

A BREATH OF FRESH AIR: TOWARDS OPTIMAL INDOOR AIR QUALITY

INVESTIGATING INTERVENTION STRATEGIES FOR ENHANCING OCCUPANTS AWARENESS, COMFORT AND HEALTH

SUBMITTED IN PARTIAL FULFILLMENT FOR THE DEGREE OF MASTER OF SCIENCE

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ABSTRACT

Suboptimal Indoor Air Quality (IAQ) have been identified to pose health risks and affect the cognitive performance of occupants within indoor environments. The study investigates occupants' awareness and perceptions of IAQ, facilitating occupants adoption of preventive measures. Employing a user-centered mixed-methods approach, the research employs Post-Occupancy Evaluation (POE) methods to elicit occupants' understanding of indoor air quality and utilizes sensory monitors to collect and measure common pollutants in specific indoor environments. These insights guide the development of 'Phair', an interactive data physicalization that visualizes real-time air quality data which was subsequently evaluated and usability-tested with occupants. The results of the user study reveal a lack of awareness among users regarding indoor air quality, while evaluations of the prototype demonstrate that physical hardware displaying real-time data can effectively increase occupants' awareness.

KEYWORDS

Human-Building interaction, Indoor air quality, Living Lab, Data physicalization, Smart buildings, User-centered design.

1 INTRODUCTION

Globally, it is estimated that people spend approximately 90% of their time indoors [18, 29] and breath 11.000 liters of air per day [8]. Suboptimal indoor air quality (IAQ) conditions affect building occupants' experiences of comfort and insufficient ventilation in indoor spaces is proven to play significant roles in occupants' well-being, health and cognitive functions [16, 34].

The research into the influence of Indoor Environmental Quality (IEQ) [19] on occupants', including acoustic, thermal and visual conditions, is gaining more attention especially the field of indoor ventilation. One core aspect of air quality is its invisibility to occupants [30], polluted air is not easily detected by smell or sight. Additionally, mechanical ventilation systems in buildings operate discreetly, contributing to occupants' perceived lack of control since these systems are typically automated and cannot be directly regulated or controlled by occupants themselves. This creates an interplay between occupants' effects on health and comfort, architecture and built environments, and computing technologies (see Figure 1).

This thesis focuses on understanding occupants' needs through in-the-wild studies measuring indoor air quality in specific spaces (e.g. meeting rooms) and arprototyping various persuasive technologies and data physicalization devices to visualize indoor air quality and evaluating their effectiveness with the overall goal of gathering insights into occupants' comfort levels and helping them to take preventive action against poor indoor air quality.

Researching occupants' subjective needs, experiences, and behavior, coupled with a human-centric design approach, has the potential to improve occupants' well-being and create indoor environments with good indoor air quality. Furthermore, it provides valuable insights to faculty staff in making decisions in setting up ventilation systems, arranging indoor spaces, and informing

architecture and interior design studios on making decisions about structuring spaces and integrating computing technologies within built environments.

While research on defining comfort within indoor buildings, gathering and analyzing sensory indoor climate data, and the effects of poor air quality are prevalent, there is a gap in understanding occupants' behavior and their subjective needs, along with limited research on how design solutions visualize environmental data and computing installations can empower occupants, particularly within the field of physically visualizing data to convey IAQ to building occupants in real-time.

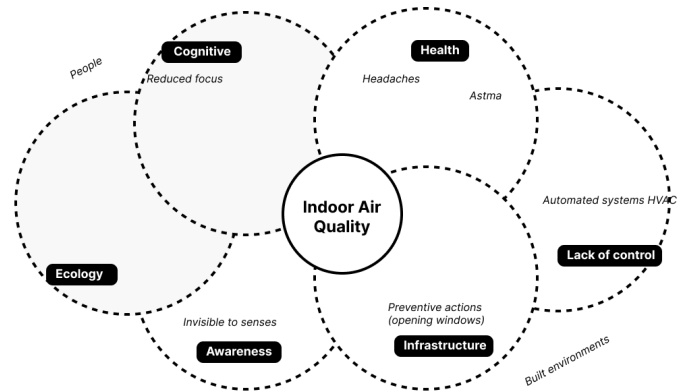


Figure 1: Complexity diagram providing an overview of the effects of IAQ and needs of occupants [16, 29, 34]

1.1 Research questions

In order to research intervention strategies for improving indoor air quality, the following main research question is formulated:

RQ: *How can real-time sensory measurements and future predictions of air quality be physically visualised in specific indoor spaces integrating both environmental information and elements that increase awareness among occupants facilitating their adoption of preventive measures against poor air quality?*

To effectively answer this main research question, this research is guided by the following supporting sub-questions that also serve as objectives to delineate the necessary knowledge:

- **SRQ1:** *How can environmental information related to air quality, such as pollutant concentrations and ventilation rates, be incorporated into the visual representations?*
- **SRQ2:** *How do different types of physical visualizations impact occupants' understanding of air quality and their willingness to adopt preventive measures?*
- **SRQ3:** *How do occupants' perceptions and behaviors regarding indoor air quality change over time, from pre to post-installation of the physical representation of poor air quality?*

2 RELATED WORK

This section provides an overview of studies conducted on the involvement of Human-Computer Interaction (HCI) in studying Built Environments. It begins by introducing the overarching concept of Human-Building Interaction (HBI) and subsequently narrows its focus to Indoor Air Quality (IAQ) and Post-occupancy Evaluation (POE) for the scope of this research. Finally, it presents key findings from previous approaches to mapping and encoding sensory data in a new area of research called Data Physicalization.

