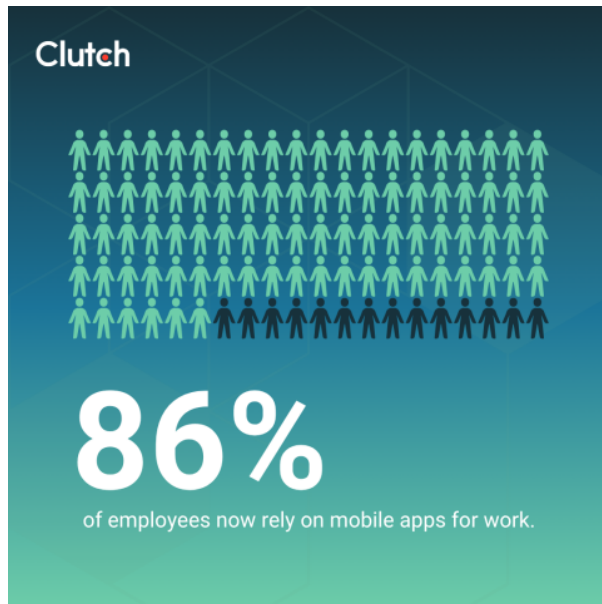


Survey Shows Mobile Apps Are Reshaping the Workday and Blurring Boundaries Between Work and Home

November 20, 2025



Mobile apps have become central to the modern working day, but their growing use is eroding the boundary between professional and personal time, according to a [new Clutch survey of 500 full-time employees](#).

The research found that **86% of employees use mobile apps for work**, primarily for communication and collaboration within project management software. Yet this flexibility comes at a cost. **Eighty-nine percent check work apps after hours** and **66% complete tasks outside contracted time**, making it harder to switch off.

“Mobile apps give workers freedom to manage tasks from anywhere but they also make it harder to fully step away,” said Hannah Hicklen, Clutch analyst who manages content around tech. “This constant connectivity can contribute to stress and burnout.”

Despite these pressures, sentiment remains broadly positive. **Two-thirds of respondents (67%)** said mobile apps improve their working experience, with flexibility cited as the main benefit.

Security risks are also on the rise. More than half of employees (52%) use work apps on public Wi-Fi, exposing organisations to potential data breaches. In response, **81% of businesses have introduced mobile security policies**, including multi-factor authentication (74%), mandatory device updates (45%), company-issued devices (36%) and encryption (27%).

The survey found that employees using company-issued devices are **1.5 times more likely to view their apps positively**, suggesting that improved security and a clearer separation of personal and professional use support better user experience.

Most organisations rely on off-the-shelf apps, with **86% using tools such as Microsoft Teams, Slack, Asana and mobile email clients** for communication, project management and security. However, bespoke solutions still play an important role. **Fifty-nine percent of companies** hire specialist development firms to create custom apps for unique workflows or complex operational needs.

“As mobile reliance grows, companies must balance flexibility, employee well-being, and strong security practices,” said Hicklen.

The full report is available from [Clutch](#).