

Improving Programmer Productivity and Wellbeing

From Tools and Types to Cognition and Medicine

Madeline Endres, PhD Candidate, University of Michigan



Why study human-focused programming productivity?

The Range of Individual Differences in Programming Performance

Sackman (et al.), 1968

Performance Measure	Slowest Coder	Fastest Coder	Ratio
Code Hours: Algebra Problem	111	7	16:1
Code Hours: Maze Problem	50	2	25:1
Debug Hours: Algebra Problem	170	6	28:1
Debug Hours: Maze Problem	26	1	26:1

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Novice Software Developers, All Over Again

Andrew Begel

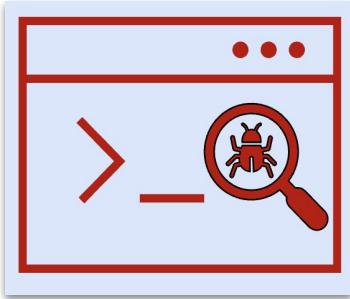
Beth Simon

A Tale of Two Cities: Software Developers Working from Home during the COVID-19 Pandemic

DENAE FORD, Microsoft Research

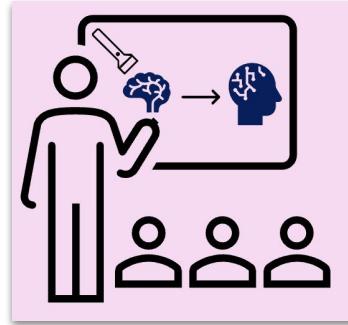
Performance Measure	Slowest Coder	Fastest Coder	Socioeconomic Status and Computer Science Achievement Spatial Ability as a Mediating Variable in a Novel Model of Understanding		
Code Hours: Algebra Problem	111	7	Miranda C. Parker	Amber Solomon	Brianna Pritchett
Code Hours: Maze Problem	50	2	Jenny T. Liang	Chenyang Yang	Brad A. Myers
Debug Hours: Algebra Problem	170	6	28:1	A Large-Scale Survey on the Usability of AI Programming Assistants: Successes and Challenges	
Debug Hours: Maze Problem	26	1	26:1	What Predicts Software Developers' Productivity? Emerson Murphy-Hill [✉] , Ciera Jaspan [✉] , Caitlin Sadowski, David Shepherd [✉] , Michael Phillips [✉] , Collin Winter, Andrea Knight, Edward Smith, and Matthew Jorde	

Developing Efficient and Usable Programming Support



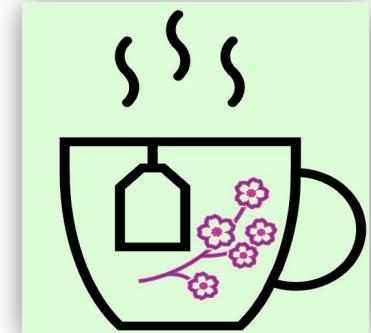
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non-traditional novices in
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Designing Effective Developer Training



Can we use **cognitive insights** to inform training and
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Understanding External Productivity Factors



How does **psychoactive substance use impact software productivity?**

Improving Programming Productivity: My Human-Focused Approach

Desired Research Attribute	Why I'm Excited (and you could be too!)
Provide <i>Theoretically-Grounded and Actionable Insights</i>	Bridging the gap between novel theoretical ideas to supporting programmers in practice leads to higher impact

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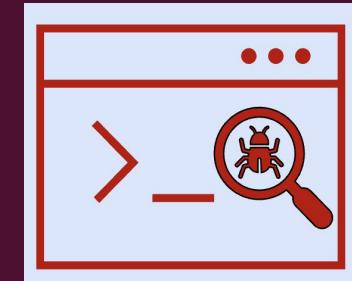
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<i>Support Diverse Developer Groups</i>	I prefer approaches that not only help programmers in general, but also help those who need the most support

SEQ2PARSE: *Neurosymbolic Parse Error Repair*

*Supporting Non-traditional Programming
Novices via a combination of Program Synthesis
and Neural Insights*



The online Python Tutor interpreter currently has 60,000 users per month

Many People Want to Learn to Code

Without traditional classroom support

GeekWire

NEWS ▾ JOBS EVENTS ▾ RESOURCES ▾ ABOUT ▾

Search

Coding bootcamps see huge enrollment increase

How do Codecademy's 45 million users learn to code?

FULL-TIME COURSES



only
1/3
took a
full-time
course

1/2

have never
taken a
university
course

ONLINE COURSES



35%

said online courses were their primary method for learning



One Such Platform: **Python Tutor**

Write code in [Python 3.11 \[newest version, latest features\]](#)

```
1 def listSum(numbers):
2     if not numbers:
3         return 0
4     else:
5         (f, rest) = numbers
6         return f + listSum(rest)
7
8 myList = (1, (2, (3, None)))
9 total = listSum(myList)
```

Python Tutor is a free online **interpreter**. It helps novices **visualize arbitrary code execution**.

Users are primarily *Novice Programmers*

Started in 2010, it has had over **150 million users from 180 countries**

[Visualize Execution](#)

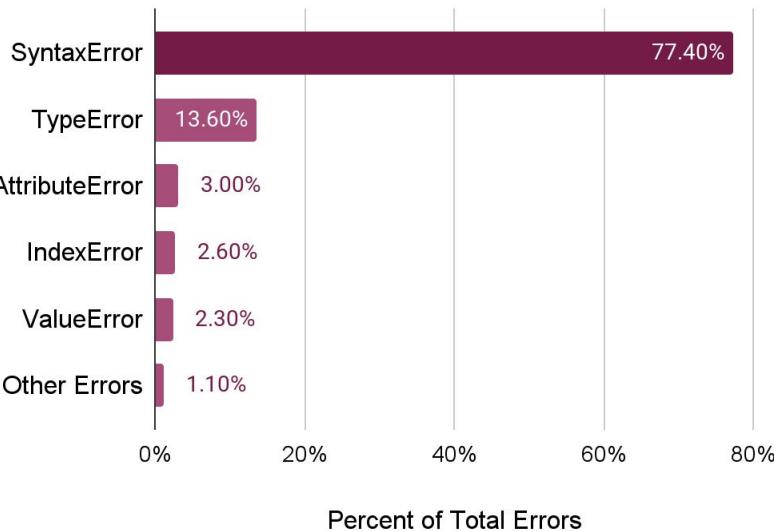
[Get AI Help](#)



What do Non-Traditional Novices Struggle with? **Parse Errors**

For Non-Traditional Novices, Parse Errors (Syntax Errors) are both **common** and **challenging**

Most Common Python Errors Faced By Novices



37% of Parse Errors take over two minutes to resolve

More complex fixes take even longer:



Fixing Parse Errors: How can we support Novices?

Goal: We want support for fixing parse errors faced by non-traditional novices that is both:

- *Effective:* can provide **helpful repairs close to the user's intent** in the majority of cases



and



- *Efficient:* Fast enough to be computed in ***real time***



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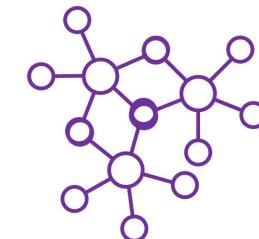


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Symbolic Approach?



Neural Approach?



Parsing Overview



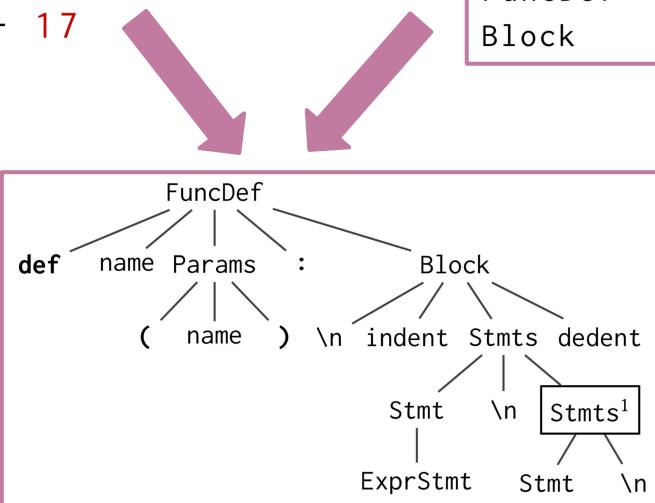
Program P

```
def foo(a):  
    return a + 42
```

```
def bar(a):  
    b = foo(a) + 17  
    return b +
```

Grammar G

S	\rightarrow Stmtss end_marker
Stmtss	\rightarrow Stmt \n Stmt \n Stmtss
Stmt	\rightarrow FuncDef ExprStmt RetStmt PassStmt ...
FuncDef	\rightarrow def name Params : Block
Block	\rightarrow \n indent Stmtss dedent



Finding Parse Errors: Fault Localization

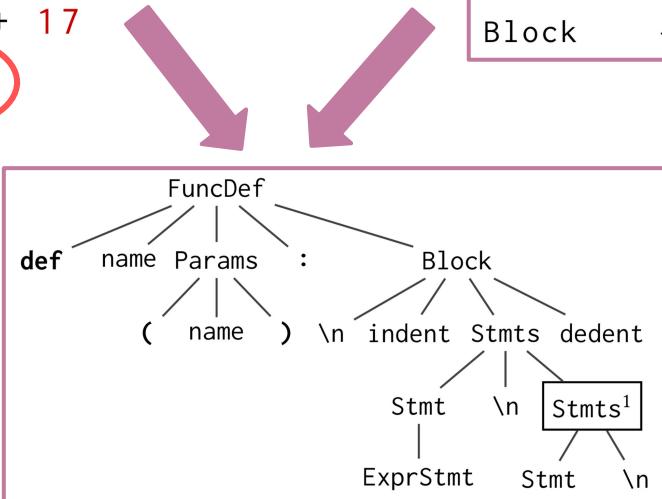


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S	$\rightarrow \text{Stmts end_marker}$
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Stmt	$\rightarrow \text{FuncDef} \mid \text{ExprStmt}$ $\mid \text{RetStmt} \mid \text{PassStmt} \mid \dots$
FuncDef	$\rightarrow \text{def name Params : Block}$
Block	$\rightarrow \backslash n \text{ indent Stmt} \text{dedent}$



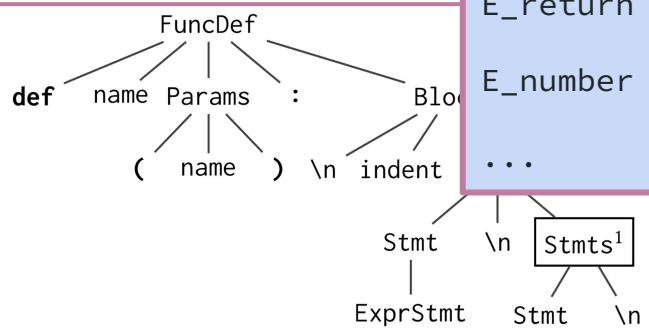
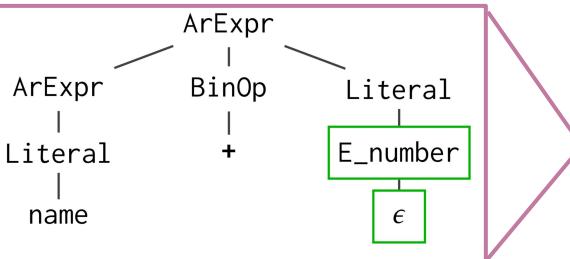
Fixing Parse Errors: Error Correcting Earley Parsers



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def foo(a):
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Stmt	$\rightarrow \text{FuncDef} \text{ExprStmt}$ $ \text{RetStmt} \text{PassStmt} \dots$
FuncDef	$\rightarrow \text{def name Params : Block}$
Block	$\rightarrow \backslash \n \text{indent} \text{Stmts dedent}$
New_S	$\rightarrow S S \text{ Insert}$
RetStmt	$\rightarrow E_{\text{return}} E_{\text{return}} \text{ Args}$
E_{return}	$\rightarrow \text{return} \epsilon \text{Replace}$ $ \text{Insert return}$
E_{number}	$\rightarrow \text{number} \epsilon \text{Replace}$ $ \text{Insert number}$
\dots	

Fixing Parse Errors: Error Correcting Earley Parsers

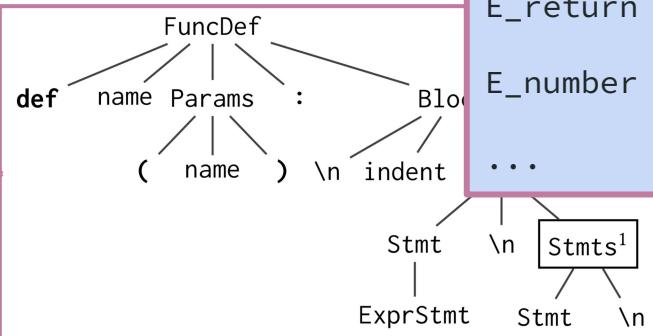
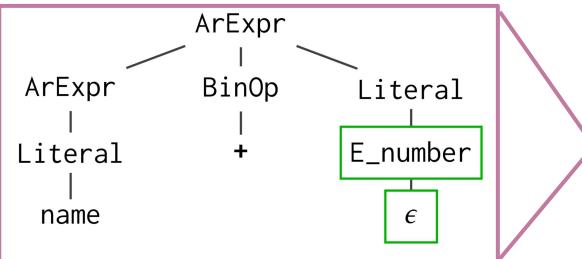


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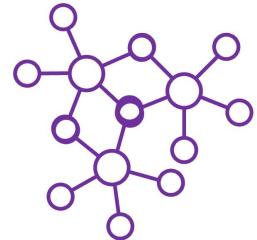
Too many rules!



