

How to Blur Faces for Research Study Photos/Videos

(Updated as of July 2022)

Preparing Videos

Download the photo(s) and/or video(s) you would like to apply face blur to a folder you will be able to find.

Applying Face Blur

Part 1:

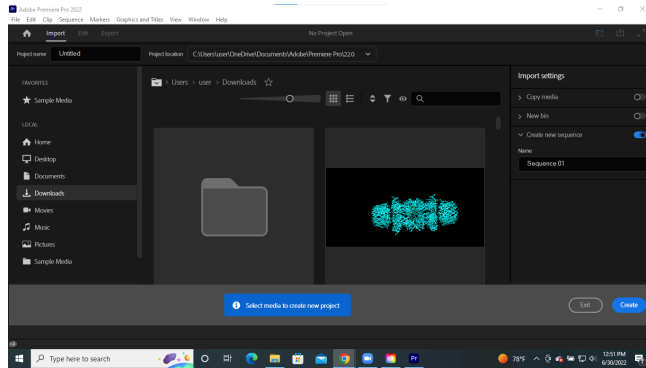
This part is only relevant if you do not already have Adobe Premiere Pro. If you already do, skip to part 2.

The Adobe Suite is available for free for Harvard, Northeastern, BU, and many other college students. You may need to request a license depending on your school. This can usually be done by searching (Adobe *insert school name*). Then, you can sign in and download [Adobe Premiere Pro](#)

In the case of Northeastern, you can find it [here](#). You will need to fill out a quick form and will receive a license shortly after. Then, you can download Adobe Premiere Pro by following [these steps](#)

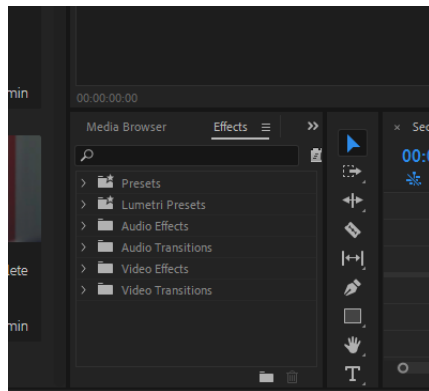
Part 2:

Now that you have downloaded Adobe Premiere Pro, open the application. Click file → new → new project. At this point, your screen should look similar to this:

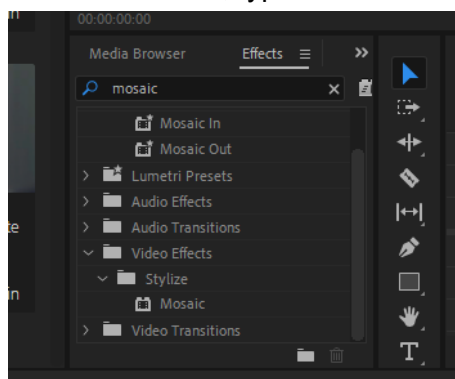


Select the video you would like to edit and press “Create”

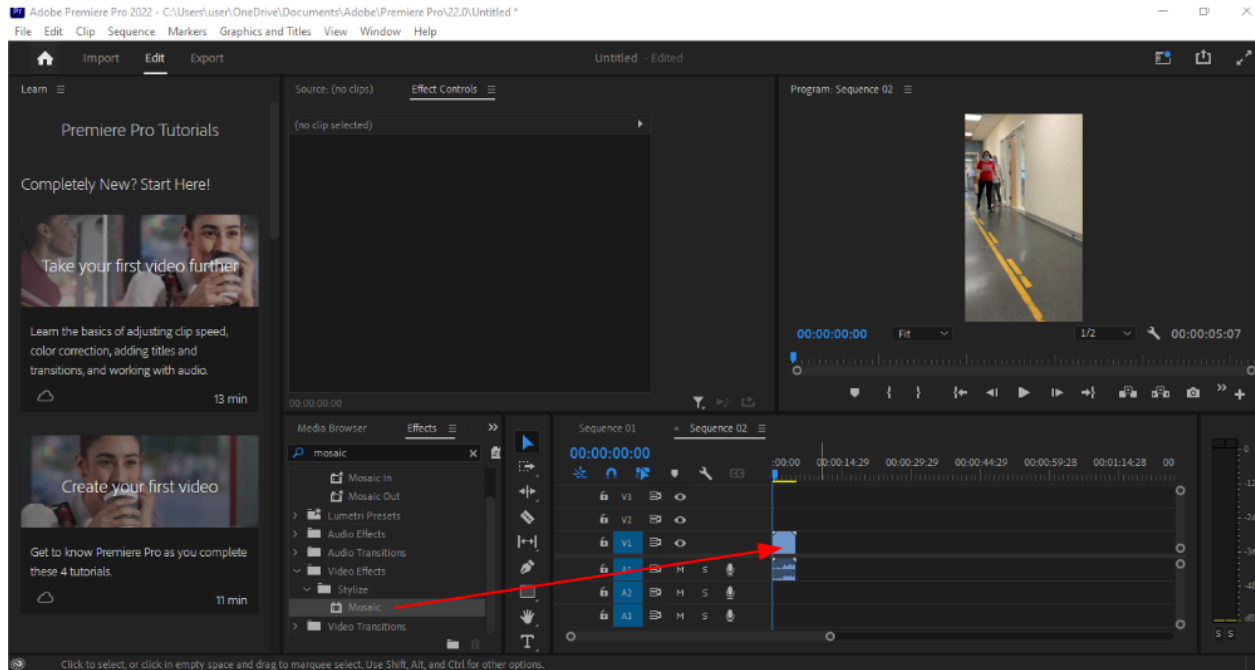
Next, press Shift Key + 7 to open up the effects menu which looks like this



