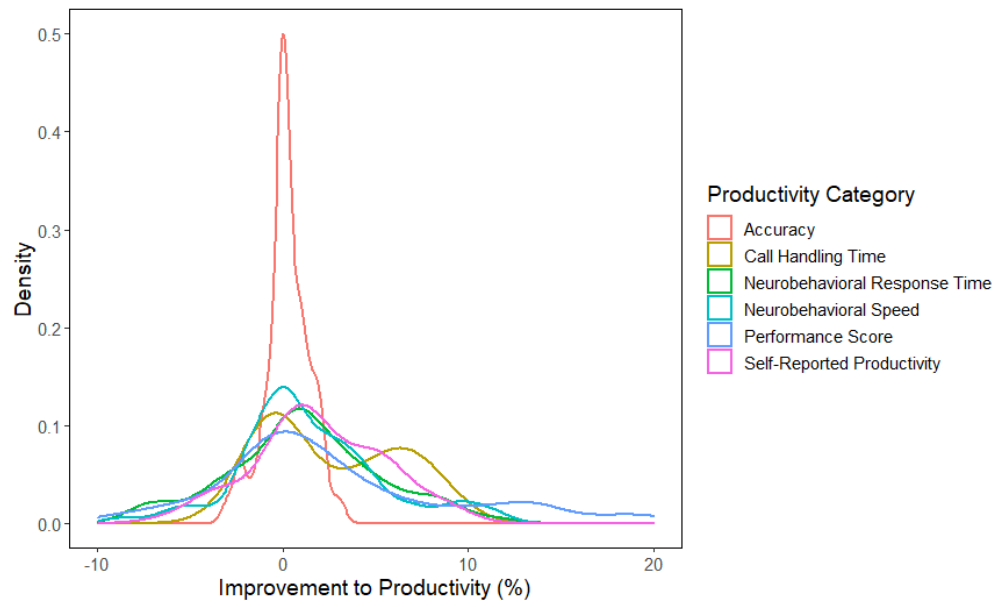
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### Figure Captions List

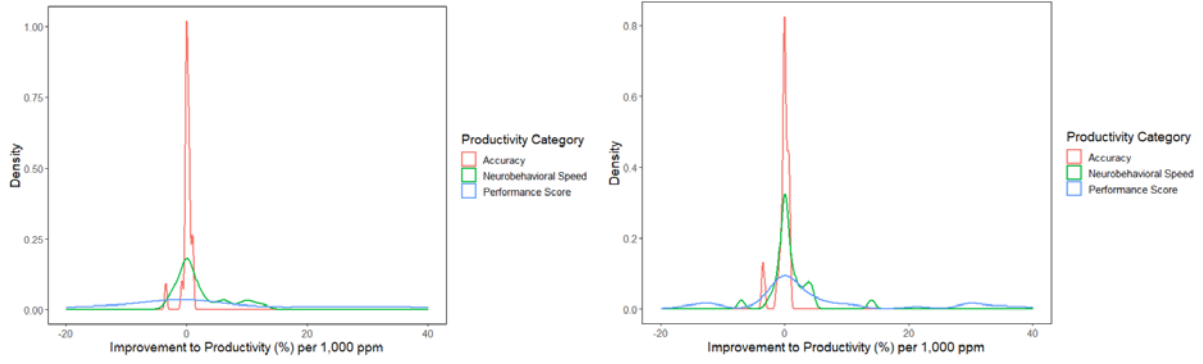
- Fig. 1 Density distribution plot for improvement by productivity category
- Fig. 2 Density distribution plot of improvement by productivity metric category for human-introduced CO<sub>2</sub> (left) and artificially introduced CO<sub>2</sub> (right)
- Fig. 3 Density distribution plot of improvement by productivity metric category for ventilation rate
- Fig. 4 Density distribution plot of improvement by productivity metric category for ambient temperature (left) and PMV (right)

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**Fig. 1** Density distribution plot for improvement by productivity category