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\dots	

Fixing Parse Errors: Neural Approaches



Pros:

- Sequence classifiers can be good at predicting edits or repairs **similar to human behavior**
- Once trained, neural approaches **can be efficient**

Cons:

- Generally, **no guarantees** that the response will correct (e.g., actually parse), let alone be a minimal repair
- Neural approaches can be **confused by program context** not directly related to the parse error

```
def foo(a):  
    return a + 42
```



```
def bar(a):  
    b = foo(a) + 17  
    return b +
```

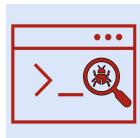
SEQ2PARSE: Key Insight

- EC-Parsers guarantee a correct fix, but are slow because **they consider too many production rules**, *the vast majority of which are not needed to fix any given error.*
- In contrast, Neural approaches are fast and leverage user patterns, but **can be inaccurate or untrustworthy** if used alone

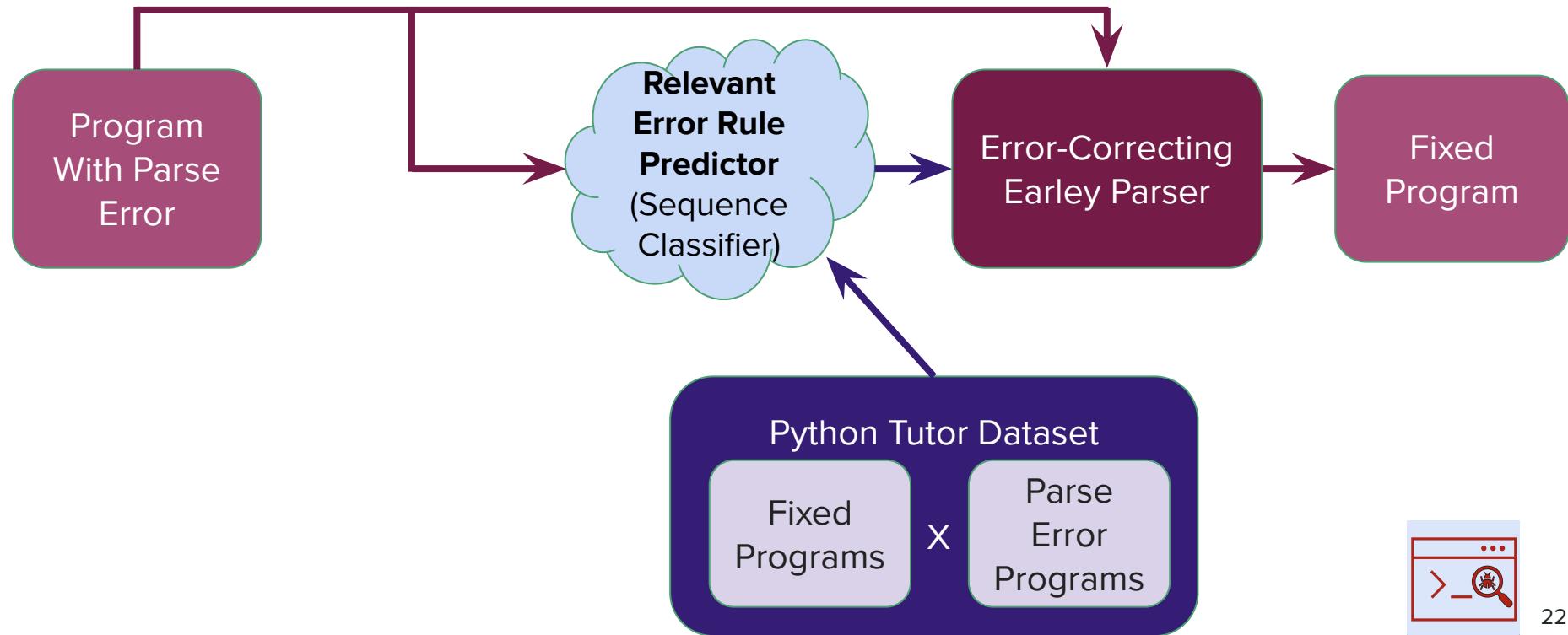
We propose to get the best of both worlds and *efficiently and accurately* suggest repairs in a **neurosymbolic fashion**:

1. Train sequence classifiers to **predict the relevant EC-rules for a given program, instead of the next token or the full fix**
2. Use the predicted rules to synthesize a Parse Error repair via EC-Parsing

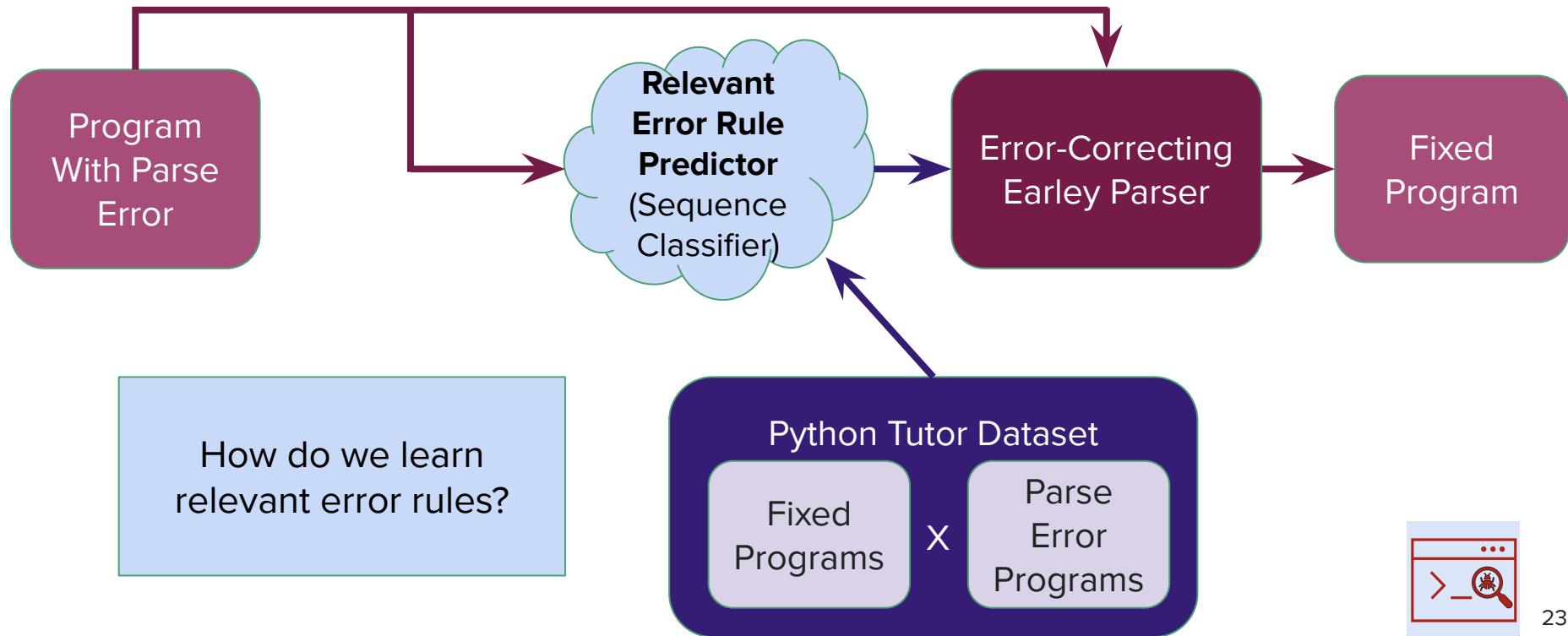
SEQ2PARSE: Efficient Fixes for Novice Parse Errors



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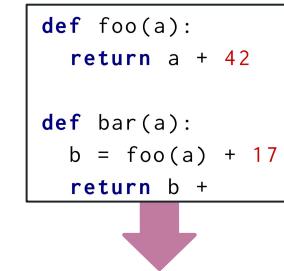
SEQ2PARSE: Efficient Fixes for Novice Parse Errors



Additional Considerations for Learning EC-Production Rules

III-parsed Program Representation for Learning:

- *Problem:* Predicting relevant production rules using full buggy programs causes the model to be **confused by irrelevant program context**
- *Our Solution:* Instead of standard token strings, develop semantics for **Abstracted Token Sequences** that concentrate information relevant to a given parse error and remove confusing context



```
Stmt \n
def name Params: \n
indent Stmt \n
return Expr BinOp \n
dedent end_marker
```

Mitigating Representational Ambiguity:

- *Problem:* While needed, this abstraction adds ambiguity into what parse tree should result from any given abstracted token sequence
- *Our Solution:* Use fixed Python Tutor programs to learn a **Probabilistic Context Free Grammar** and resolve parsing ambiguities

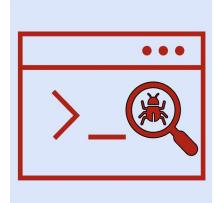


S	→ Stmt	sts	end_marker	(<i>p</i> = 100.0%)			
Stmts	→ Stmt	\n	(<i>p</i> = 38.77%)	Stmt	\n	Stmts	(<i>p</i> = 61.23%)
Stmt	→ ExprStmt	(<i>p</i> = 62.64%)	RetStmt	(<i>p</i> = 7.59%)	...		
RetStmt	→ return	(<i>p</i> = 1.61%)	return	Args	(<i>p</i> = 98.39%)		

SEQ2PARSE: Python Implementation

- Dataset: Over **One Million Buggy/Fixed Program Pairs** from Python Tutor
 - Average abstracted token sequence is 43 tokens long
 - 15,000 random programs used for evaluation, the rest for model training
- Error Rule Prediction **Model Structure:**
 - **Transformer classifier** with six blocks, each with a fully-connected hidden layer of 256 neurons and 12 attention heads, **connected to a DNN-based classifier** with two fully-connected hidden layers.
 - Trained using an Adam optimizer, a variant of stochastic gradient descent for 50 epochs.
- **Model Output: Top 20 most likely error production rules** for a given Buggy Program
 - These rules are then fed into the Error Correcting Earley Parser





Seq2Parse: Does it work? Yes!

*SEQ2PARSE can fix most
parse errors for
non-traditional novices,*

in real time

*and with the same, or
better, quality to the
novices themselves!*



Repair Rate: SEQ2PARSE can parse and repair up to **94.25%** of programs with syntax errors.

Efficiency: SEQ2PARSE can parse and repair the vast majority of the test set in under 20 seconds in a **median time of 2.1 seconds**

Quality: SEQ2PARSE generates the exact fix as the historical user up to 35% of the time! Of the remainder, SEQ2PARSE repairs are equivalent to or more useful than historical repairs 52% and 15% of the time, respectively.



Seq2Parse: Does it work? Yes!

We assess repair quality via a study with 39 programmers

Captured 527 subjective quality ratings for a corpus of 50 SEQ2PARSE / historical fix pairs
Compared the two pairs using standard statistical tests

Buggy Python Program

```
1 | shift = [(9, 2, 4), (7, 6, 9)]  
2 | for i in shift:  
3 |     for item in i:  
4 |         print(i[1])
```

Debugging Hint: Possible Fix

```
1 | shift = [(9, 2, 4), (7, 6, 9)]  
2 | for i in shift:  
3 |     for item in i:  
4 |         print(i[1])
```

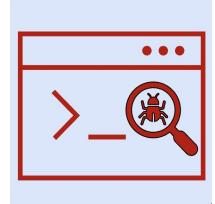
Python Error Message

```
File "program.py", line 4  
    print(i[1])  
    ^  
IndentationError: expected an indented block after 'for'  
statement on line 3
```

Questions To Answer:

1. Between 1 (not helpful) and 5 (very helpful), how **helpful** is the **Python Error Message** for debugging the program?

2. Between 1 (not helpful) and 5 (very helpful), how **helpful** is the provided **Possible Fix** for debugging the program?



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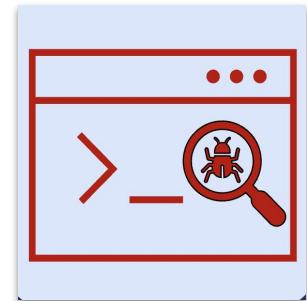
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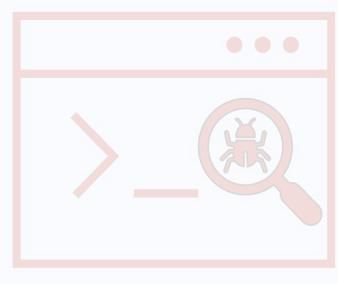
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Lens 1 – Summary: Developing Better Bug Fixing Support

- We **identified parse errors as a significant barrier** for non-traditional novices in practice
- We **proposed SEQ2PARSE**, a neurosymbolic approach to fixing parse errors
- SEQ2PARSE repairs are **accurate, efficient, and of high quality** as found in a user study with 39 participants.

