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# NEUROERGONOMIC ASSESSMENT OF HUMAN ROBOT INTERACTION

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## Master Thesis

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Saarland University of Applied Sciences  
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# Abstract

In recent years wearables have become a staple in our society. In the form of Smartwatches and fitness-tracking devices wearables have made their way into nearly a third of german households. Aside from the basic functions of a phone or a watch these devices offer a wide array of functionalities, many of which revolve around monitoring the user's vital parameters for health reasons as well as improving their physical performance in recreational activities.

Research suggests that there is great potential in the application of psycho-physiologic monitoring in highly demanding workplaces of today's industry, an area in which wearables are still largely underrepresented.

Therefore, we built a new system based on a wrist worn device capable of monitoring workers in stressful workplaces, specifically collaborative workplaces involving Human-Robot-Interaction (HRI), and predicting their current mental state on a real-time basis. With the deployment of such a system we are able to create neuroergonomic workplaces that are sensitive to a persons mental capability and capable of eliminating stress as one of the leading causes of injury and disease in the working population.

# Zusammenfassung

In den letzten Jahren sind Wearables zu einer festen Größe in unserer Gesellschaft geworden. In der Form von Smartwatches und Fitness-Armbändern haben Wearables Einzug in annähernd dreißig Prozent aller deutschen Haushalte gehalten. Neben den Grundfunktionen eines Telefons oder einer Uhr bieten diese praktischen Geräte eine Bandbreite an Funktionen. Viele dieser Zusatzfunktionen befassen sich mit dem Messen der Vitalparameter des Trägers zur Früherkennung von Krankheiten oder zur Optimierung der sportlichen Leistungsfähigkeit. Forschungsarbeiten der letzten Jahre lassen das Potential der Anwendung von psychophysiologischem Monitoring in besonders stressvollen Arbeitsplätzen erahnen, ein Gebiet in dem Wearables nur selten anzutreffen sind. Aus diesem Grund haben wir ein System für Arbeiter an besonders stressvollen Arbeitsplätzen, insbesondere collaborative Arbeitsplätze mit Mensch-Roboter-Interaktion (HRI). Das System basiert auf einem Wearable, welches am Handgelenk getragen wird, und ist in der Lage den mentalen Zustand des Trägers zu beurteilen. Durch den Einsatz eines solchen Systems sind wir in der Lage neuroergonomische Arbeitsplätze zu schaffen die sich an die cognitive Leistungsfähigkeit eines Arbeiters anpassen und somit den Einfluss von Stress, als einen der führenden Gründe für Krankheiten und Verletzungen unter der arbeitenden Bevölkerung, drastisch zu senken.

# Declaration

I hereby declare that I have authored this work independently, that I have not used other than the declared sources and resources, and that I have explicitly marked all material which has been quoted either literally or by content from the used sources. This work has neither been submitted to any audit institution nor been published in its current form.

Saarbrücken, December 1, 2019

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Dominik Limbach, B.Sc.

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# **1 Introduction**

## **1.1 Motivation**

Physical illness, distress and injury are all well known to be possible consequences of a stressful workplace. Therefore, stress management not only has become a key component in today's industry, but also a common research topic in recent years. Where disciplines such as organizational psychology attempt to address this matter by offering practical guidelines for the assessment and mitigation of workplace stressors, neuroergonomics merges the disciplines of neuroscience and ergonomics to provide for a deeper understanding of the neural bases of perceptual and cognitive functions in relation to technologies and settings in the real world. In this thesis, we take a neuroergonomic approach to optimize stress management in collaborative workplaces by regulating the information flow of a human-robot-interface (HRI) according to changes in the mental state of the user. Using a commercial wristworn device in combination with a processing unit, we created a system that is capable of obtaining and interpreting psycho-physiological information in real-time. We believe that the application of such a system could be a potent tool in risk management and therefore be greatly beneficial for the overall reduction of stress related incidents at collaborative workplaces.

## **1.2 Acknowledgments**

## **2 Problem Analysis and Goals**

### **2.1 State of the Art**

### **2.2 Recent Advances in Research**



## 3 Materials and Methods

### 3.1 Materials

All experiments and measurements were conducted within the facilities of Systems Neuroscience and Neurotechnology Unit, particularly the Green Lab, located at the University Hospital Saarland, and the Mindscan Lab, located at the HTW Saar (Technikum).

#### 3.1.1 System Components

#### 3.1.2 Hardware

**Empatica E4 Wristband** The Empatica E4 wristband is a wearable wireless device designed for comfortable, continuous, real-time data acquisition. It is a class IIa medical device in the EU, according to CE Cert. No. 1876/MDD (93/42/EEC Directive) and was designed for daily life usage [1].

Figure ?? shows an overview of the entire E4 wristband from either side indicating key attributes as wells as a total of four different sensors that will be discussed briefly in the following:

- **Photoplethysmography (PPB)** to provide blood volume pulse (BVP), from which heart rate, heart rate variability and other cardiovascular features may be derived
- **Electrodermal activity (EDA)** is used to measure sympathetic nervous system arousal and to derive features related to stress, engagement and excitement
- **3-Axis accelerometer** to capture motion-based activity
- **Infrared thermopile** for reading skin temperature

As the E4 is intended to be worn on the wrist these sensors are set up in a specific way

to provide for optimal use. As can be seen on ?? the majority of the sensors are located on the backside of the main unit not including the EDA-sensor, which is located on the wristband itself.

Wearing the E4 wristband is equally intrusive to wearing a watch and therefore providing a high level of convenience compared to other physiologic measures such as electrocardiogram ECG or electroencephalogram EEG.