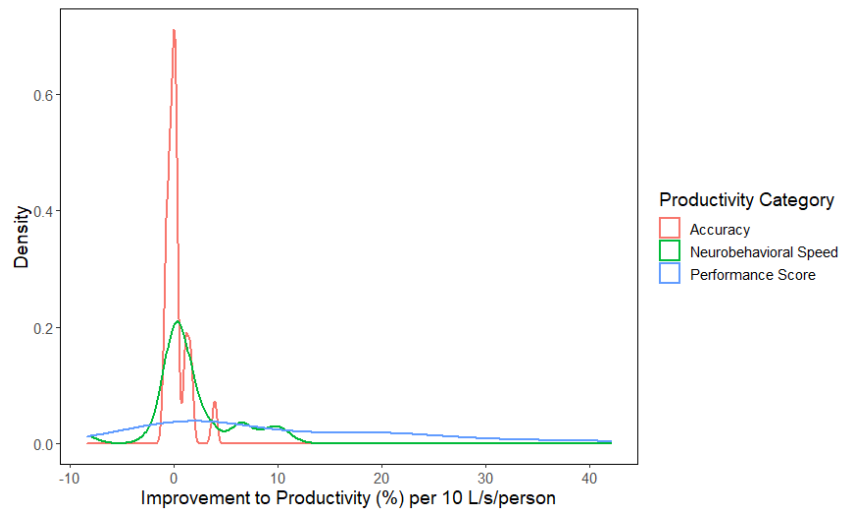
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**Fig. 2** Density distribution plot of improvement by productivity metric category for human-introduced CO<sub>2</sub> (left) and artificially introduced CO<sub>2</sub> (right)



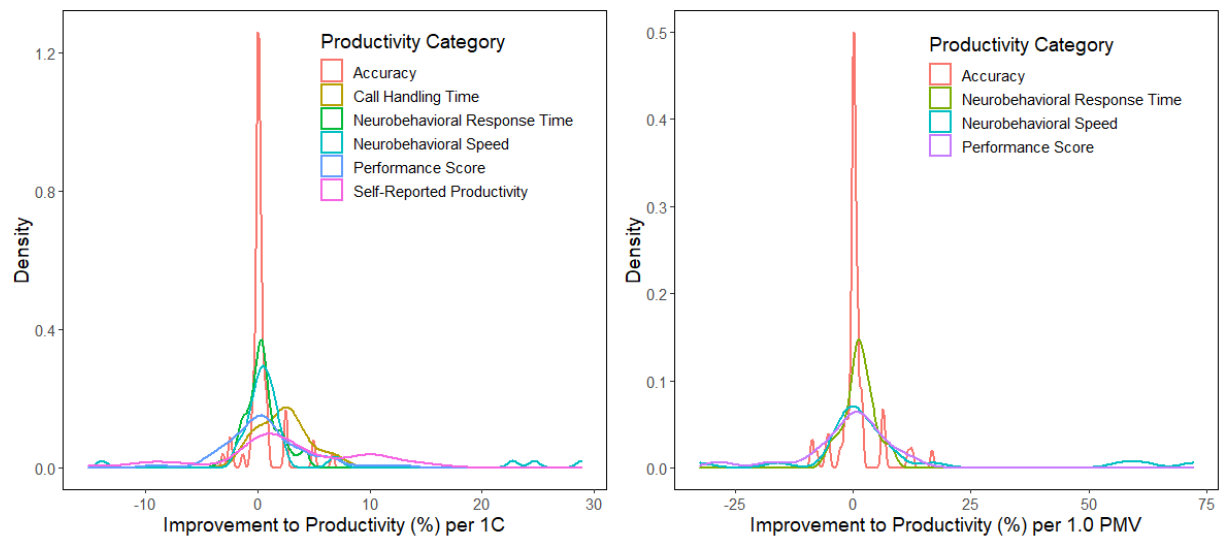
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**Fig. 3** Density distribution plot of improvement by productivity metric category for ventilation rate



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**Fig. 4** Density distribution plot of improvement by productivity metric category for ambient temperature (left) and PMV (right)

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### Table Captions List

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Table 15 Summary of results for the three methods of comparison by productivity metric category