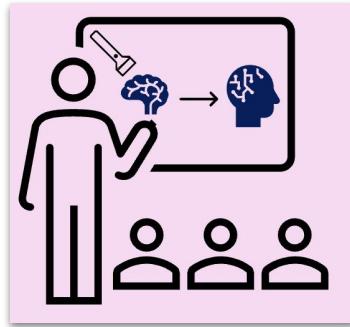


Developing Efficient and Usable Programming Support



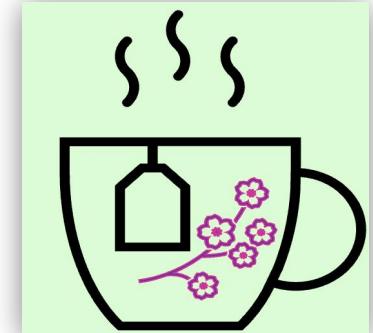
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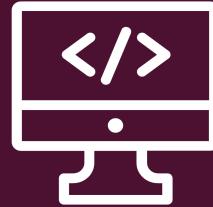
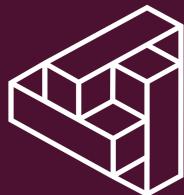


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Understanding External Productivity Factors

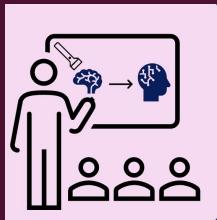
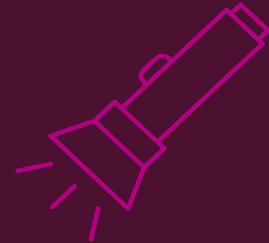


How does **psychoactive substance use impact software productivity?**



TO READ OR TO ROTATE?

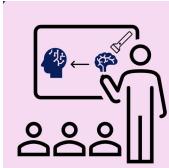
An example of how cognitive insights can inform effective programming interventions



ESEC/FSE, 2021

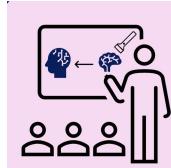
Novice programmers often struggle,
especially those students with weaker preparatory
education

This struggle may result from **insufficient preparation
in cognitive skills** necessary for programming



How can we help students?

Cognitive interventions (the supplemental training of a necessary cognitive skill) can **help underprepared students succeed in many fields**

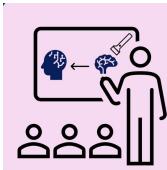


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A writing-intensive course improves biology undergraduates' perception and confidence of their abilities to read scientific literature and communicate science

Sara E. Brownell,¹ Jordan V. Price,² and Lawrence Steinman^{2,3}



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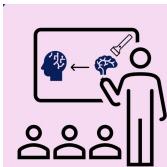
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THE EFFECTS OF ORIGAMI LESSONS ON STUDENTS' SPATIAL VISUALIZATION SKILLS AND ACHIEVEMENT LEVELS IN A SEVENTH-GRADE MATHEMATICS CLASSROOM

A Qualitative Inquiry into the Effects of Visualization
on High School Chemistry Students' Learning
Process of Molecular Structure
Susan Deratzou



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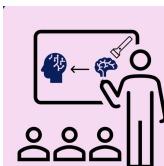
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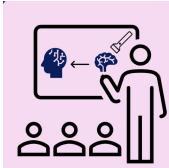
A Qualitative Inquiry into the Effects of Visualization on High School Chemistry Students' Learning

Does spatial skills instruction improve STEM outcomes? The answer is 'yes'

Sheryl Sorby^{a,*}, Norma Veurink^b, Scott Streiner^c

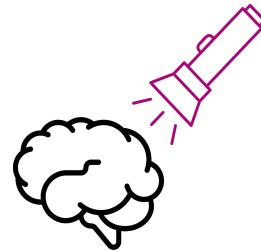
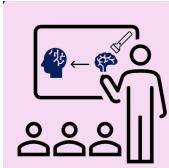


**Cognitive interventions may also help improve
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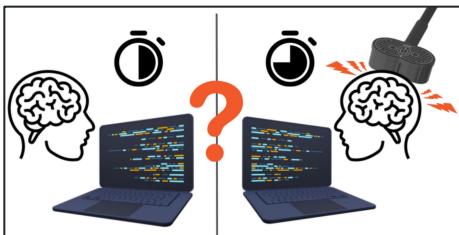


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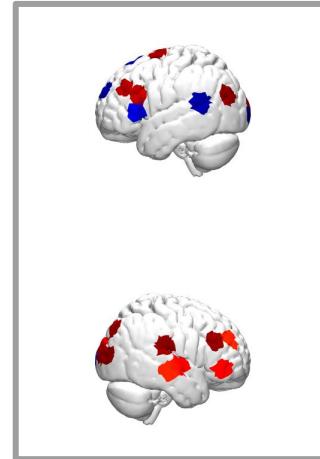
... but what cognitive skills should we target?



