```yaml
title: 'Stress and Travel'
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#date: 'May 20xx'
university: 'McMaster University'
faculty: 'Faculty of Science'
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subject: 'Geography'
supervisor: 'Antonio Paez'
bdegree: 'B.Sc.' # Bachellor's Degree
mdegree: ''    # Master's Degree (if any)
# This is the degree you are aiming for with this thesis
degree: 'M.Sc.'

knit: bookdown::render_book
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lay_abstract: |
  Nowadays commuting as a daily travel mostly beween work and home is considered as an inevitable part o
  This research aimed at providing a comprehensive data package of travel behavior and other aspects of
  The research also has been focused on an integrated list of variables choosen from demographic and hea
abstract: |
  Stress as a serious physical and mental health implications of commuting, has hardly been mentioned i
  This study seeks to bridge this gap in research, aiming to comprehensively grasp the impact of stress
  Interestingly, the results obtained from the context of Santiago, Chile, a region characterized by a
 This research makes a two-fold contribution. First, it compiles an extensive array of data including s
  The implications of these findings extend to the domain of transportation system planning and urban d
  Furthermore, the gained insights can inform urban planning initiatives and facilitating commuting exp
acknowledgements: |
  Through the completion of this research, I have acquired numerous invaluable skills and cherished att
  I would like to express my deepest gratitude to my supervisor, Dr. Antonio Páez, for his endless enco
  I am also extremely thankful to my esteemed committee members, Dr. Scott, Dr. Bernier, and Dr. Padden
  I extend my sincere appreciation to my friends, with a special gratitude to Dr. Shaila Jamal. Her con
  My gratitude extends to my family, particularly my elder brother, Dr. Keivan Nalaie. His support, ass
  And finally, I am deeply thankful to those loved ones who played a role in my academic and personal j
bibliography: bib/thesis.bib
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csl: csl/apa.csl
lot: true
lof: true
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Preface

This thesis includes four chapters that presents the research that I have conducted over my master's degree. The main goal of this thesis is to discuss commuting stress and identifying the coping strategies for motorized and active users. The case study for the middle chapters would be Santiago, Chile. This study contains some overlaps in terms of introduction, case study and some parts of data description as the focus of those chapters are active and motorized commuters in Santiago, Chile. The first chapter of the thesis could be considered as an introduction to give a broader viewpoint of research and its objectives for each of the two subsequent chapters. The last or forth chapter serves as a through conclusion of the research, how the study contributes to other various literature and policy implications as the summary of research findings.

As a notice to the reader, my supervisor, Dr. Antonio Páez who provided me with his continuous contribution on research ideas, critical evaluations of manuscripts and editorial reviews. Dr. Beatriz Mella-Lira conducted the survey, contributed to editorial review and let me use the data as a base for my research.

As main author of the whole research, I performed all of the fundamental research activities including the literature review, data preparation and cleaning, statistical analysis, model interpretation and writing of the all chapters.