**Table 1** List of studies comprising the literature collection and relevant details

Reference	# of subjects	Duration (days)	# of data points	# of productivity metrics	Weight					
					Human CO <sub>2</sub>	Artificial CO <sub>2</sub>	Vent. rate	Amb. Temp.	PMV	Hor. Illum.
Allen et al. [28]	24	1	27	9	3.93	3.93	3.93			
Maula et al. [37]	36	1	14	14	4.30		4.30			
Federspiel et al. [36]	290	60	3	1	10.0		10.0	10.0		
Wargocki et al. [38]	26	14	1	1	6.44		6.44			
Park and Yoon [39]	24	1	14	7	3.93		3.93			
Zhang et al. [32]	25	1	48	24	3.97	3.97	3.97			
Maddalena et al. [40]	16	1	8	8	3.56		3.56			
Kajtár et al. [41]	10	1	8	2		3.12				
Snow et al. [42]	31	1	7	7		4.17				
Satish et al. [43]	22	1	18	9		3.85				
Liu et al. [44]	12	1	21	21		3.29		3.29	3.29	
Rodeheffer et al. [45]	36	1	9	9		4.30				
Scully et al. [46]	22	2	18	9		4.49				
Wargocki et al. [47]	30	1	6	2			4.13			
Tham [48]	26		1	1			4.00	4.00		
Heschong [14]*	50	40	2	1			8.01			
Heschong [14]*	33	40	2	1				7.62		
Heschong [14]*	17	20	6	1						6.37
Humphreys and Nicol [49]	931 <sup>+</sup>	1	45	1				7.16		
Cui et al. [21]	36	1	8	2				4.30		
Geng et al. [25]	21	1	30	5				3.81		
Tanabe et al. [50]*	11	6	18	6				4.86	4.86	
Tanabe et al. [50]*	56 <sup>+</sup>	3	11	1				5.32 <sup>+</sup>		
Witterseh [51]	30		3	3				4.13		
Niemelä et al. [7]	17	30	10	1				6.75		
Berglund et al. [52]	11		15	1				3.21	3.21	
Tanabe and Nishihara [53]*	40	1	4	1				4.40	4.40	
Tanabe and Nishihara [53]*	16	1	1	1						3.56

Reference	# of subjects	Duration (days)	# of data points	# of productivity metrics	Weight					
					Human CO <sub>2</sub>	Artificial CO <sub>2</sub>	Vent. rate	Amb. Temp.	PMV	Hor. Illum.
Hedge et al. [54]	9	2	22	2				3.66	3.66	
Zhang et al. [55]	18		12	3				3.66	3.66	
Lan and Lian [15]	21	1	46	23				3.81	3.81	
Lan et al. [16]	24	1	51	17				3.93	3.93	
Lan et al. [11]	12	14	12	12				5.72		
Wyon [56]	15	10	2	1				5.62		
Wyon [57]	22	1	36	4				3.85		
Barnaby [58]	10	2	2	1						3.76

\*Studies that had different subjects/durations/metrics for different data points.

+Average value presented due to varying subject numbers for different data points.

Amb. Temp.: Ambient Temperature, Hor. Illum.: Horizontal Illuminance.

**Table 2** Details of productivity metric categories used for this study

<b>Productivity Metric Category</b>	<b>Common Attribute</b>	<b>Units</b>	<b>Sample Metrics</b>	<b>Unique Metrics</b>
Accuracy	Any type of accuracy (correct response, incorrect responses) of a test or task	Number of errors, percent correct, percent incorrect, etc.	Accuracy on reading comprehension test, accuracy on typing task, accuracy on proof-reading task, accuracy on grammatical reasoning task, etc.	30
Call Handling Time	Productivity of employees in call centers	Minutes per call, calls completed per hour	Average call handling time, average call wrap-up time, number of calls completed	3
Neurobehavioral Response Time	Time to complete fast-paced cognitive exercise	Seconds, milliseconds	Spatial image reaction time, letter search response time, visual choice response time, etc. measured in seconds typically	20
Neurobehavioral Speed	Speed or output on complex cognitive tasks	Units/minute, units/hour, characters/minute	Text typing char/hour, text typing total output, addition test units/min, attention test units/10 mins, judgment test units/min, etc.	21
Performance Score	Score on performance or cognitive test	Score out of 10, score out of 100, etc.	Score on strategy test, simulated management software score (e.g., results from the SMS [59]), concentration score, other cognitive performance tests	31
Self-Reported Productivity	Survey-based	Percent	Self-reported productivity	1
<b>Total number of metrics</b>				<b>106</b>

**Table 3** Summary statistics by productivity metric category for the first analysis

<b>Productivity Metric Category</b>	<b># of Data Points</b>	<b>25<sup>th</sup> Percentile</b>	<b>Mean</b>	<b>75<sup>th</sup> Percentile</b>	<b>Variance</b>
Accuracy	253	-0.30%	0.22%	1.00%	0.01%
Call Handling Time	33	-0.50%	2.31%	6.00%	0.12%
Neurobehavioral Response Time	140	-1.82%	1.12%	3.55%	0.16%
Neurobehavioral Speed	184	-0.56%	1.62%	3.55%	0.15%
Performance Score	242	-1.45%	4.27%	9.71%	1.77%
Self-reported productivity	61	0.00%	2.02%	5.00%	0.12%