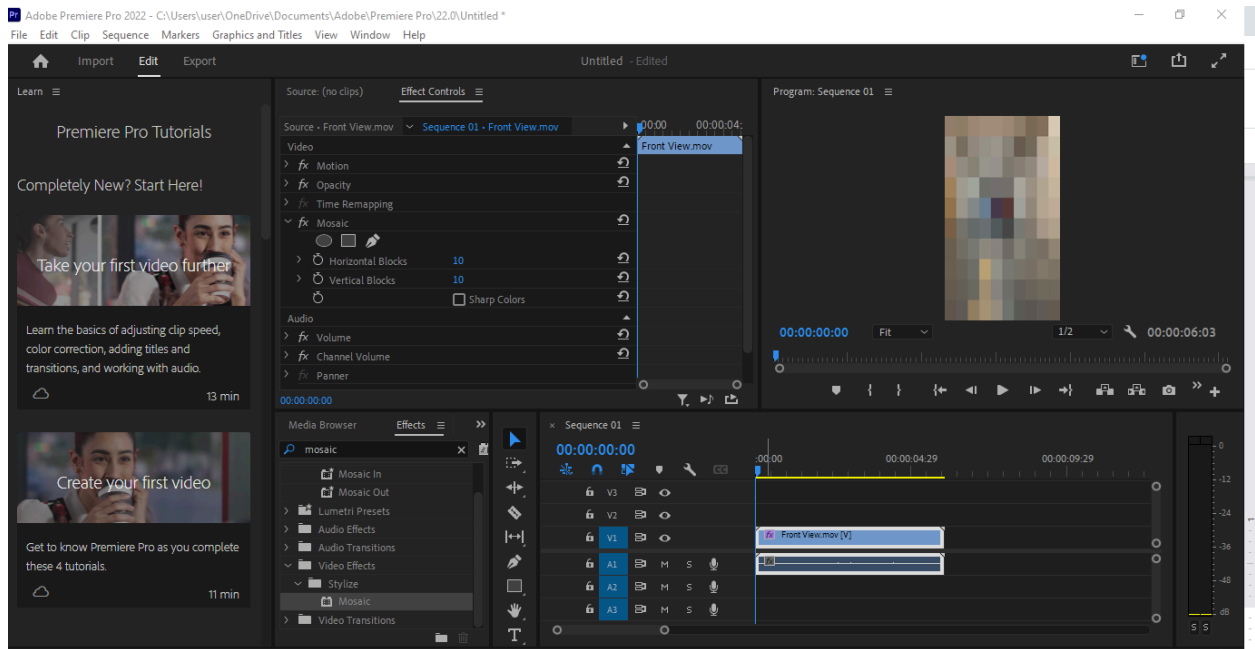
In the search bar, type “mosaic” and select the one under the “Stylize” folder.