Objective measures of cognition

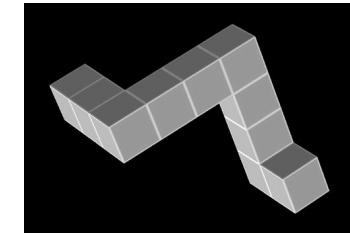


Models of Programming Cognition



Identify Relevant Cognitive Skills

Spatial Visualization



Technical Reading



Novices Reading Code



```
import json
import os
import fixTheories.factory as theory_factory

class InFix:

    def __init__(self, inFix_config, inFix_log):
        self.config = inFix_config
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    def find_fixes(self, filter=None):
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        This function finds all the fixes required by the initializing configuration
        Filter is an optional filter that says which sessions to consider
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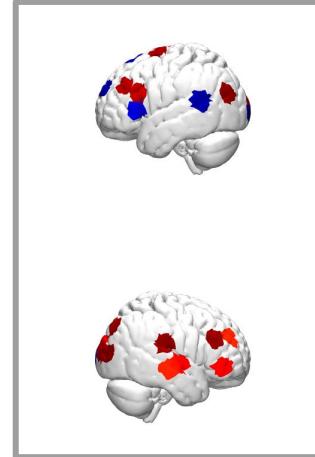
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        # Load the partial file if there is one
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            with open(self.config.partial_file, 'r') as f:
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                for line in f:
                    try:
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                            experiment_results = json.loads(next(f))
                            if len(experiment_results) == 0:
                                print("This experiment was not actually completed")
                                continue
                            to_return.append((general_config, experiment_results))
                        except StopIteration:
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                        # Make dictionary of values
                        zzz = set()
                        for config, result in to_return:
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                        theories = self.config.get_theories()
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Models of Programming Cognition



Busjahn, et al.,
2015

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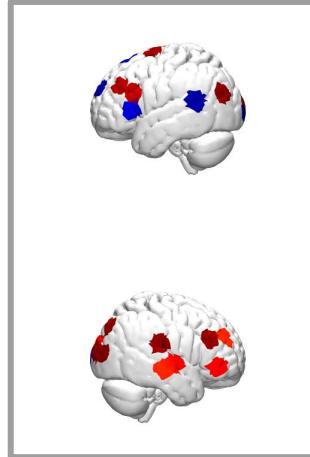
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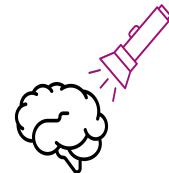
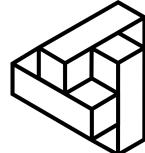
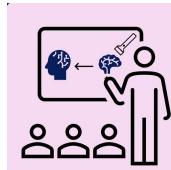
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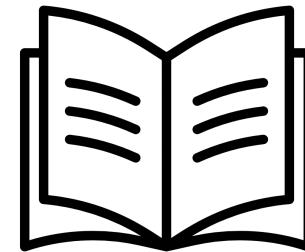
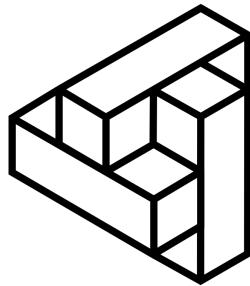
Comparing Cognitive Interventions: Overview

We present a **comparison of two supplemental cognitive trainings** for **improving CS1 programming performance**

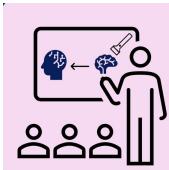
Our question: Which cognitive training **transfers more** to improved programming ability: **Spatial Reasoning Training** or **Technical Reading Training?**



A Tale of Two Cognitive Interventions



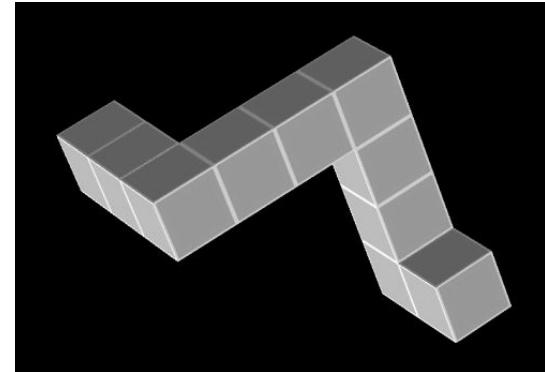
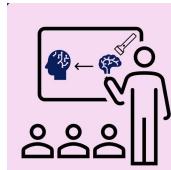
Standardized and Validated Spatial
Reasoning Training



Our Novel CS-focused Technical
Reading Training

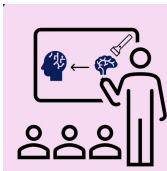
Intervention 1: Spatial Reasoning Training

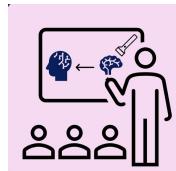
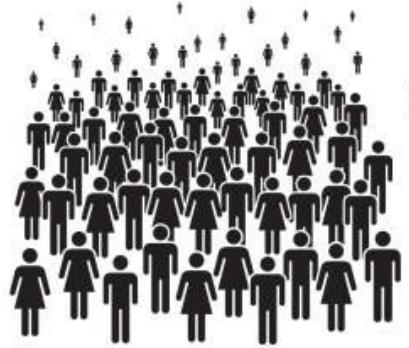
- **Spatial Reasoning** is the ability to mentally manipulate 2D and 3D shapes
- We use a **validated pre-made Spatial Reasoning Training Curriculum** developed for engineering students
 - Developed by Sorby *et al.* (2000)
- Includes sketching practice of shape rotation projection, and folding

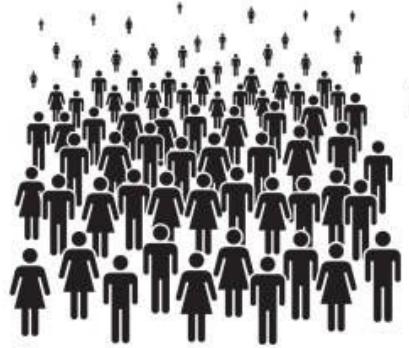


Intervention 2: Technical Reading Training

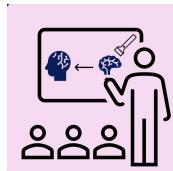
- We developed an intervention to teach **strategies** for **efficiently understanding scientific writing**
- Strategies focused on **using structural cues to scan academic papers** to retrieve and understand key points
 - Inspired by eye tracking findings: **experienced programmers tend to read code non-linearly**, focusing on high level features.

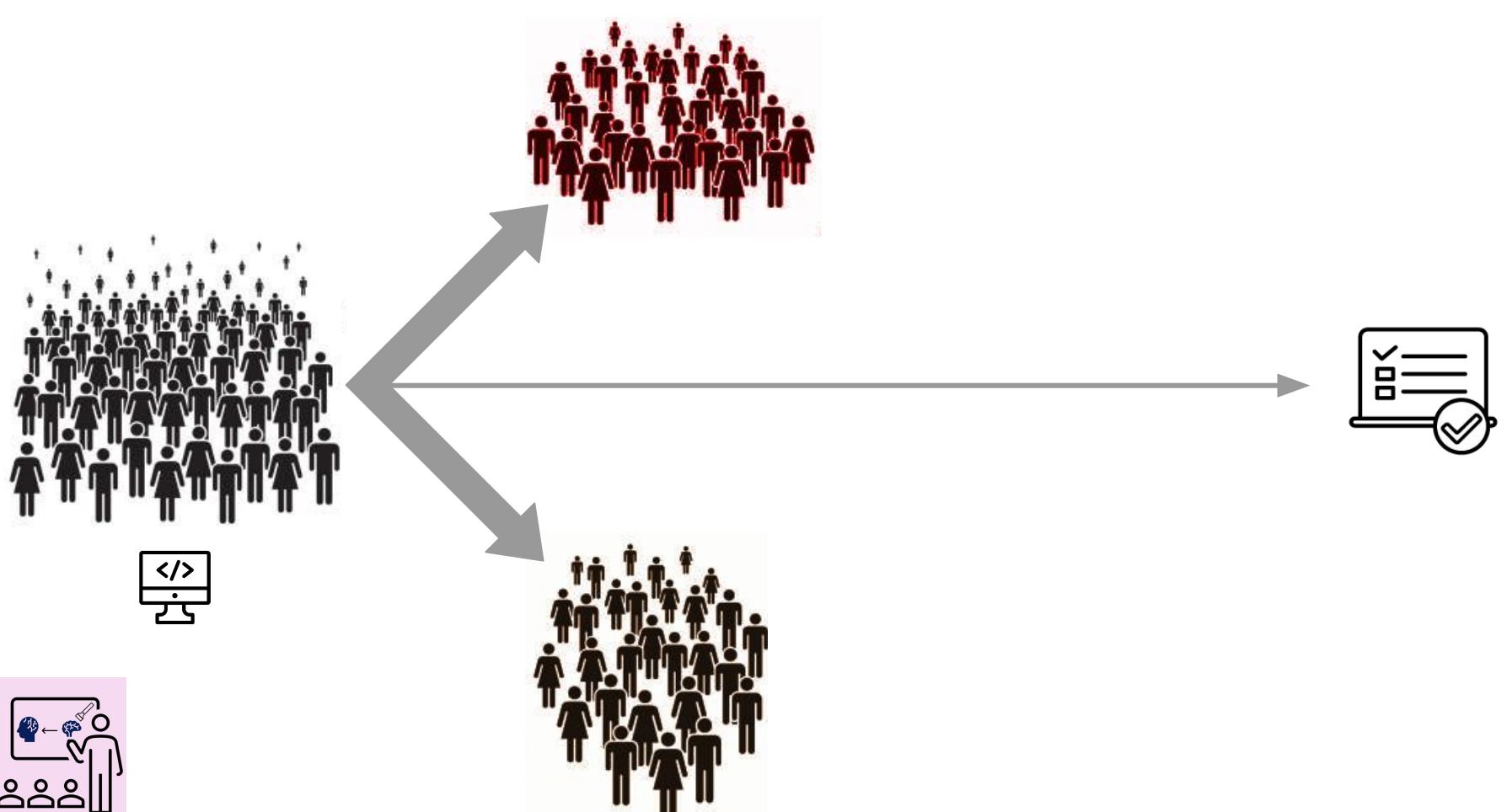


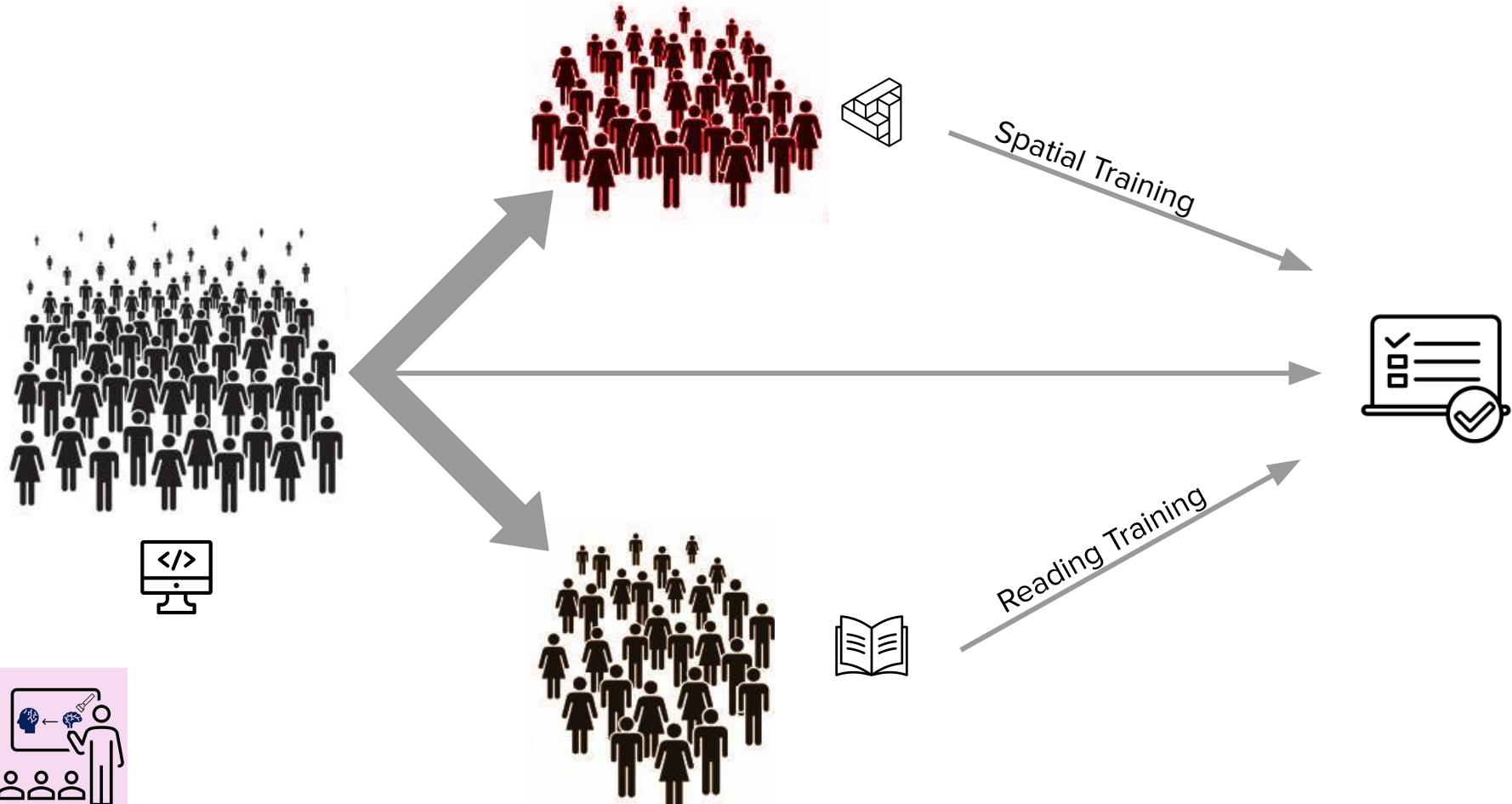


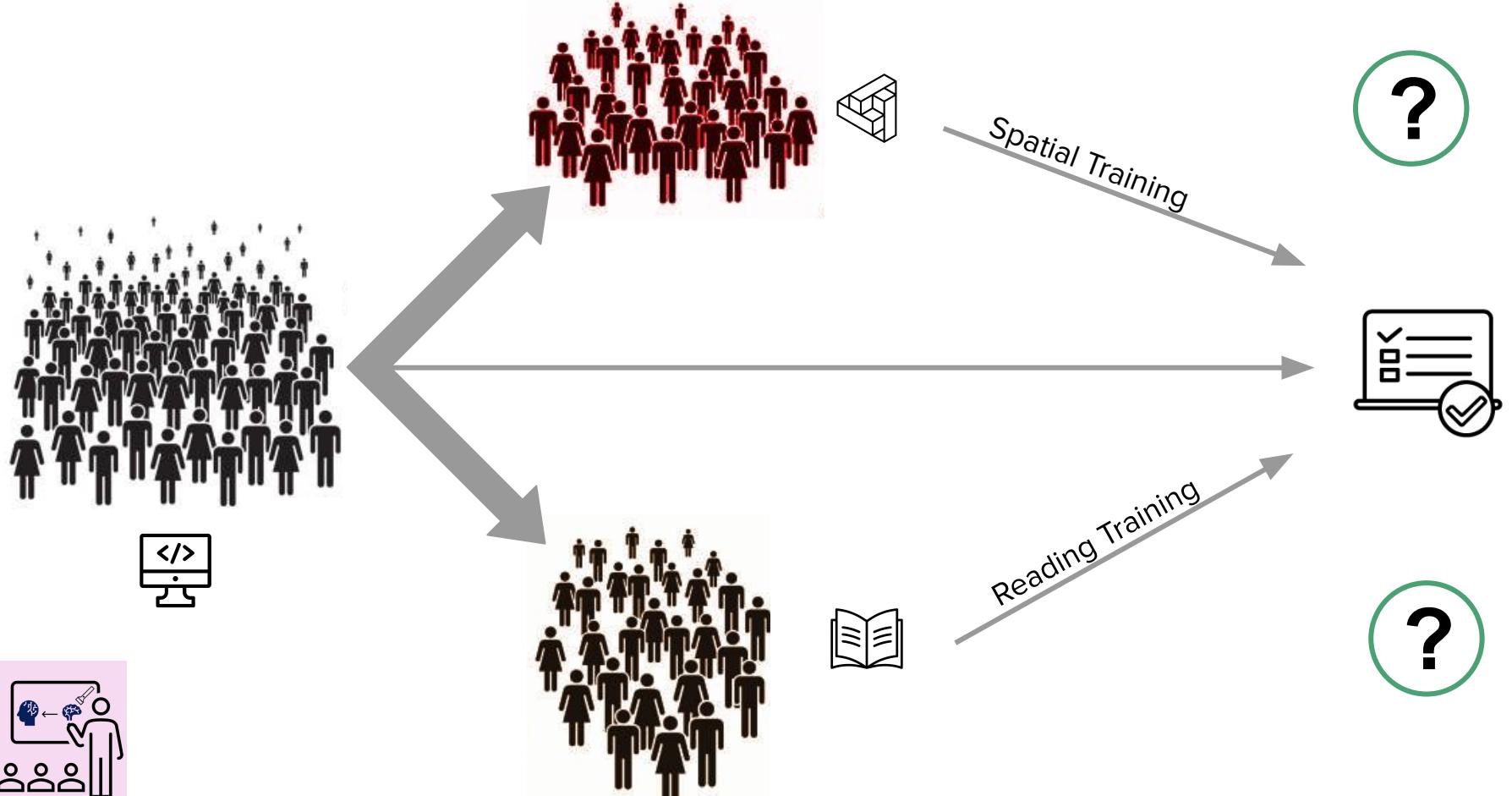


Semester CS1 Course With Final Exam



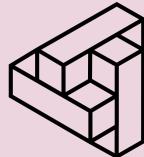




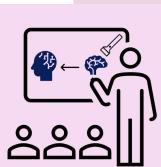


Transfer Training Results: Which Group Did Better?

Spatial Reasoning
Training



Technical Reading
Training



Transfer Training Results: Which Group Did Better?

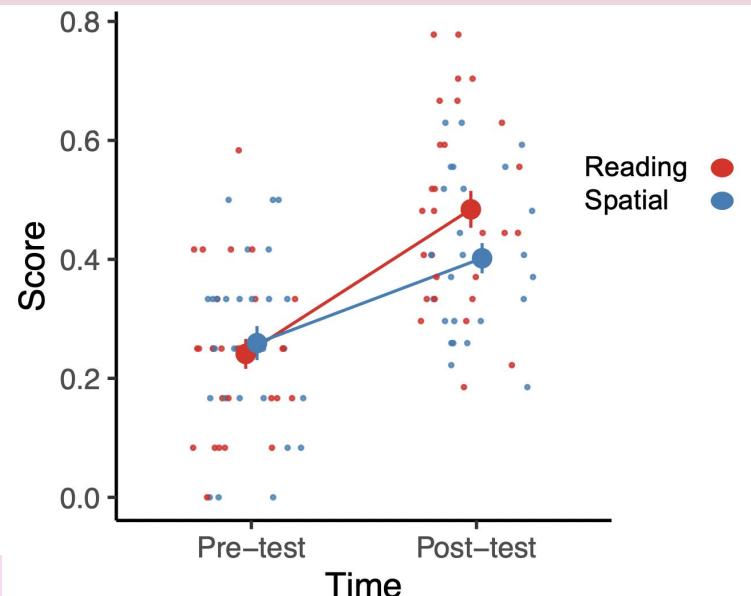
Spatial Reasoning
Training



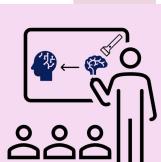
Technical Reading
Training



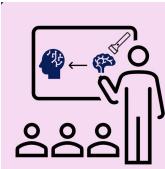
Transfer Training Results: Which Group Did Better?



Technical Reading
Training

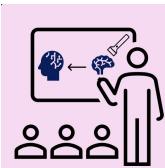


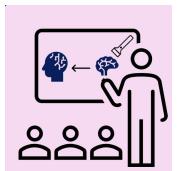
Now that we know that our Reading Training
transferred to CS1, **what programming skill** did it help?



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Our final programming assessment (the SCS1) had three types of questions: **code completion**, **definitional**, and **code tracing**

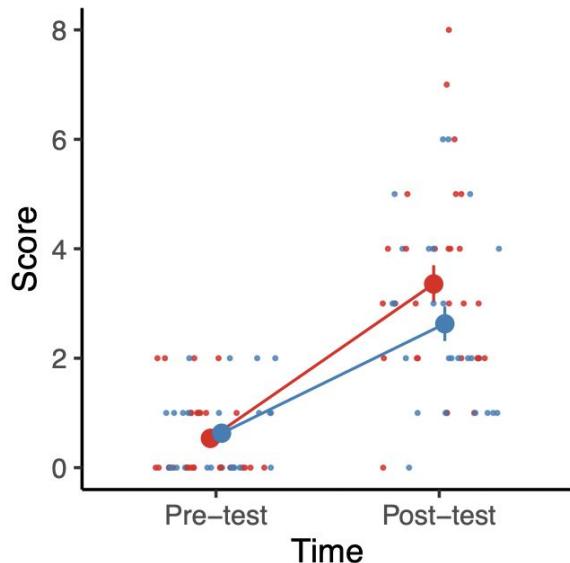




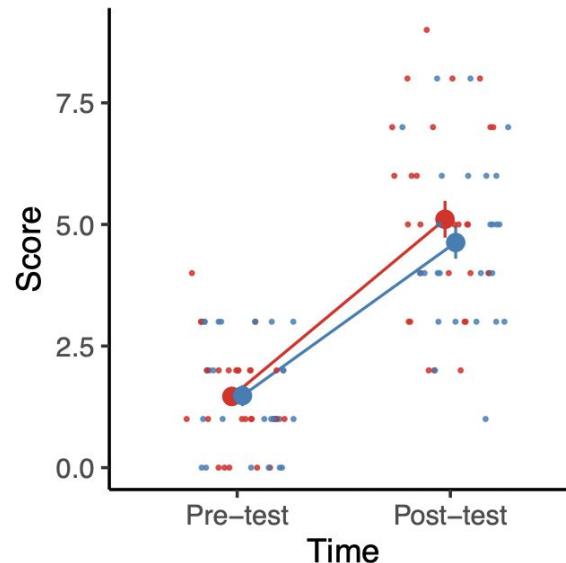
How did the Reading Training Help?

Reading ● Spatial ●

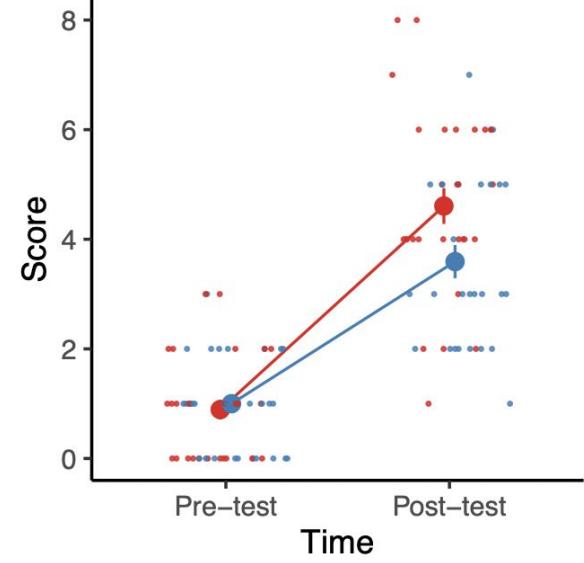
Code Completion Questions

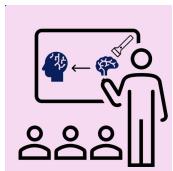


Definitional Questions

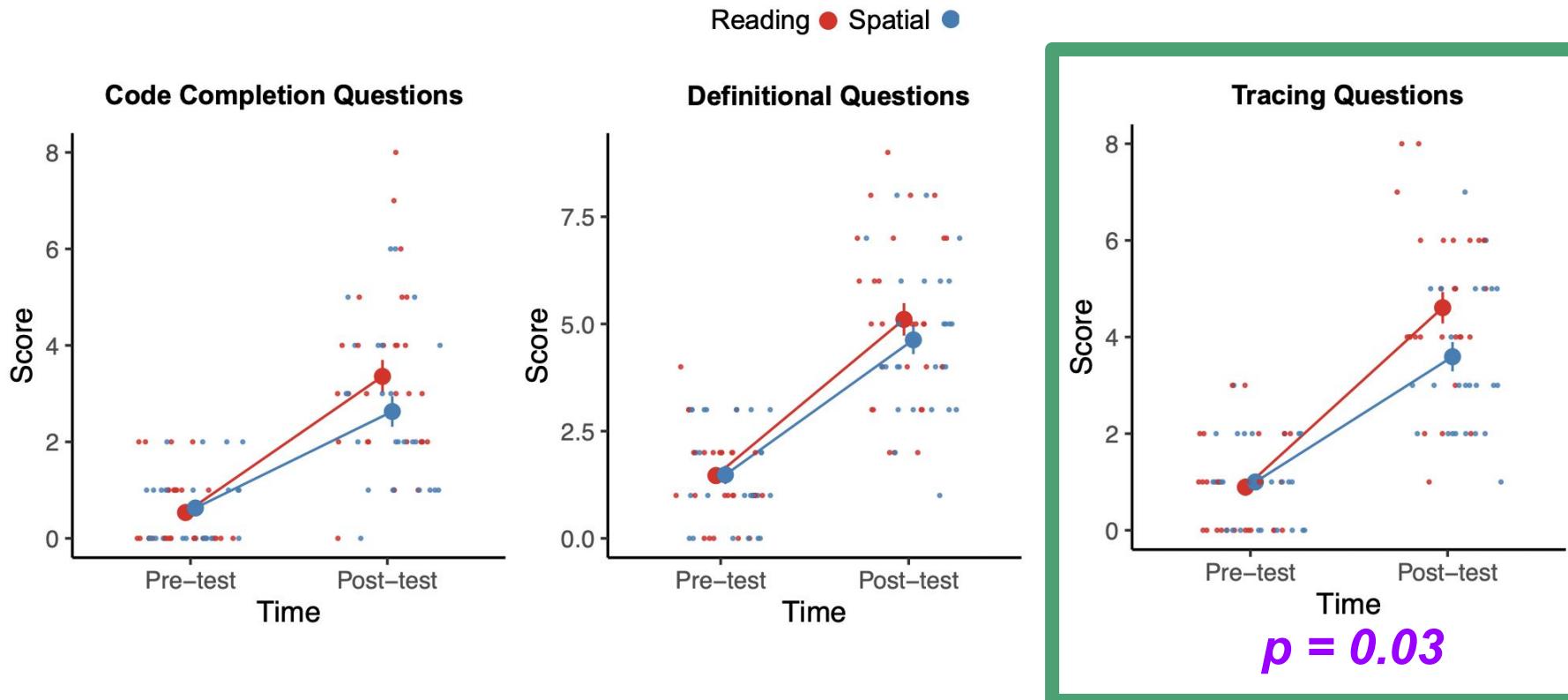


Tracing Questions

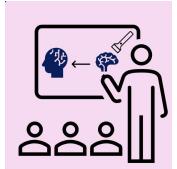




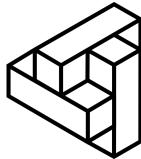
How did the Reading Training Help?



Transfer Training Results: Summary

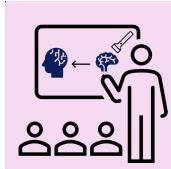


We compared the effects of **Spatial Reasoning Training** and our novel **CS-focused Technical Reading Training** on CS1 students.

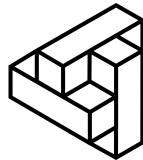


We found that **our Technical Reading Training helped programming ability more**, especially **helping novices trace through code**

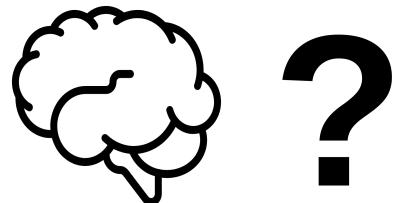
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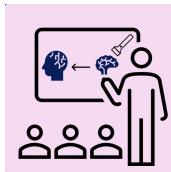
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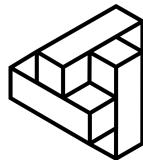
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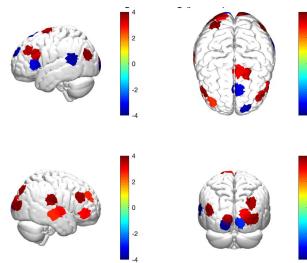
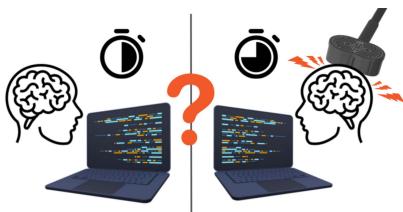
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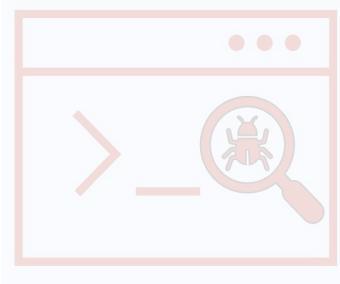
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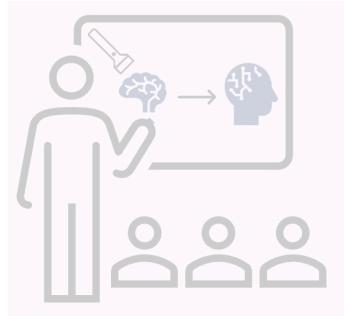


Developing Efficient and Usable Programming Support



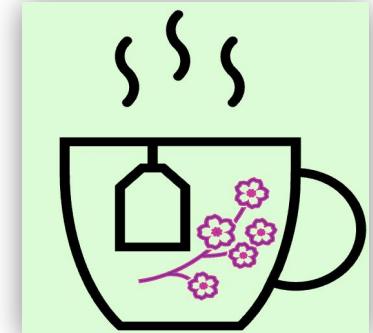
Can we support
non-traditional novices in
**writing more correct
code faster?**

Designing Effective Developer Training



Can we use **cognitive
insights** to inform training and
improve programming
outcomes?

Understanding External Productivity Factors



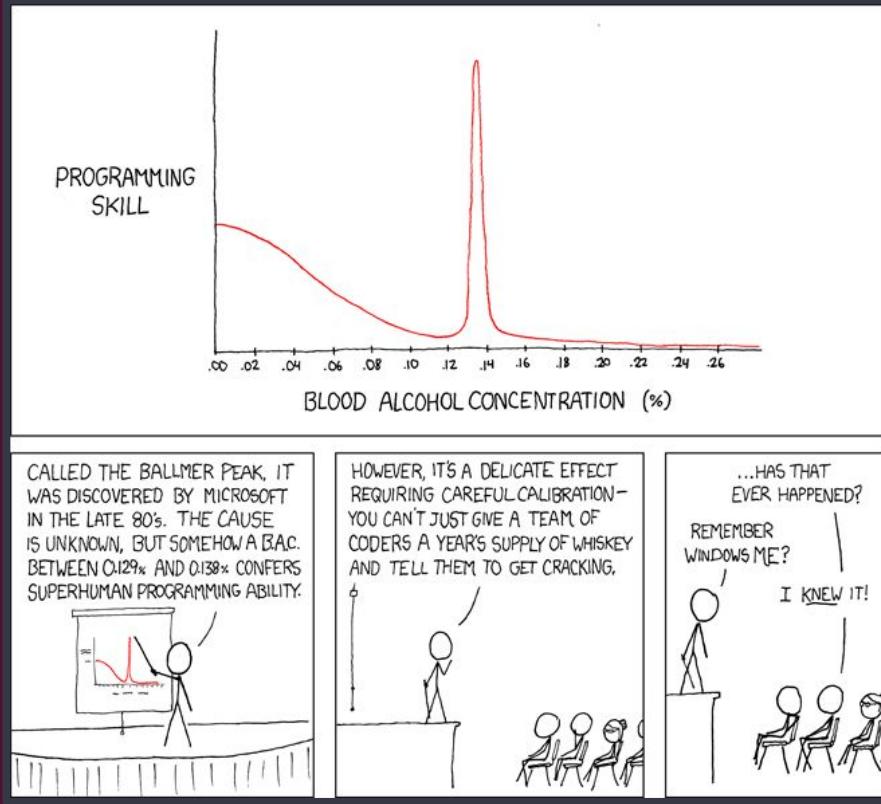
How does **psychoactive
substance use impact
software productivity?**

Psychoactive Substances and Programming?

*A case study on how understudied
external factors can impact software
productivity*



ICSE 2022, 2023,
2024



Credit: XKCD Comic, <https://xkcd.com/323/>

CULTURE OF PSYCHOACTIVE SUBSTANCE USE AND SOFTWARE

Based upon my experiences and observations:

- caffeine
- nicotine
- alcohol
- ritalin
- modafinil

I've never met a developer that didn't use one of the aforementioned drugs *during work*.

Coder's High

Programming is just like drugs, except the dealer pays you.

BY DAVID AUERBACH JUNE 17, 2014 • 12:02 PM

“Taking LSD was a profound experience, one of the most important things in my life”

- Steve Jobs



Under pressure, Silicon Valley workers turn to LSD microdosing

However, this culture may conflict with some organizational structures –

Take cannabis-related policies as an example:

We have a strict drug and alcohol policy. Employees are not permitted to use, possess, sell, transfer, manufacture, distribute, or be under the influence of illegal drugs on Cisco-owned or leased property, during working hours, while on company business, or while using company property.



29% of software developers have taken a drug test for a programming-related job. (Endres et al, 2022)

Although certain jurisdictions may allow the prescription or other use of marijuana, this policy also applies to marijuana, which remains illegal under U.S. Federal law. Employees are not permitted to use, possess, sell, transfer, manufacture, distribute or be under the influence of these drugs while on Cisco owned or leased property, during working hours, while on company business or while using company property. In addition,

on due
or the

MOTHERBOARD
TECH BY VICE

The FBI Says It Can't Find Hackers to Hire Because They All Smoke Pot

The FBI is struggling to find good hackers because of marijuana rules

Despite this conflict, **little empirical research has been conducted** on psychoactive substance use in software development

We want to know if, when, or why developers use substances while programming: **tech companies cannot effectively evaluate existing anti-drug policies**

And we want to build a mathematical model of **how such substances actually impact programmers**

We present results from the:

First large-scale empirical study of psychoactive substance use in software engineering

(800+ programmers, 450 full-time devs)

First controlled observational study of cannabis and programming

(70+ programmers, pre-registered hypotheses)

Psychoactive Substances Exploratory Survey: **Summary**



803 survey responses:

- 440 from GitHub Emails
- 339 from University of Michigan
- 24 from Social Media
- 56% Have full-time programming jobs, 36% are students

 **Madeline Endres**
Hello! Do you program or are you in a programming-related field? If so,

 [REDACTED] to Madeline ▾
Nice try FBI :)

...

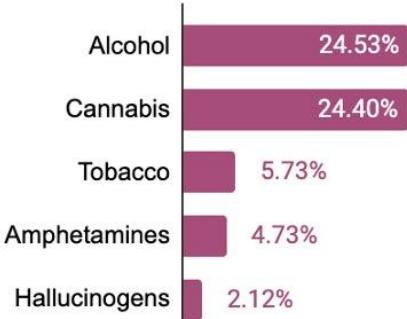
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Usage While Programming in Last Year



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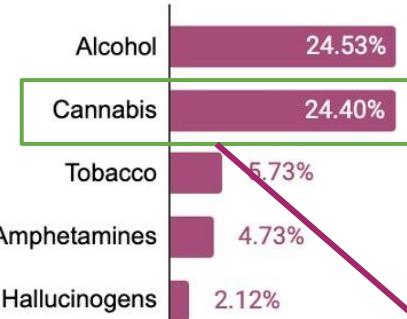


to Madeline ▾

Nice try FBI :)

...

Usage While Programming in Last Year



- 33% use for **work-related tasks**
- 11% use at a **frequency likely to be caught by a drug test**

A Controlled Observational Study: **Cannabis**

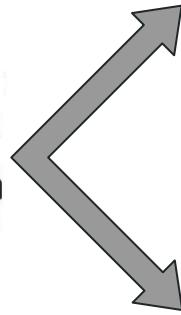
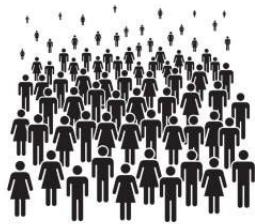


- Goal: To **build a mathematical model of how cannabis use impacts programming.**
 - We want our model to be rigorous enough to be used by individual developers and policy makers alike in making more informed cannabis and programming decisions.
 - We **pre-registered our hypotheses** to facilitate future replication.

A Controlled Observational Study: **Cannabis**



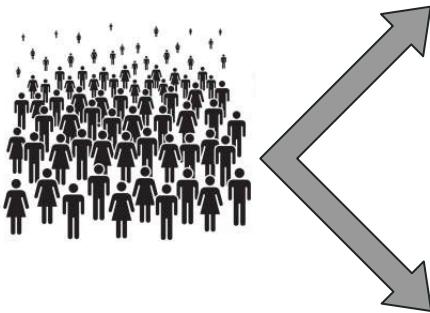
- Goal: To **build a mathematical model of how cannabis use impacts programming.**
 - We want our model to be rigorous enough to be used by individual developers and policy makers alike in making more informed cannabis and programming decisions.
 - We **pre-registered our hypotheses** to facilitate future replication.
- Design Considerations:
 - Achieving **sufficient statistical power** to answer our **pre-registered research questions**
 - Balancing **ecological validity** with **experimental control**
 - Maximizing participant **privacy and safety**





Remote Programming Session 1

*Programming
While High*



*Programming
While Sober*

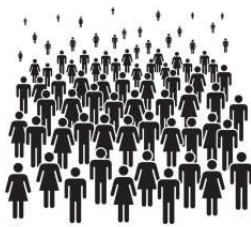