**Table 4** p-value results of a pairwise t-test by productivity metric category for the first analysis

<b>Productivity Metric Category</b>	<b>Accuracy</b>	<b>Call Handling Time</b>	<b>Neurobehavioral Response Time</b>	<b>Neurobehavioral Speed</b>	<b>Performance Score</b>
Call Handling Time	0.002**				
Neurobehavioral Response Time	0.028*	0.071			
Neurobehavioral Speed	0.001**	0.153	0.467		
Performance Score	0.000***	0.153	0.003**	0.007**	
Self-Reported Productivity	0.002**	0.421	0.208	0.421	0.033*

\* p-value of less than 0.05; \*\* p-value of less than 0.01; \*\*\* p-value of less than 0.001

**Table 5** Summary statistics by productivity metric category for human-produced CO<sub>2</sub> in units of productivity impact (%) per 1,000 ppm

<b>Productivity Metric Category</b>	<b># of Data Points</b>	<b>25<sup>th</sup> Percentile</b>	<b>Mean</b>	<b>75<sup>th</sup> Percentile</b>	<b>Variance</b>
Accuracy	22	-0.15%	0.00%	0.39%	0.00%
Call Handling Time	4	-8.31%	2.21%	11.22%	0.00%
Neurobehavioral Response Time	10	0.00%	0.38%	0.73%	0.00%
Neurobehavioral Speed	29	-0.04%	2.04%	2.93%	0.00%
Performance Score	34	-1.42%	27.97%	44.67%	0.02%

**Table 6** Summary statistics by productivity metric category for artificially introduced CO<sub>2</sub> in units of productivity impact (%) per 1,000 ppm

<b>Productivity Metric Category</b>	<b># of Data Points</b>	<b>25<sup>th</sup> Percentile</b>	<b>Mean</b>	<b>75<sup>th</sup> Percentile</b>	<b>Variance</b>
Accuracy	27	-0.19%	-0.23%	0.46%	0.00%
Neurobehavioral Response Time	8	-2.92%	0.05%	0.63%	0.00%
Neurobehavioral Speed	29	0.00%	0.90%	1.85%	0.00%
Performance Score	58	-1.78%	113.94%	30.15%	1.88%



**Table 7** Results of pairwise t-test by productivity metric category in human-produced CO<sub>2</sub>

<b>Productivity Metric Category</b>	<b>Accuracy</b>	<b>Neurobehavioral Speed</b>
Neurobehavioral Speed	0.014*	
Performance Score	0.002**	0.002**

\* p-value of less than 0.05; \*\* p-value of less than 0.01

**Table 8** Results of pairwise t-test by productivity metric category in artificially introduced CO<sub>2</sub>

<b>Productivity Metric Category</b>	<b>Accuracy</b>	<b>Neurobehavioral Speed</b>
Neurobehavioral Speed	0.108	
Performance Score	0.073	0.073

**Table 9** Summary statistics by productivity metric category for ventilation rate in units of productivity impact per 10 Liters/second/person

<b>Productivity Metric Category</b>	<b># of Data Points</b>	<b>25<sup>th</sup> Percentile</b>	<b>Mean</b>	<b>75<sup>th</sup> Percentile</b>	<b>Variance</b>
Accuracy	23	-0.39%	0.24%	0.27%	0.00%
Call Handling Time	7	0.00%	2.21%	5.06%	0.01%
Neurobehavioral Response Time	9	-1.33%	-0.74%	0.74%	0.01%
Neurobehavioral Speed	32	-0.11%	1.72%	2.91%	0.01%
Performance Score	29	0.00%	9.54%	18.50%	0.14%

**Table 10** Results of pairwise t-test by productivity metric category in ventilation rate

<b>Productivity Metric Category</b>	<b>Accuracy</b>	<b>Neurobehavioral Speed</b>
Neurobehavioral Speed	0.042*	
Performance Score	0.001***	0.003**

\* p-value of less than 0.05; \*\* p-value of less than 0.01;  
\*\*\* p-value of less than 0.001

**Table 11** Summary statistics by productivity metric category for ambient temperature in units of productivity impact per 1°C