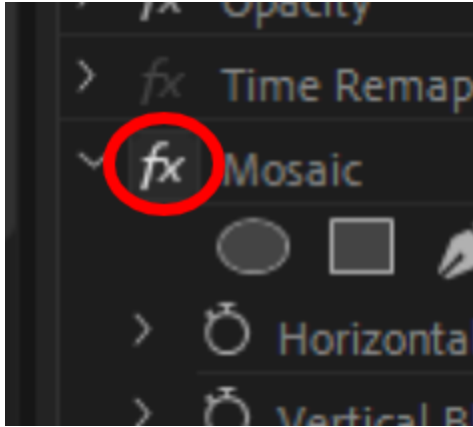
Click and drag that onto the video track which is the light blue box in the image below



Your video will now look all pixelated and a new menu will appear for the mosaic effect

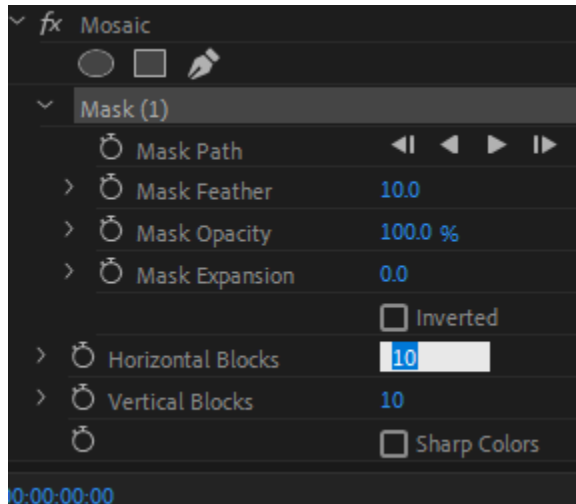


Momentarily turn off the pixelation by selecting the fx button so we can see what we are doing

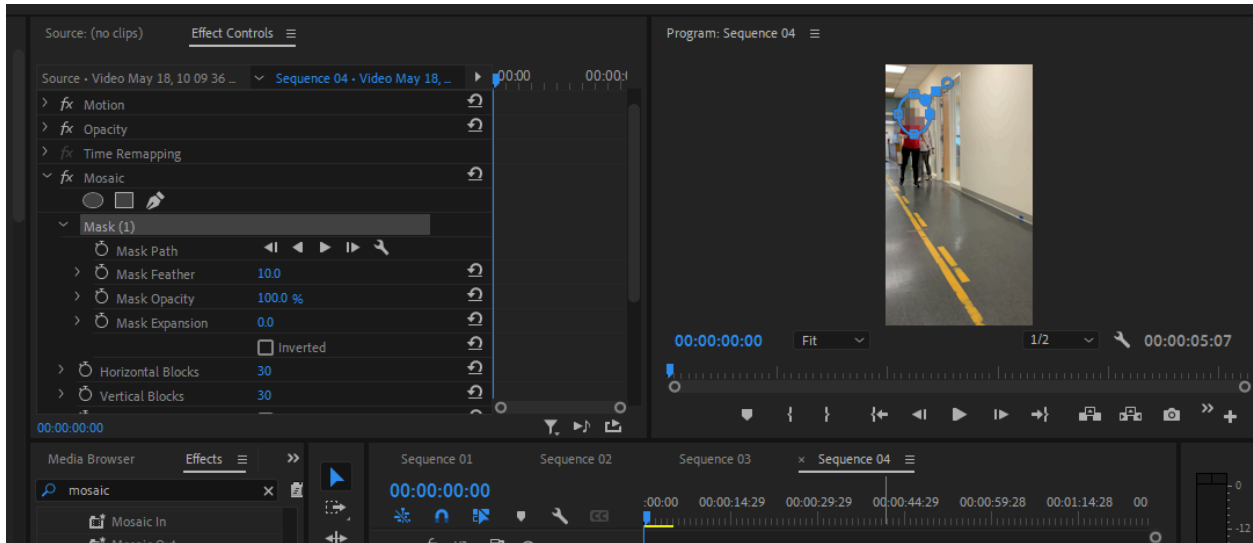


Now select the ellipse tool which is the oval shown in the screenshot above. An ellipse will appear on the screen which you can adjust to fit the patient's face. (You can also choose a different shape or freehand if you would like but ellipse is adequate 99% of the time)

Re-enable the effect by selecting fx again. Adjust the horizontal and vertical blocks so that the face doesn't just look like a giant block. Typically something around 30 for both of those values is a good medium and this can be adjusted as needed. If it is too high you will be able to see the patient's face so work with a bias towards lower values rather than high.