```
easy1.py U X
stimuli > problemsetA > easy1.py
1 class Solution:
2     """ You are given a string `s` consisting of lowercase English letters. A duplicate
3     removal consists of choosing two adjacent and equal letters and removing them. We
4     repeatedly make duplicate removals on `s` until we no longer can. Return the final
5     string after all such duplicate removals have been made. It can be proven that the
6     answer is unique. Full stimulus has IO Examples and input constraints here """
7
8     def removeDuplicates(self, s: str) -> str:
9         return "" # Participant implementation goes here
10
11 class Test(object):
12     def test_removeDuplicates(self):
13         print("=====Test 1=====\\n")
14         solution = Solution()
15         answer1 = solution.removeDuplicates("abbaca")
```

The screenshot shows a code editor interface with a Python file named 'easy1.py'. The code defines a class 'Solution' with a method 'removeDuplicates' that removes adjacent duplicate characters from a string. A test case 'test_removeDuplicates' is provided to verify the implementation. The code editor includes a sidebar with icons for file operations, a search bar, and a terminal tab.



*Programming
While High*

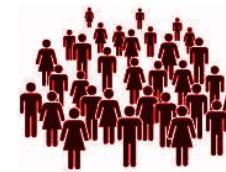
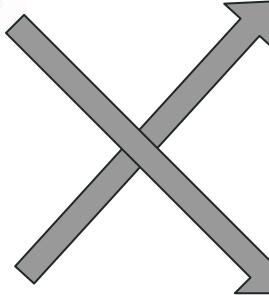
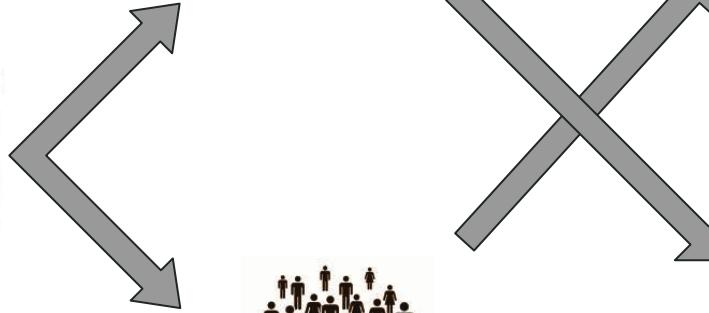


*Programming
While Sober*

Remote Programming
Session 1



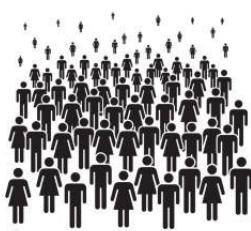
Remote Programming
Session 2



