The analysis of Russian diaries involves identifying the words and phrases that frequently appear in sentences containing the word "diary." By examining the correlation (co-occurrence) between these words and phrases, researchers can identify distinct topics within the text. For example, words such as "thoughts," "fate," and "reasons" may be indicative of a "Spirit" category, while "cooking," "working," and "dinner" may indicate a "Routine" category.

The study uses this correlation to identify five distinct topics and their distribution over time. The research argues that the topic distribution remains stable over time, with 40% of all diary entries falling into the "Spirit" category, 15% in the "Literary" category, 15% in the "Interpersonal" category, 20% in the "Form" category, and 10% in the "Routine" category.

In summary, the co-occurrence of words around "diary" is used to identify five distinct and stable-over-time topics in the Russian diary paper.