# Pitch text total

# Intro

Covid took a toll on all of us. Social distancing and mobility restrictions may have impacter our well-beingPreventing **some aspects that** constitute human freedom, it would be unsurprising that the stringent measures might have impacted societal well-being.

This is vital to understand, because happiness is an important indicator of societal well-being, such as for productivity and mental-health. Our aim is to generate insights to support policy makers with data-driven information to make informed decisions in future pandemics - to understand how to strike the right balance between virus containment and societal well-being.

We therefore want to know how the stringency of Covid-measures affected happiness during the pandemic. Specifically, we aim to understand if more stringent measures decreased our happiness on a societal level or not.

* Covid was tough.
* Social distancing and mobility restrictions, particularly as they dragged on, may have led to pandemic fatigue and have impacted our well-being
* Well-being is important because personal health + productivity
* Understanding the link RESTtrictions AND well-being is important because of pandemic preparedness - how to strike the right balance between virus containment by stringency measures and ensuring well-being.
* We address this question by looking at the effect of stringency measures across countries and across the pandemic.

# Data

* We obtained data for well-being and stringency indicators for 115 countries.
* Happiness and Stringency consist of several indicators, such as freedom-to-make choices, and restrictions to movement, respectively
* Our visual output consisted of three sets of graphs, one for each year between 2020 and 2022 showing the relationship between happiness and stringency.
* To know whether any changes are due to Stringency or pre-existing differences in Happiness, we computed a pre-pandemic average for Happiness and compared this to happiness ratings for each country and year.
* This means that countries above 0 were happier during than before the pandemic and vice versa for countries where happiness is below 0.
* For stringency, higher scores equate to higher stringency measures.
* We expected to see that as stringency measures increased, happiness would decrease, especially as the pandemic dragged on.
* This is what the data shows descriptively.
* We can see a negative relationship between Happiness and Stringency, but this is statistically non-significant

# Results and Implications

***What does this mean?***

The data suggest that people were “fairly resilient” and that stringency measures did not affect people’s happiness overall over the course of the pandemic.

However, we need to be cautious about interpretation of these results. This is because the happiness ratings were collected only once a year. Given the frequent fluctuations in stringency measures especially throughout the different seasons, it could mean that some variation in happiness was missed.

Population not equal individual

***What are implications/recommendations?:***

First, onr should monitor happiness more frequently so as to assess how fluctuations in stringency affect happiness at shorter time scaes. Second, one should consider differentiat impact on vulnerable subgroups such as people living alone.

This will help being prepared for the next pandemic where prioritizing public health by implementing restrictions measures might be necessary again.

Important questions to consider with this are further: who coordinates the collection of data on such an international level and also, what indicators should constitute happiness scores? Either way, it is extremely important. WHY? 🡪 important indicator; next pandemic may not be like the last (“citation small virus” (Tedros, Reuters Artikel)?)

[*"A commitment from this generation (to a pandemic accord) is important, because it is this generation that experienced how awful a small virus could be," said Tedros.*](https://www.reuters.com/business/healthcare-pharmaceuticals/dont-delay-reforms-prepare-next-pandemic-who-chief-2023-05-22/)

Communication key?

# Discussing the project

## Challenges

* Finding a project idea -> lot’s of PPDAC-Cycles and questions how to use the data
  + Found out relatively late about this when project idea was more or less “set”
  + E.g. idea to compare happiness to pre-pandemic average
  + Found an effect for 2022 w/o comparing to pre-pandemic average
* Making the project round
  + Visualisation, Project idea, interpretation, keeping pitches short and concise
* No use of bad research practice
* Torture by Dirk and Rui

## What went well?

* Data wrangling and open source data access
* Problem-solving 🡪 continuous challenge to keep thinking about problems (and continue the PPDAC cycle)
* Insight into Data Analytics
* Good group atmosphere

Sorry, we are closed – Covid-restrictions and Happiness around the world