```
easy1.py U X
stimuli > problemsetA > easy1.py
1 class Solution:
2     """ You are given a string `s` consisting of lowercase English letters. A duplicate
3     removal consists of choosing two adjacent and equal letters and removing them. We
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8     def removeDuplicates(self, s: str) -> str:
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*Programming
While High*



*Programming
While Sober*

Remote Programming
Session 1



Remote Programming
Session 2



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 1  class Solution:  
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 6      answer is unique. Full stimulus has IO Examples and input constraints here """  
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Results: Pre-registered Hypotheses

RQ1: How does cannabis intoxication while programming **impact program correctness?**

- Hypothesis: Programs will be **less correct** when written by cannabis-intoxicated programmers.

RQ2: How does cannabis intoxication while programming **impact programming speed?**

- Hypothesis: Cannabis-intoxicated programmers **will take longer to write** programs.
).

Results: Pre-registered Hypotheses

RQ1: How does cannabis intoxication while programming **impact program correctness?**

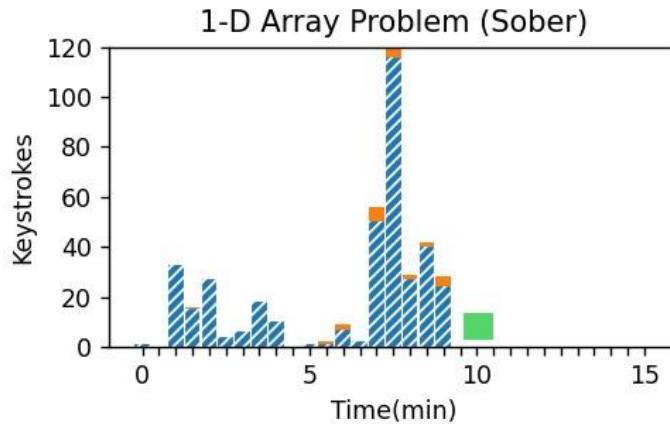
- Hypothesis: Programs will be **less correct** when written by cannabis-intoxicated programmers.
- Finding: **Cannabis use decreases program correctness** ($0.0005 < p < 0.05$, $0.28 < d < 0.44$, 10-14% fewer passed tests). In particular, cannabis impairs the ability to write and trace through programs.

RQ2: How does cannabis intoxication while programming **impact programming speed?**

- Hypothesis: Cannabis-intoxicated programmers **will take longer to write** programs.
- Finding: **Cannabis use impairs programming speed** ($p < 0.04$, $d = 0.3$, 10-14% slower). This decrease in speed is associated with typing slower, deleting more characters, and more time spent not typing.

High vs. Sober: How does Cannabis Impair Programming?

*Programming
While Sober*



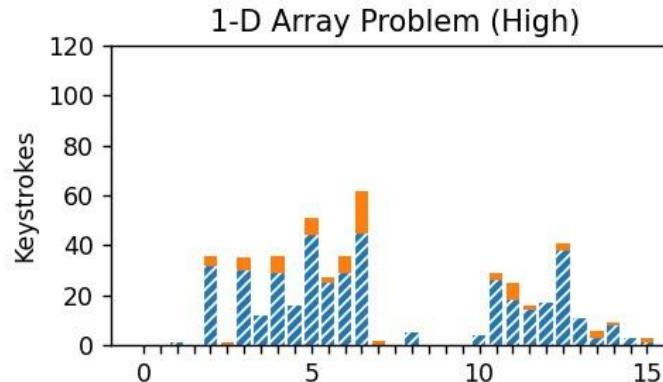
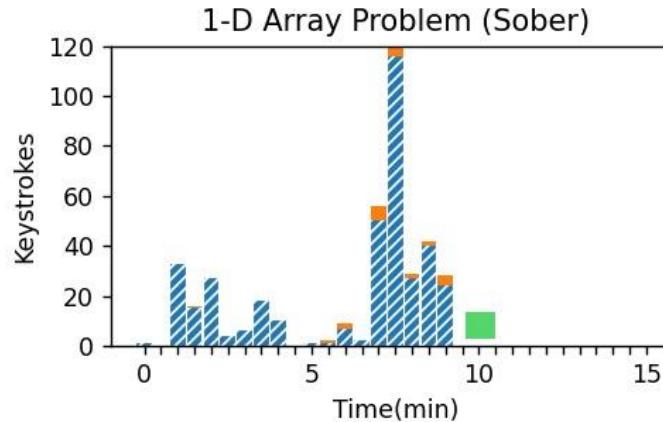
High vs. Sober: How does Cannabis Impair Programming?

*Programming
While Sober*

Normal
Keystrokes

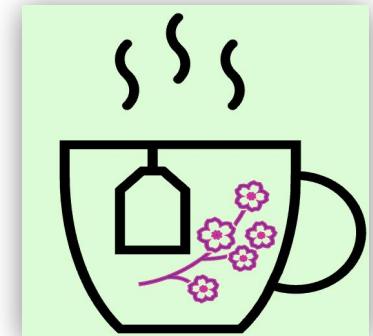
Delete
Keystrokes

*Programming
While High*

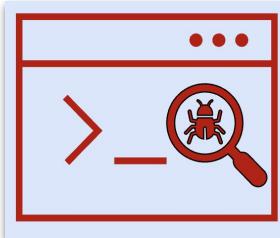


Lens 3 - Summary: Psychoactive Substances and Programming

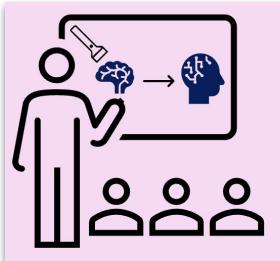
- By surveying 800 programmers, we found that **psychoactive substance use is common in software**
- Despite anecdotes to the contrary, **we only observed evidence of cannabis impairing productivity**
- This work demonstrates the usefulness of objective measures and careful controlled experimental design to come to evidence-based conclusions on anecdotal software productivity factors



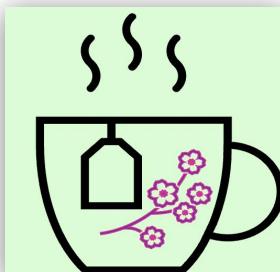
My Approach To Programming Productivity: What's Next?



The next generation of neurosymbolic productivity support

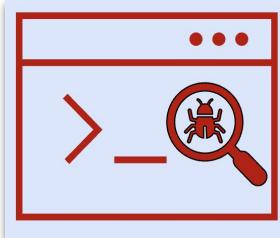


The continued use of medical imaging to inform programming practice

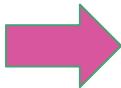
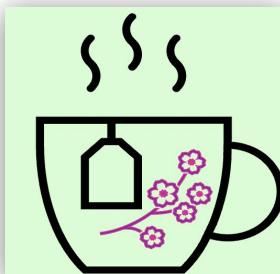
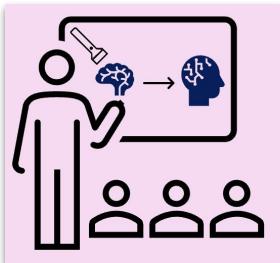


Using controlled experimental design and objective measures to turn anecdote into evidence

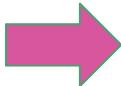
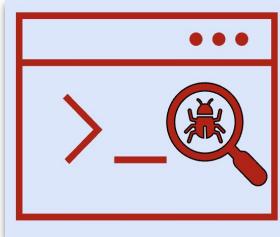
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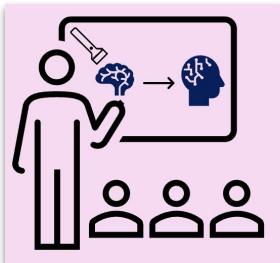
Using **Technical Reading Ability** as a lens for facilitating the ability to understand and communicate complex technical ideas at varying levels of abstraction.



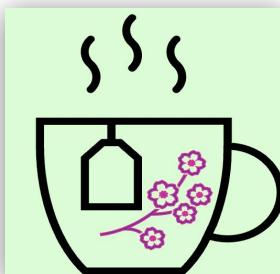
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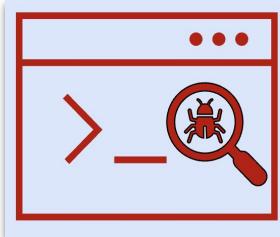
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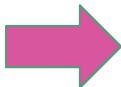
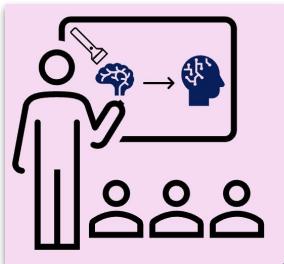
Increasing participation and retention in computing for diverse programmer groups through **improving developer wellbeing**



My Approach To Programming Productivity: What's Next?