<b>Productivity Metric Category</b>	<b># of Data Points</b>	<b>25<sup>th</sup></b>		<b>Mean</b>	<b>75<sup>th</sup> Percentile</b>	<b>Variance</b>
		<b>Percentile</b>	<b>Mean</b>			
Accuracy	69	0.00%	0.34%	0.34%	0.45%	0.02%
Call Handling Time	16	0.00%	2.05%	2.05%	3.04%	0.05%
Neurobehavioral Response Time	61	-0.51%	0.42%	0.42%	0.90%	0.02%
Neurobehavioral Speed	43	-0.17%	1.73%	1.73%	1.34%	0.41%
Performance Score	59	-1.22%	0.68%	0.68%	2.12%	0.13%
Self-Reported Productivity	55	0.00%	2.59%	2.59%	6.25%	0.41%

**Table 12** Summary statistics by productivity metric category for PMV in units of productivity impact per 1.0 change in PMV

<b>Productivity Metric Category</b>	<b># of Data Points</b>	<b>25<sup>th</sup> Percentile</b>	<b>Mean</b>	<b>75<sup>th</sup> Percentile</b>	<b>Variance</b>
Accuracy	61	-0.27%	0.49%	0.84%	0.17%
Neurobehavioral Response Time	44	-0.03%	1.34%	3.46%	0.10%
Neurobehavioral Speed	29	-2.40%	6.42%	5.56%	4.27%
Performance Score	21	-4.63%	-1.69%	3.87%	0.86%

**Table 13** Results of pairwise t-test by productivity metric category for ambient temperature

<b>Productivity Metric Category</b>	<b>Accuracy</b>	<b>Call Handling Time</b>	<b>Neurobehavioral Response Time</b>	<b>Neurobehavioral Speed</b>	<b>Performance Score</b>
Call Handling Time	0.039*				
Neurobehavioral Response Time	0.871	0.039*			
Neurobehavioral Speed	0.242	0.871	0.255		
Performance Score	0.618	0.115	0.741	0.421	
Self-Reported Productivity	0.081	0.871	0.083	0.871	0.187

\* p-value of less than 0.05

**Table 14** Results of pairwise t-test by productivity metric category for PMV

<b>Productivity Metric Category</b>	<b>Accuracy</b>	<b>Neurobehavioral Response Time</b>	<b>Neurobehavioral Speed</b>
Neurobehavioral Response Time	0.006**		
Neurobehavioral Speed	0.218	0.457	
Performance Score	0.386	0.341	0.341

\*\* p-value of less than 0.01;



**Table 15** Summary of results for the three methods of comparison by productivity metric category

<b>Productivity Metric Category</b>	<b>Analysis</b>	<b>Statistical Summary</b>	<b>Graphical Comparison</b>	<b>Pairwise t-Test</b>
Accuracy	1 (all IEQ)	Different	Different	Different (p=0.001**)
	2 (CO <sub>2</sub> )	Different	Somewhat different	Somewhat different (p=0.014*)
	2 (Vent.)	Different	Somewhat different	Somewhat different (p=0.042*)
	2 (Thermal)	Different	Somewhat different	Similar (p=0.242/0.218)
Call Handling Time	1 (all IEQ)	Somewhat different	Somewhat similar	Similar (p=0.153)
	2 (CO <sub>2</sub> )		Low sample size	
	2 (Vent.)		Low sample size	
	2 (Thermal)	Somewhat similar	Somewhat different	Similar (p=0.871)
Neurobehavioral Response Time	1 (all IEQ)	Very similar	Very similar	Similar (p=0.467)
	2 (CO <sub>2</sub> )		Low sample size	
	2 (Vent.)		Low sample size	
	2 (Thermal)	Somewhat different	Similar	Similar (p=0.255/0.457)
Neurobehavioral Speed			Baseline for comparison	
Performance Score	1 (all IEQ)	Very different	Somewhat different	Different (p=0.007**)
	2 (CO <sub>2</sub> )	Very different	Different	Different (p=0.002**)
	2 (Vent.)	Very different	Very different	Different (p=0.003**)
	2 (Thermal)	Different	Similar	Similar (p=0.421/0.341)
Self-Reported Productivity	1 (all IEQ)	Somewhat similar	Somewhat similar	Similar (p=0.421)
	2 (CO <sub>2</sub> )		No data	
	2 (Vent.)		No data	
	2 (Thermal)	Somewhat different	Somewhat similar	Similar (p=0.871)

Significant differences: \* p-value of less than 0.05 (somewhat different); \*\* p-value of less than 0.01 (different); \*\*\* p-value of less than 0.001 (very different)