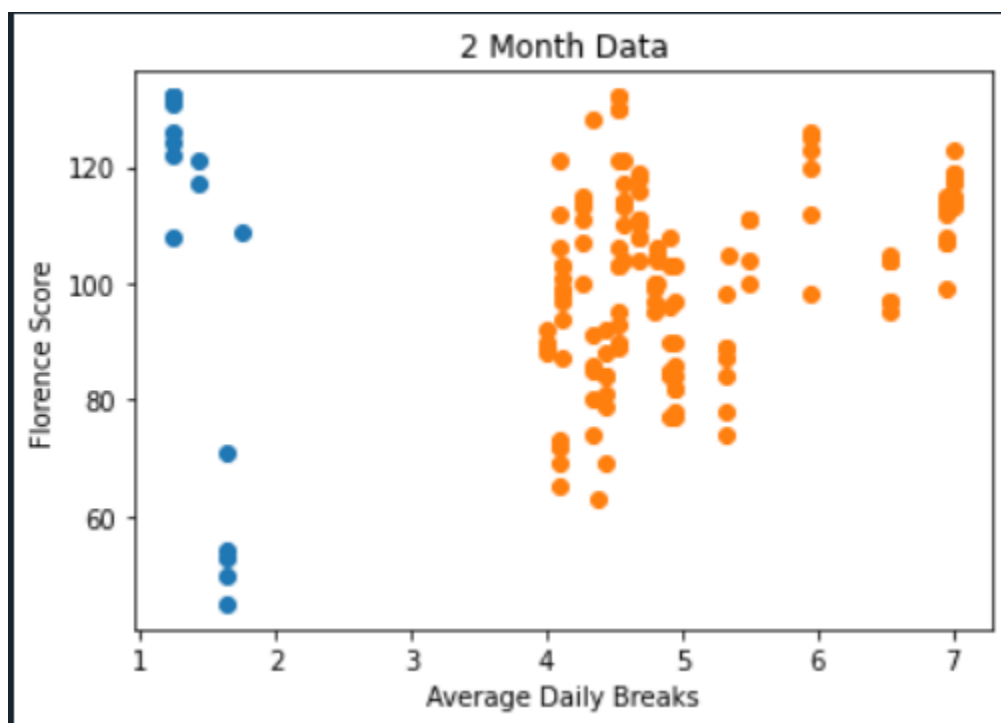
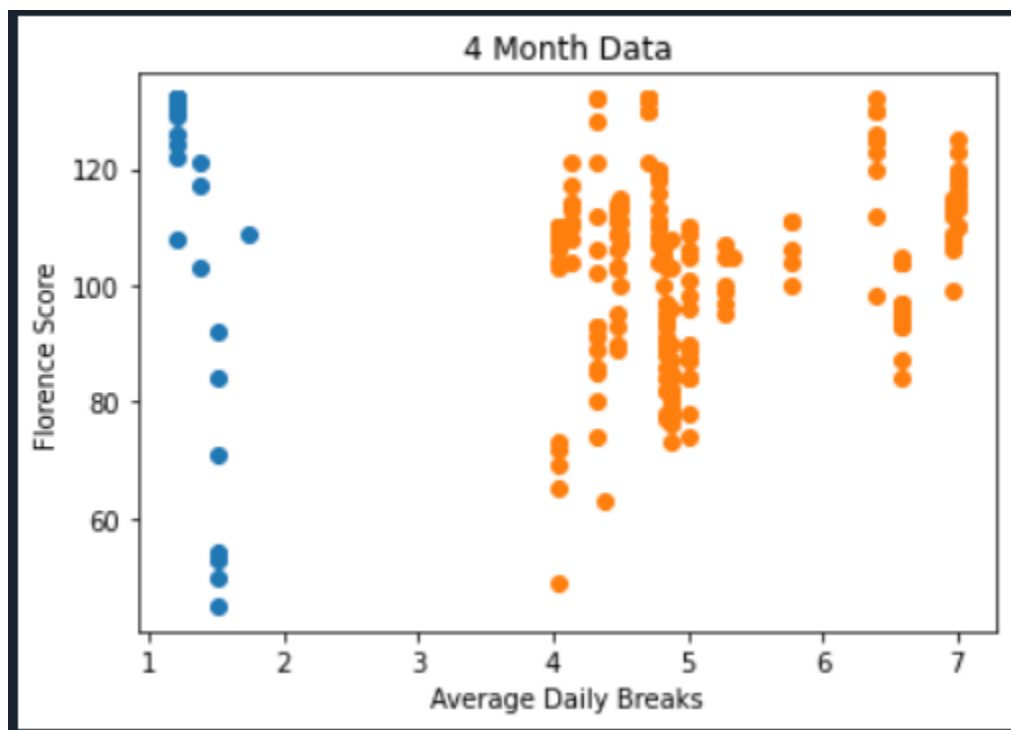
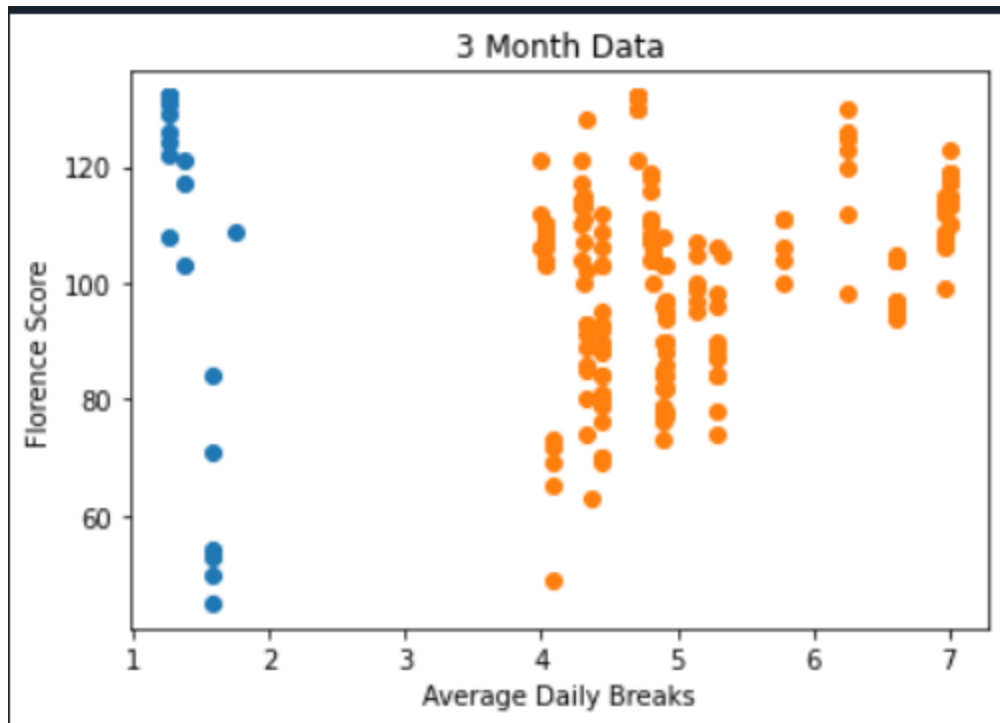