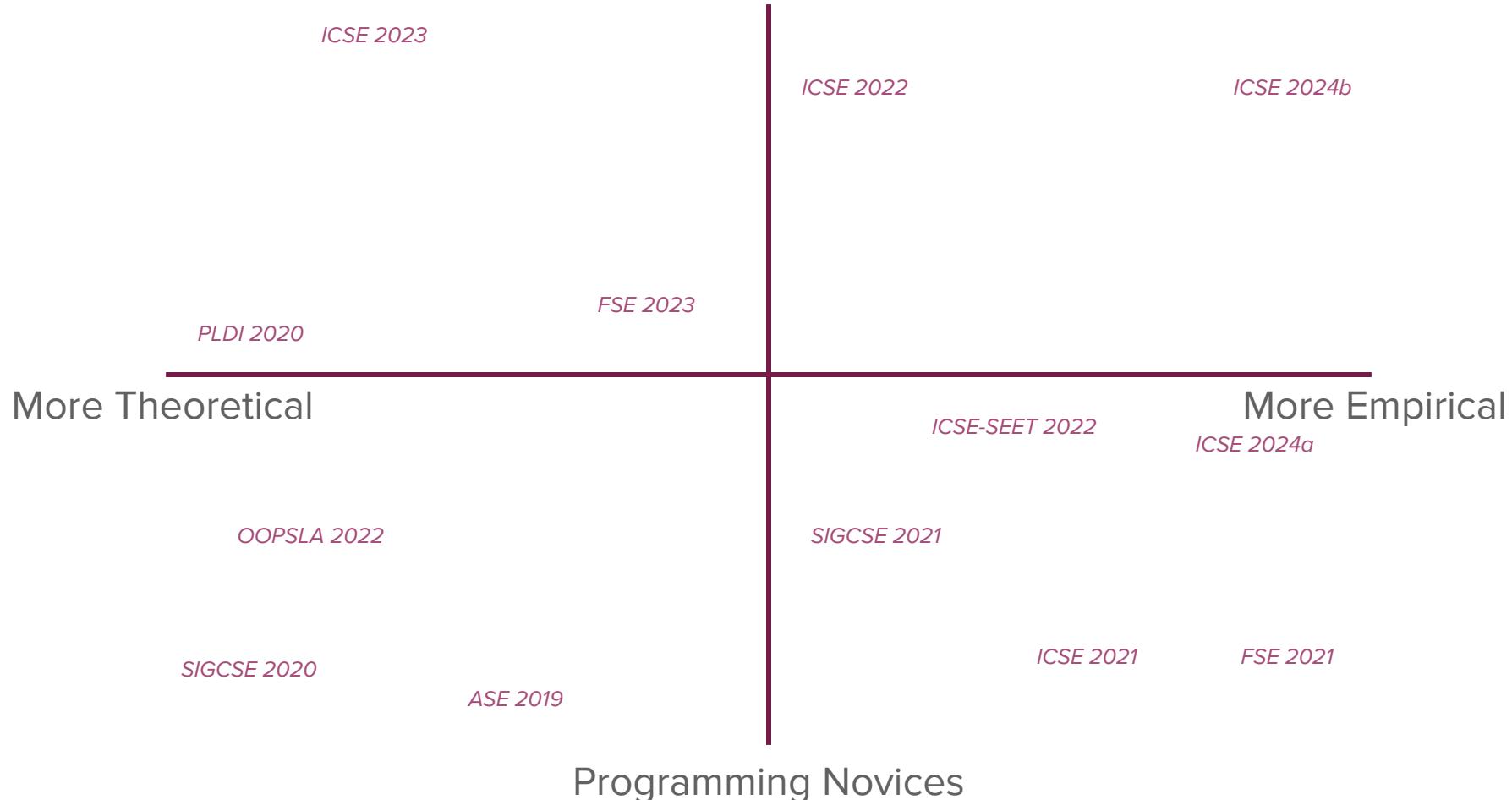
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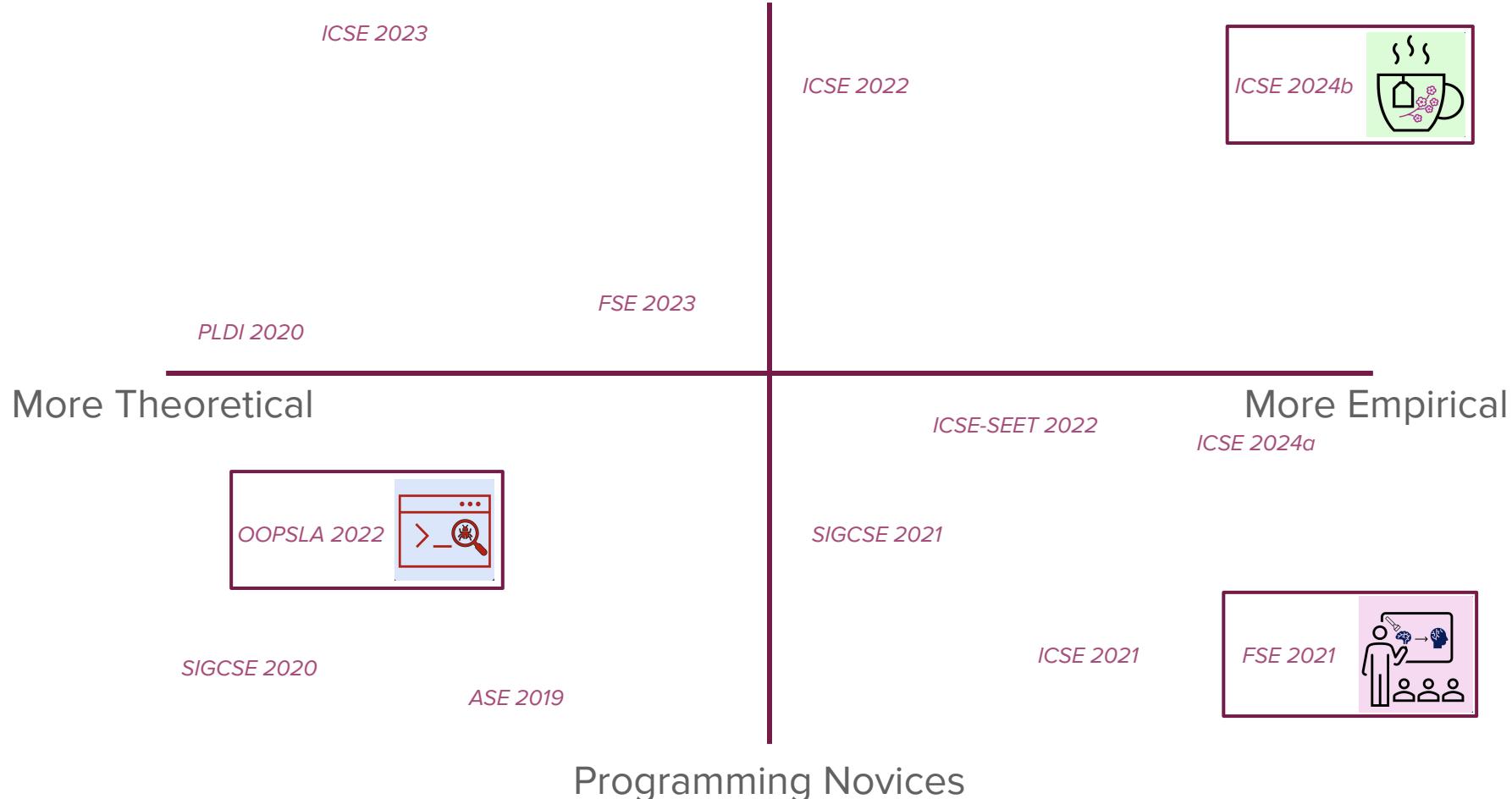
Increasing participation and retention in computing for diverse programmer groups through **improving developer wellbeing**



Professional Programmers



Professional Programmers



Supporting Publications

1. **ICSE, 2024** *Causal Relationships and Programming Outcomes: A Transcranial Magnetic Stimulation Experiment,* Ahmad, H., **Endres, M.**, Newman, K., Santiesteban, P., Shedden, E., Weimer, W.
2. **ICSE, 2024** *High Expectations: An Observational Study of Programming and Cannabis Intoxication,* He, W., Parikh, M., Weimer, W., **Endres, M.**
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4. **ICSE, 2023** *From Organizations to Individuals: Psychoactive Substance Use By Professional Programmers,* Newman, K., **Endres, M.**, Weimer, W., Johnson, B.
5. **OOPSLA, 2022** *Seq2Parse: Neurosymbolic Parse Error Repair,* Sakkas, G., **Endres, M.**, Guo, P., Weimer, W., Jhala, R.
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7. **ICSE-SEET, 2022** *Debugging with Stack Overflow: Web Search Behavior in Novice and Expert Programmers,* Li, A., **Endres, M.**, Weimer,
8. **FSE, 2021** *To Read or To Rotate? Comparing the Effects of Technical Reading Training and Spatial Skills Training...* **Endres, M.**, Fansher, M., Shah, P., Weimer, W.
9. **ICSE, 2021** *Relating Reading, Visualization, and Coding for New Programmers: A Neuroimaging Study* **Endres, M.**, Karas, Z., Hu, Z., Kovelman, I., Weimer, W
10. **SIGCSE, 2021** *An Analysis of Iterative and Recursive Problem Performance,* **Endres, M.**, Weimer, W., Kamil, A.
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Student Advisees



Yiannis Demetriou
BS CS, 2023



Wenxin He
MS CS, 2024



Annie Li
BS CS, 2022



Kaia Newman
BS CS, 2023



Manasvi Parikh
BS CS, 2023

Interdisciplinary Collaborators



Madison Fansher
Cognitive Psychology



Xiaosu (Frank) Hu
Developmental
Psychology



Priti Shah
Cognitive Psychology

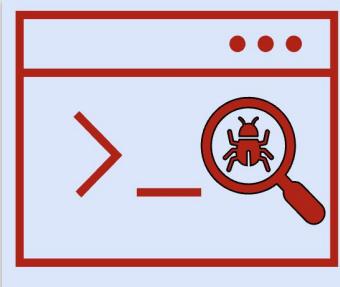


Kevin Bohenke
Anesthesiology and
Chronic Pain



Ioulia Kovelman
Developmental
Psychology

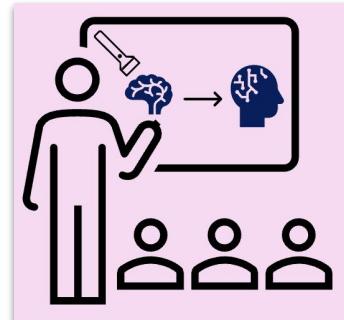
Developing Efficient and Usable Programming Support



Supporting non-traditional novices in **writing more correct code faster**



Designing Effective Developer Training



Use **cognitive insights** to inform training and **improve programming outcomes**

Understanding External Productivity Factors



Exploring how **substance use impacts software productivity**

A Human-Focused Approach to Improving Programmer Productivity

Madeline Endres, PhD Candidate, University of Michigan

Bonus Slides

Add in Brain Slides

Write code in Python 3.6

```
1 u = 42
2 x = float(input())
3 print(x * math.e / 2)
```

Help improve this tool by completing a [short user survey](#)

Please wait ... executing (takes up to 10 seconds)

Live Programming Mode

Anecdotal evidence abounds: Many programmers use cannabis while programming

Posted by u/SmartTest 5 months ago

31

Hey fellow programmers!

Coding + Cannabis Use

↓

I wanted to see what your

and working in the field.

Do you use cannabis and
career?



Software Engineer at WeedMaps (2017-present)

Updated Aug 17, 2019 · Upvoted by Hasib Al Muhamin, IOI participant '13, '14, '15, ACM-ICPC World Finalist 2016 and Stanley Munson, AAS Computer Programming & Network Administrator, Helena College (2019)



At WeedMaps we smoke and code everyday, all day. Some of the smartest, most insightful people I know smoke pot daily.



Blockchain Engineer at Parallelcoin (2018-present)

Answered Oct 18, 2019



g thoughts might get in
ally isn't much of an
o really dive deep into

I believe that there is something about the type of brains that are common among programmers that get along well with extra THC. I also want to point out that until the 20th century, people were drinking milk and eating meat fed on hemp seed, and



negative_epsilon · 8 yr. ago

I have attempted to program while both high and drunk, and neither works well. I might think I write good code, but the next morning I look and there are ridiculous errors that I never would have made sober.



coding-on-marijuana · 8 yr. ago

A fair amount of professional experience here. If you're a responsible, mature, self-respecting adult then it's (mj) a great tool to use for software development. YMMV, this is my experience as reflected by my own strengths and weaknesses as a developer.

Stress: None. Bugs won't bug you, defects won't stress you out, inexplicable side-effects become fun logic puzzles.

Cannabis use can conflict with corporate anti-drug policies

This conflict can lead to hiring shortages!

We have a strict drug and alcohol policy. Employees are not permitted to use, possess, sell, transfer, manufacture, distribute, or be under the influence of illegal drugs on Cisco-owned or leased property, during working hours, while on company business, or while using company property.

Although certain jurisdictions may allow the prescription or other use of marijuana, this policy also applies to marijuana, which remains illegal under U.S. Federal law. Employees are not permitted to use, possess, sell, transfer, manufacture, distribute or be under the influence of these drugs while on Cisco owned or leased property, during working hours, while on company business, or while using company property. In addition, no employee may report for work, go on or remain on duty while under the influence of, or impaired by, alcohol, or these drugs or substances.



