

# KEEP CALM AND DRIVE ON

Stress Analysis and Interventions in Commute

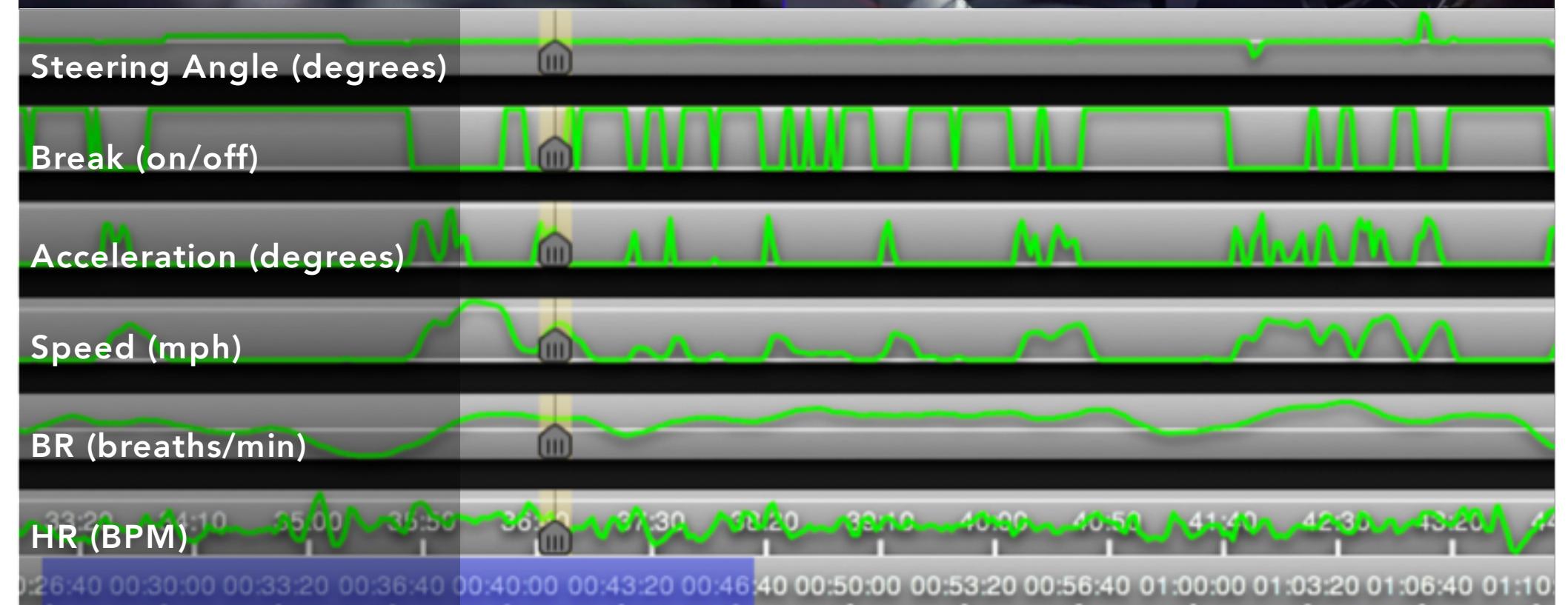
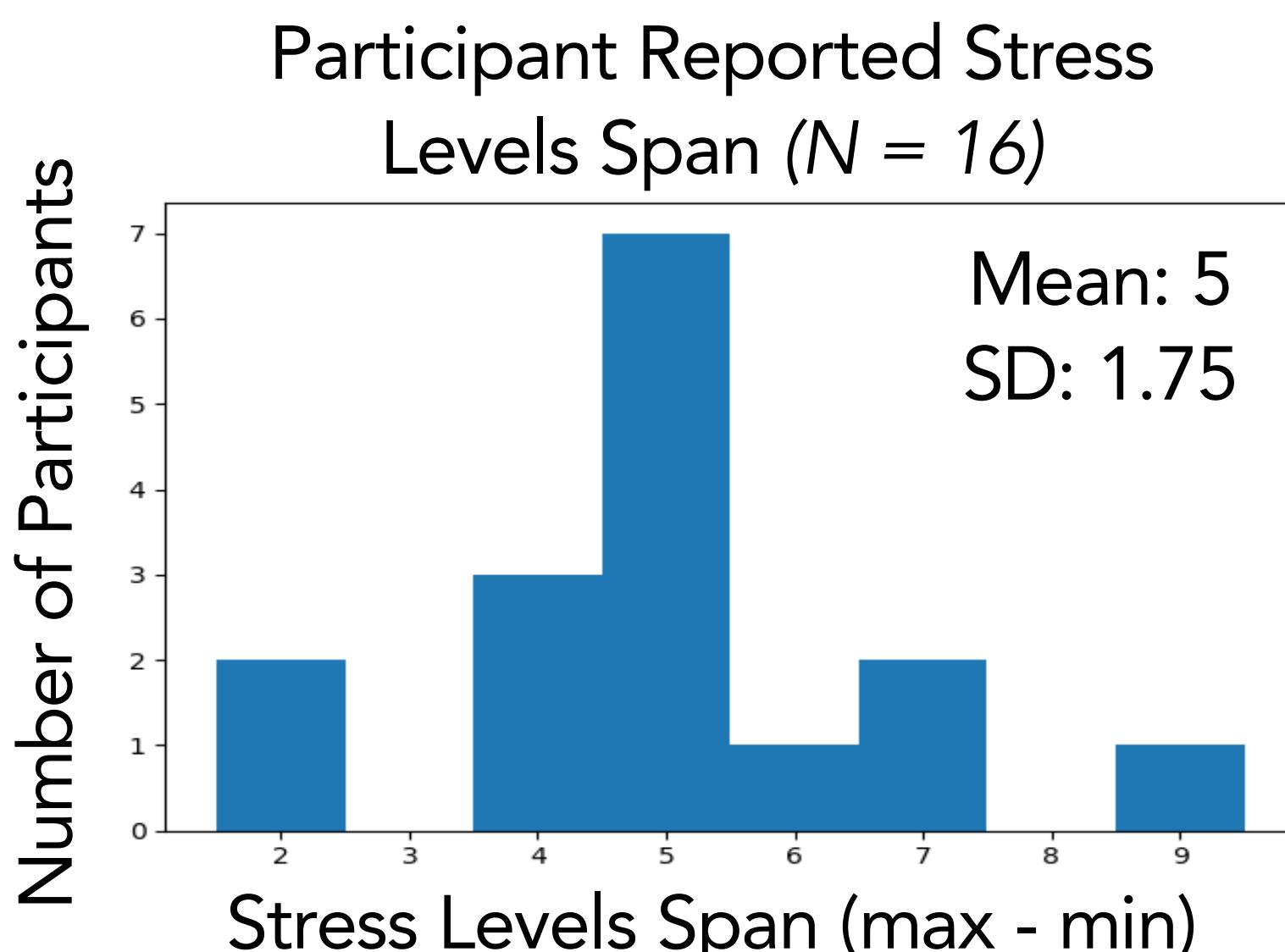
Investigation on the Road:

## How Stressed Do You Feel Right Now?

Understanding causes of driving induced stress



- Some participants reported increasing stress while others reported decreasing stress on the drive
- Fewer high stress peaks on highways, expressways, and mountain roads
- Stress peaks often concurrent with road obstructions or making wrong turns



Data set from multiple sensors that monitor driver, car, and road

## Future Work

- Deepen inferences to understand intuitive, desirable, and effective times to intervene
- Leverage our data set to train algorithms to automatically recommend appropriate interventions