Hi, just to keep you all in the loop with how I’m going about the literature review (industry survey etc. is probably quite self-explanatory).

The sections are going to be roughly as follows:

1. Context: Covid, working from home etc.
2. Our methodology (types of literature surveyed and why)
3. *Has* the pandemic impacted people’s productivity?

Distinction between people *feeling* that their attention is affected vs *actual* impact (productivity).

Feeling distracted: lots of literature on this.

Actual impact: There is really useful literature by Forbes explaining why reports of increased productivity are misleading, overall productivity has fallen.

\*Doing this to justify our decision to use graphs to demonstrate the actual impact of distraction in addition to just feeling distracted\*

1. *What* about the pandemic has impacted people’s attention?

**Change vs continuity –**

Change: new factors that exist because of the pandemic, e.g. ‘doomscrolling’/anxiety due to Covid news, feelings of helplessness etc.

Continuity: pandemic has increased distractions that existed prior to pandemic, e.g. social media usage has dramatically risen since Covid, but it was a pre-existing problem.

\*Doing this to justify the types of distractions we pull in – BBC news etc for change, notification sounds for continuity\*