## Project Deliverable 1

After conducting a preliminary analysis of the 2-, 3-, and 4-month data, we have the following charts (see below). The files examined were the results of the survey in the csv files in the Friday AM folder, and the number of breaks per day were pulled from the Daily END folder. Participants were asked to fill out a survey on Fridays with questions regarding their overall wellbeing, covering areas like mental and physical health, their senses of meaning and purpose, and others, to determine general life satisfaction while working from home. On the x-axis we plotted the number of average daily breaks, and on the y-axis we have the Flourishing score. The Flourishing score covers 6 key domains described [here](#).

**Our initial hypothesis:** Participants who take an average of 2 or fewer breaks per day will report lower levels of subjective well-being (as measured by a score on the Flourishing Scale) than those who take an average of 4 or more breaks per day.





In the 2-month data scatter plot, we see that participants who took 2 or less breaks per day are divided into two groups: those who have a relatively high Flourishing score, and those who have a relatively low score. On the other hand, individuals who took 4 or more breaks seem

to have reported more 'average' flourishing scores. Also, it is important to note that throughout all data sets, there were significantly more people who took 4 or more breaks daily.

To respond to the hypothesis, we ask two key questions.

**Question 1: What is the mean Flourishing score for individuals who took an average of 2 or less breaks per day and how has that data changed?**

Over time, the Flourishing scores of those who took 2 or less breaks seems to be less divided and becomes more scattered, and the mean score grows from 8.41 in the 2 month data to 8.50 at the end of 4 months.

**Question 2: What is the mean Flourishing score for individuals who took an average of 4 or more breaks per day and how has that data changed?**

Looking at the data plots, it is not very clear whether people who took 4 or more breaks per day reported a higher or lower average Flourishing score. The plots seem very scattered, however an observation that can be made is that across all three data sets, people who took 5-6 breaks per day tended to report significantly higher scores.

In fact, the mean Flourishing score over 2 months for those who took 4 or more breaks daily is 8.40 and 8.45 over 4 months. It is evident that the scores grew over time for both groups, however the mean score for those who took 4 or more breaks is lower than those who took 2 or less breaks.

As a result of this preliminary analysis, we cannot conclude that people who took 4 or more breaks per day report higher levels of subjective well-being. Based on the data gathered thus far, it is questionable whether the number of daily breaks plays a significant role in the well-being of participants. But, data suggests that people who took 6 or more breaks on average report higher scores on the Flourishing scale. Perhaps the hypothesis can be modified to focus on 2-or-less vs. 6-or-more breaks to really determine the effectiveness of taking breaks.

Other limitations of this study include the question of whether the subjective well-being of workers is impacted by the number of breaks taken at all. It may also be important to consider what kind of breaks the participants took. Were the breaks they took just taking time to eat? Was physical activity involved? Did they have a chance to mentally rest? Considering this is a 6 month study and possibly more data is needed to make a conclusive statement.