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CHRONOTYPE-SPECIFIC ADJUSTMENT TO SHIFT WORK OF CONTACT CENTER
AGENTS IN THE PHILIPPINES-PHASE 1, PROJECT 1: CHRONOTYPE
SURVEY OF FILIPINO NON-SHIFT WORKERS

The PhilSHIFT Research Group under the University of the Philippines-Center for Integrative and Development Studies (UP-CIDS) will implement the project entitled *Chronotype-Specific Adjustment to Shift Work of Contact Center Agents in the Philippines-Phase 1, Project 1: Chronotype Survey of Filipino Non-Shift Workers*.

The Project aims to build a database of chronotypes (biological clock types) of Filipino workers working on a regular daytime schedule/shift. This database will be a crucial reference for PhilSHIFT's future studies of Filipino shift workers that will influence development of policies and programs appropriate to their work situation.

The PhilSHIFT research team shall coordinate with the institution to schedule a research visit for their Philippine Munich Chronotype (PhilMCTQ) survey. This visit shall include an orientation on PhilSHIFT, its objectives, and initiatives, and eventually the conduct of interviews with and among the willing employees and constituents. The results of the 10-15 minute interview shall be electronically mailed to each of the respondent.

More information may be inquired from any of the following:

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