**Sampling Specifications** All recordings were performed using only software licensed by Empatica. Using the approved streaming application and the compatible Bluetooth receiver, the recorded data was streamed directly to an operator's personal computer via a Bluetooth connection.

### **EDA sensor**

- Sampling frequency: 4 Hz (Non customizable).
- Resolution: 1 digit 900 pSiemens.
- Range: 0.01  $\mu$ Siemens – 100  $\mu$ Siemens.
- Alternating current (8Hz frequency) with a max peak to peak value of 100  $\mu$ Amps (at 100  $\mu$ Siemens).
- Electrode(Placement): on the ventral (inner) wrist.
- Electrode(Build): Snap-on, silver (Ag) plated with metallic core.
- Electrode(Longevity): 4–6 months

### **PPG sensor**

- Sampling frequency 64 Hz (Non customizable).
- LEDs: Green (2 LEDs), Red (2 LEDs) Photodiodes: 2 units, total 15.5 mm<sup>2</sup> sensitive area.
- Sensor output: Blood Volume Pulse (BVP) (variation of volume of arterial blood under the skin resulting from the heart cycle).
- Sensor output resolution 0.9 nW / Digit.
- Motion artifact removal algorithm: Combines different light wavelengths. Tolerates external lighting conditions.

## Infrared Thermopile

- Sampling frequency: 4 Hz (Non customizable).
- Range(Ambient temperature): -40...85degC (if available).
- Range(Skin temperature): -40...115degC.
- Resolution: 0.02degC.
- Accuracy  $\pm 0.2$ degC within 36-39degC.

## Real-time clock

- Resolution(Recording mode): 5s synchronization resolution. Average of 6 seconds in 6 million seconds drift.
- Resolution(Streaming mode): Temporal resolution up to 0.2 seconds with connected device.

## 3.2 Methods

### 3.2.1 Experiment

#### Participants

**Paradigm** One of the most important parts to this project was the collection of authentic data that could be used later on to develop a reliable classifier for our system. For that reason a experiment, specifically designed to elicit certain emotional and cognitive states in a subject, was conducted. The following section is focused on the procedure applied in this experiment.

The procedure was comprised of a total of five sessions. Every experiment was initiated with a short briefing session. Containing a short questionnaire, covering personal information of the participant as well as habits that may have a influence on the measurement. Further a series of questions, regarding their handedness, use and frequency of use of watches or other wearables was posed, to estimate the additional influence that may be caused by wearing the Empatica E4 wristband. Concluding the first session, the participants were given a coarse outline of the experiment covering the structure and a basic description of their responsibilities.

The second session consisted of a baseline measurement used to log the participants form of the day and also to be able to account for environmental influences in the following processing steps. Before the start of the measurement the subject was placed on a chair in front of a monitor (24 inches, Resolution: 1080p) with a approximated distance of 1m. The Empatica E4 was then put on the wrist of the non-dominant hand and secured in a position that caused minimal light leakage to the PPG-sensor and provided optimal contact for the EDA electrodes. After the participants were comfortable with the device a one minute test sequence was measured to verify the functionality of the system. Consequently the paradigm was displayed on the monitor and the session was started. After reading the instructions, in which the subjects were asked to relax and remain still, and confirmation with the participant the measurement was initiated with a ten second countdown to give some additional time for preparation. During the measurement the EDA, BVP, and temperature of the subject were measured for a duration of five minutes. Afterwards, to conclude the second session, the participants had to give a subjective rating of their current mental state, regarding their stress level, ranging from 1 (completely relaxed) to 10 (stressed out).

The third session was comprised of three separate measurements, two cognitive tasks and a relaxation segment. As before a rating followed the recording. The ratings consisted of a subjective assessment by the subjects regarding their stress level. Additionally subjects had to rate the test difficulty on a scale from 1 (very easy) to 10 (very difficult) for both tasks. For the first measurement the subjects were instructed to count down aloud from 700 in steps of 7 while maintaining a certain pace. The counting rhythm was indicated by a flashing dot on the instruction screen, for a duration of five minutes. The dot's color and flashing frequency were altered during the experiment to further increase difficulty at the three and four minute mark. If the participants were to slow down or loose track an instructor would intervene to help. The second task consisted of a Stroop-Word-Color test. The test featured 11 different colors, resulting in a total of 220 trials the subjects had to work through. Although the color palette seems rather extensive when compared to the standard 3 color variation of the test, this was a conscious decision to guarantee a test time of at least 5 minutes to mitigate monotony. Each trial presented the subject with a colored word in the center of the screen and one possible answer to either side. The participants then had to choose the right answer based on the color of the word. Each decision was recorded via a key press on the keyboard.

## **3.3 Signal Analysis**

### **3.3.1 Heart Rate Variability**

### **3.3.2 GSR**

### **3.3.3 Temperature**

## 4 Results

Hello, here is some text without a meaning. This text should show what a printed text will look like at this place. If you read this text, you will get no information. Really? Is there no information? Is there a difference between this text and some nonsense like “Huardest gefburn”? Kjift – not at all! A blind text like this gives you information about the selected font, how the letters are written and an impression of the look. This text should contain all letters of the alphabet and it should be written in of the original language. There is no need for special content, but the length of words should match the language.

## 5 Discussion

Hello, here is some text without a meaning. This text should show what a printed text will look like at this place. If you read this text, you will get no information. Really? Is there no information? Is there a difference between this text and some nonsense like “Huardest gefburn”? Kjift – not at all! A blind text like this gives you information about the selected font, how the letters are written and an impression of the look. This text should contain all letters of the alphabet and it should be written in of the original language. There is no need for special content, but the length of words should match the language.

## 6 Conclusions and Future Work

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## List of Figures

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