We find that 29% of software developers have taken a drug test for a programming-related job.

MOTHERBOARD
TECH BY VICE

The FBI Says It Can't Find Hackers to Hire Because They All Smoke Pot

The FBI is struggling to find good hackers because of marijuana rules

By MARY SCHUMACHER
THE FRESH TOAST | APR 23, 2018 AT 11:52 AM



94

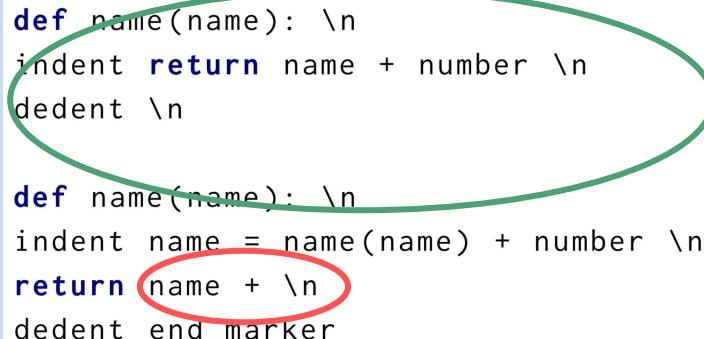
How can we represent ill-parsed programs when **training** our classifier?

Buggy Program

```
def foo(a):  
    return a + 42  
  
def bar(a):  
    b = foo(a) + 17  
    return b +
```

Token Sequence

```
def name(name): \n  
    indent return name + number \n  
    dedent \n  
  
def name(name): \n  
    indent name = name(name) + number \n  
    return name + \n  
    dedent end_marker
```



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dedent end_marker
```

Abstracted Token Sequence

Stmt \n

def name Params: \n
indent Stmt \n
return Expr BinOp \n
dedent end_marker

Great! But we have a new problem: **Ambiguity**
each abstracted token sequence can lead to multiple different ECE parse trees!

How can we represent ill-parsed programs when **training** our classifier?

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Abstracted Token Sequence

```
Stmt \n
```

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def name Params: \n  
indent Stmt \n  
return Expr BinOp \n  
dedent end_marker
```

Great! But we have a new problem: **Ambiguity**

Solution: Learn a *Probabilistic Context Free Grammar* to Pick the Right One

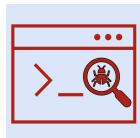
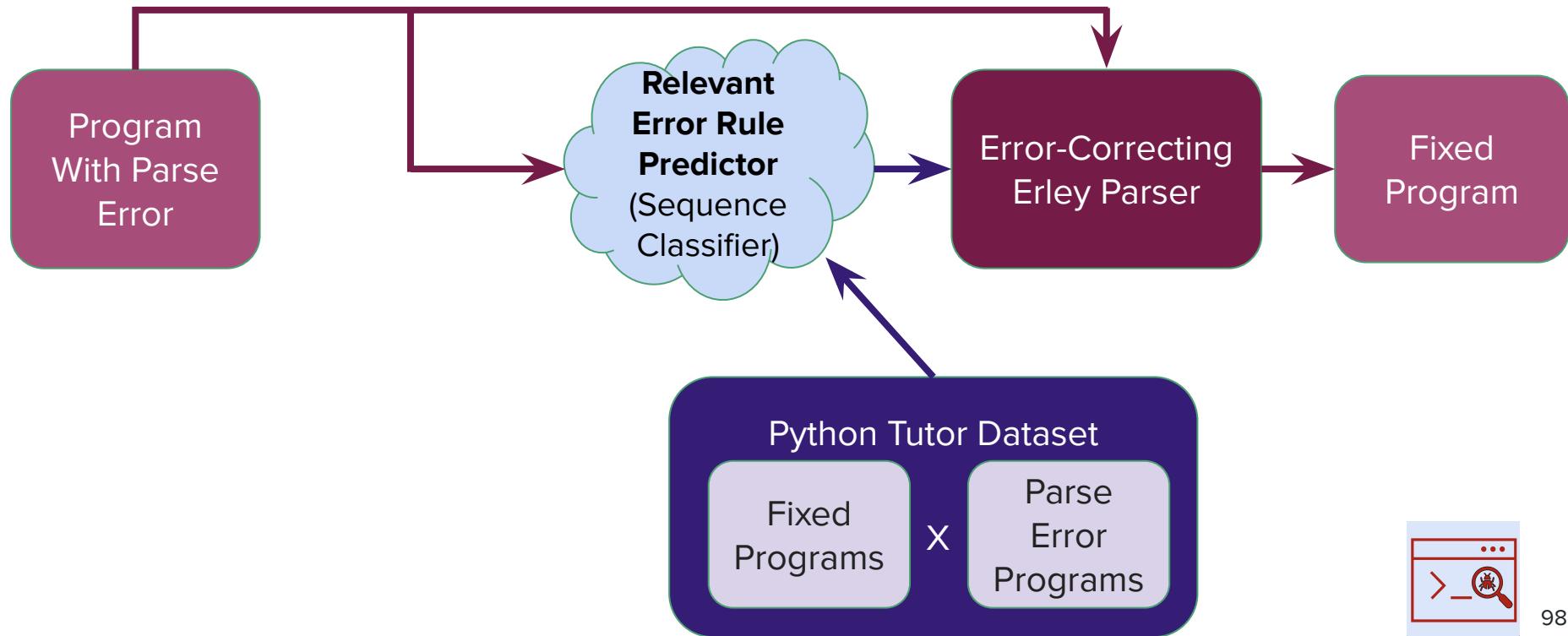
$S \rightarrow \text{Stmts end_marker } (p = \underline{100.0\%})$

$\text{Stmts} \rightarrow \text{Stmt } \backslash \n (p = \underline{38.77\%}) \mid \text{Stmt } \backslash \n \text{Stmts } (p = \underline{61.23\%})$

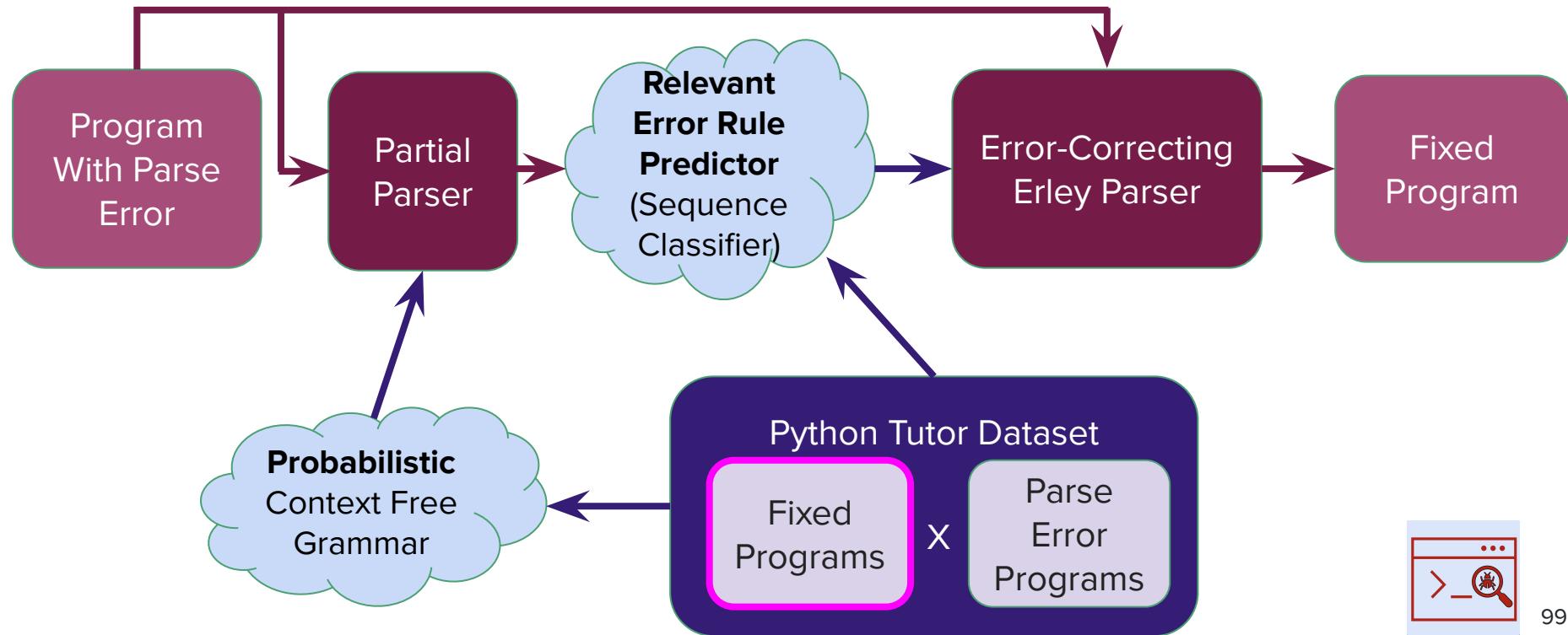
$\text{Stmt} \rightarrow \text{ExprStmt } (p = \underline{62.64\%}) \mid \text{RetStmt } (p = \underline{7.59\%}) \mid \dots$

$\text{RetStmt} \rightarrow \text{return } (p = \underline{1.61\%}) \mid \text{return } \text{Args } (p = \underline{98.39\%})$

Seq2Parse: Efficient Fixes for Novice Parse Errors



Seq2Parse: Efficient Fixes for Novice Parse Errors



Cannabis sativa is the **world's most commonly used illicit substance**, used by more than 192 million people in 2018



Cannabis is used for many reasons both **medical** (e.g., pain relief) and **recreational** (e.g., altered consciousness)

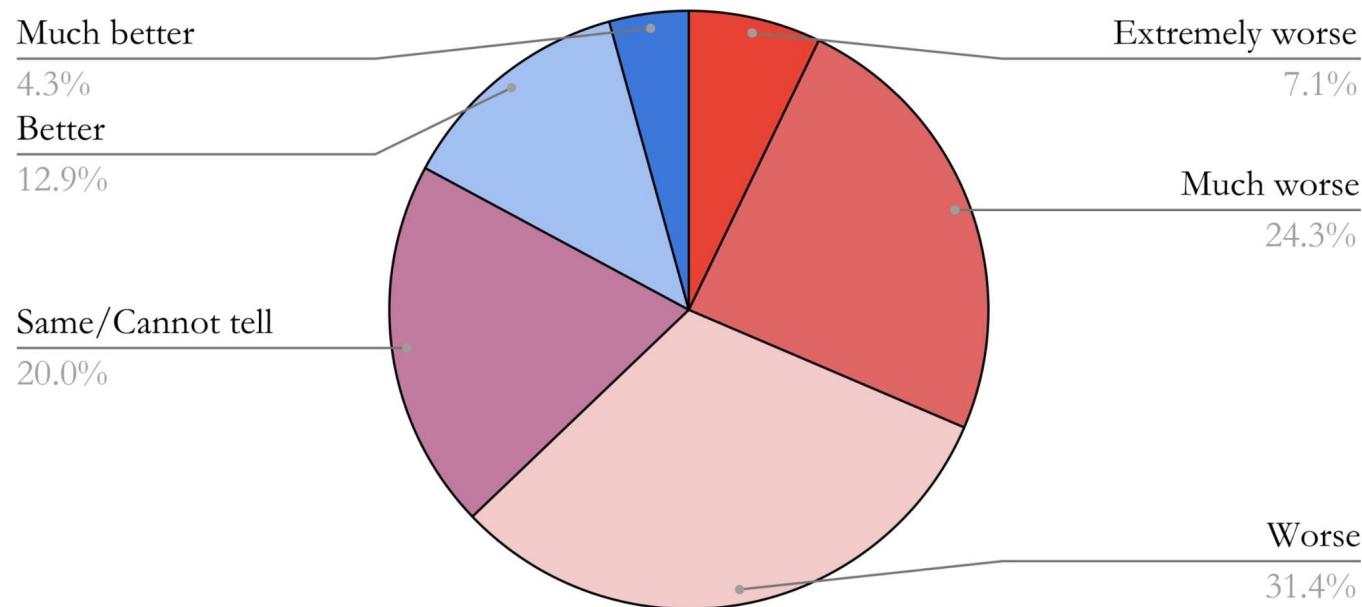
Cannabis's **legality is changing rapidly** with many countries (e.g., UK, Colombia, Canada, Malawi) recently taking **steps towards legalization**



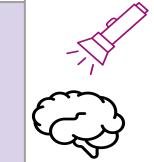
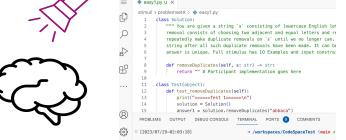
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Self-reported subjective programming performance when high (compared to when sober)



My Approach To Programming Productivity: What's Next?

Desired Research Attribute	Why I'm Excited	
Provide <i>Theoretically-Grounded and Actionable Insights</i>	Bridging the gap between novel theoretical ideas to supporting programmers in practice leads to higher impact	 
Include <i>Empirical or Objective Measures of Programmers</i>	Captures aspects of programming beyond self-reporting alone, including unconscious behaviors and habits	 
<i>Minimize Scientific Bias to Support Generalizability</i>	Controlled experimental design can capture a signal, even for complex human behavior	
<i>Support Diverse Developers</i>	I prefer approaches that not only help programmers in general, but also help those who need the most support	