

David Bradshaw
INFO-608
Proposal
21 May 2020

For this study the day to day life during a health pandemic, COVID-19 during 2020, will be evaluated. This study plans to find out how actors behave and live during this type of event. The goal is to discover the normal feelings and actions and correlate this to the changing world and fear that is introduced via a health pandemic. For collecting the data, I will be looking at myself and logging a daily journal. This data is collected in a table format that can easily be parsed and queried later when it is time to evaluate. This journal is a simple form that includes:

- Scale to indicate how I felt during the day; whether it was perceived emotionally or physically as a good or bad day.
- Choice list to indicate what type of day; this can be a relaxing day, normal workday, difficult workday or physical draining day not related to work.
- An optional list of items that caused sadness or anger during the day; this can include items like arguments with relatives or significant others, financial concerns, household problems or news from connections or media. An input for describing the event is collected as well.
- An optional list of other actions that can affect a day; like consuming alcohol, exercising or just getting out of the house for a while.
- General diary log for describing the day in my own words and explaining what happened.

During this time, I am also collecting biometrics via an Apple Watch which is stored in Apple Health. The data collected during the collection time will be exported and included within the diary data collected above. This will show extra information like elevated heart rate, extreme excursion, time active, time immobile, environmental factors like noise levels.

Finally, basic information about the weather will be added to the datasets. This will help find patterns connected to how the weather was. For example, this can show that lower moods were related to rainy weather or that more active behavior was found during sunny times. This could also indicate how the pandemic has changed the normal connection of weather and activity. This will be data imported for zip code 10019 from The Weather Company, an IBM Business.

Once all this data is collected, statistical analysis will be performed on it to find patterns. Queries of normal culturally expected results will be tested against the data as well to see if the health pandemic has caused changes in the culture norms. The diary data will be processed through a keyword finder to indicate all possible common keywords used throughout the study and help find ways to analyze this data more autonomously.

At the end of the study, it is hoped to show the normal behavior of actors during a health pandemic and compare this to the original normal behavior of life, like in 2018 or 2019. This data will also be useful moving forward to indicate how life has changed after the health pandemic and indicate the direction of the new “normal” in late 2020 and 2021.