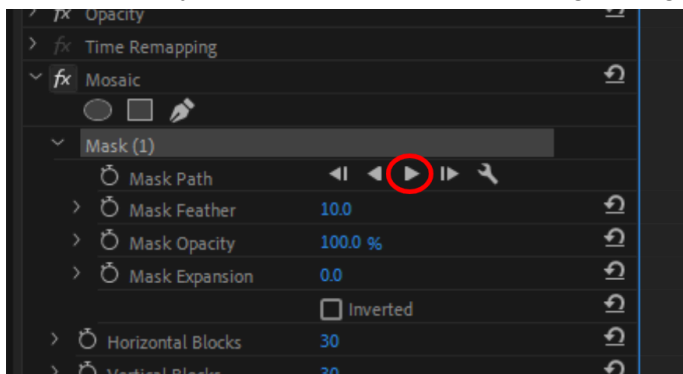


Now it should look something like this:



If you are blurring a photo, skip to “Exporting Photos/Videos” portion of this guide

Select the play button to enable face tracking throughout the video

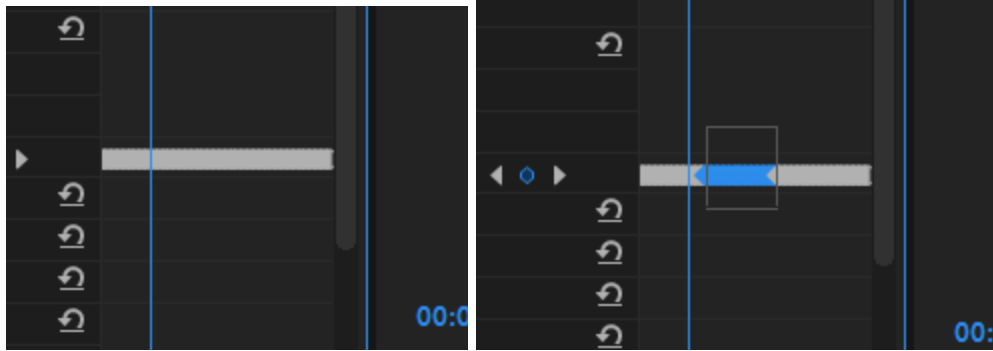


When this is complete, watch the entire video at least once to make sure the face is concealed throughout the entire video. In the vast majority of cases, you will not need to make any further adjustments and may skip part 3.

Part 3:

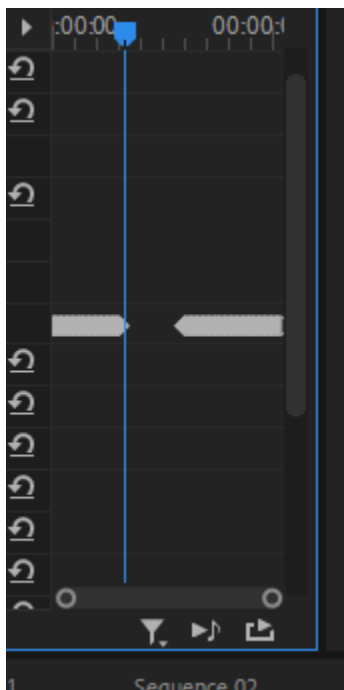
If you find that the face is not covered at certain points of the video, you will need to make some adjustments

Highlight the region of the white bar next to the mosaic menu in which the face or part of the face is visible



Delete this portion

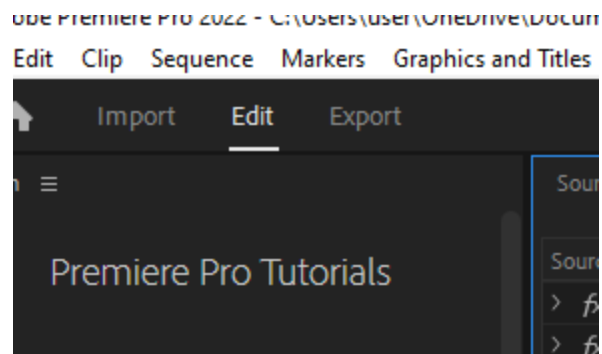
Place the slider at the beginning of the gap



Adjust the ellipse the same way that you did originally, then press the play button again. When this is complete, watch the video again and see if there are any other segments in which the face is visible. If so, repeat the steps starting from **Part 3**.

Exporting Photos/Videos

When you are satisfied with your photos/videos, export them by clicking the export tab



Name the photo/video and select export. You do not need to change any of the settings. Export the video to a folder you will be able to find later.

Once this is complete, upload these files to the [Paralysis Center Dropbox](#)

Questions or concerns? Feel free to reach out to Justin Luk at jluk2@mgh.harvard.edu