2.1 Human-Building Interaction

Buildings increasingly incorporate new forms of digital interaction [21, 24], which means new inherent connections between 'people', 'built environments', and 'computing' research in an area called Human-Building Interaction (HBI) [1, 32]. This research area is dedicated to exploring the design of built environments that may incorporate computing to varying degrees [31]. A logical extension where indoor spaces are increasingly refitted with sensing devices [24]. Understanding how people use different spaces in a building through computing can inform design interventions aimed at improving the utility of the space and well-being of occupants. [33].

Current research into architecture and built environments indicate that a significant portion of the data collected by these computing devices are not necessarily transparent or comprehensible to occupants [28], and indoor spaces are designed without much thought of placing of computing devices integrated within the environment [15, 17] leaving users with a perceived lack of control over their indoor comfort.

2.2 Comfort within buildings

Comfort is achieved in interaction with the environment and is represented in four respective dimensions; thermal, respiratory, visual, and acoustic [2]. Indoor Environmental Quality (IEQ) [19] indexes serve as metrics for assessing the aforementioned properties of comfort within indoor environments with Post-Occupancy Evaluation (POE) [10] and Perceived Environmental Qualities (PEQ) [30] methods being employed to gauge occupants' perceived comfort [7].

Studies on indoor environments focus on 'static' IEQ conditions using sensors to sense environmental conditions based on the buildings' physical characteristics to meet various recommended standards such as ASHRAE 62.1¹, ISO 16814². Discrepancies between measured IEQ conditions and occupants' perceptions have also been reported in studies. For example, studies have shown occupants' general awareness of IEQ is low, occupants perceived the environment as 'satisfactory' but actual sensory measurement within the environment showed quality levels below the recommended standards [30]. Recent studies are more focussed on the active role occupants play within the built environment and their behavior considering the activity within a building as a 'living ecology' itself [20].

2.3 Indoor Air Quality

A suboptimal indoor environment has reportedly been associated with health-related problems such as headaches, throat irritation and asthma [18] as well as a decrease in cognitive functions such as tiredness, effects on performance and productivity and a lack of focus [34] [9]. A phenomenon often referred to as the Sick Building Syndrome (SBS) [12, 23]. Most of these symptoms are predominantly associated with respiratory comfort and related to the Indoor Air Quality (IAQ) [16]. Proper ventilation can drastically reduce SBS symptoms [12].

The evolution of real-time IAQ monitoring systems leveraging Internet of Things (IoT) sensor technology has facilitated progress in both the measurement of IAQ and the implementation of interventions aimed at enhancing it [22]. Indications of poor air quality are gathered by measuring common pollutants with a focus on molds and allergens (humidity), volatile organic compounds (VOC) and carbon dioxide (CO₂) [18] where occupant behaviour and the number of occupants within indoor space have a specific negative effect on CO₂ levels [11]. These indoor climate factors are related to the building occupants' behaviors and need special attention to be considered in assessing the IEQ conditions and determining if adequate ventilation is present [9]. When occupants experience symptoms this means that a suboptimal air quality situation has already occurred. With the ability to use real-time sensor readings it's

The existing literature on indoor air quality provides quantifiable and tested methods to measure indoor air quality using sensory data, stresses the complications associated with IAQ and the importance of creating solutions to providing adequate ventilation to occupants.

2.4 Data Physicalization

The research domain known as data physicalization [3] has emerged as a notable area of study, emphasizing the creation of physical data visualizations making the invisible tangible and interactable by encoding data in physical artifacts [25]. This shift from focusing on individual artifacts to a broader environmental context facilitates the physical embodiment of computing. Data physicalization has the potential to positively influence the perception and exploration of data [14], presenting distinct advantages over traditional 'screen-focused' data representations, such as 2D canvas displays (dashboards). [13] especially with the focus on IAQ where a 'physical data visualization' is a fitting metaphor for visualizing 'invisible indoor air'.

These tangible artefacts usually come in the form of a ubiquitous computing (ubicomp) [6] device that seamlessly blends into the environment, essentially making the computing devices 'disappear' [35]. These devices are frequently employed as persuasive technology, strategically designed to gently nudge individuals towards behavior change leveraging the emerging notion of pervasive sensing to subtly enhance users' awareness regarding the impacts of their decisions [4, 26]. This method of persuasive design serves as a powerful tool in calmly extending users' awareness, helping users understand gathered data, the consequences of their actions, and gaining insight into their behavior [5]. Numerous approaches to study computing devices within indoor spaces and interactivity with occupants have been explored in prior research [27] to nudge

¹<https://www.ashrae.org/technical-resources/bookstore/standards-62-1-62-2>

²<https://www.iso.org/standard/42720.html>

occupants to a desired behaviour but limited design solutions have been developed and explored to focus specifically on IAQ awareness.

This framework of data physicalization and persuasive technology establishes the theoretical foundation for the creation (prototyping) and the evaluation (usability testing) of the design solution within this research.

3 METHODOLOGY

Write about your methodology here. Focus on your own contribution. Indicate exactly how you will assess your work in terms of evaluation.

The goal of the prototype is to recognize the role of humans as active users of a indoor environment and helping them prevent these situations before they occur with minimal interruption cost.

4 RESULTS

Write about your results here. Good captions to tables and/or figures are key.

5 DISCUSSION

Write your discussion here. Do not forget to use sub-sections. Normally, the discussion starts with comparing your results to other studies as precisely as possible. The limitations should be reflected upon in terms such as reproducibility, scalability, generalizability, reliability and validity. It is also important to mention ethical concerns.

6 CONCLUSION

Write your conclusion here. Be sure that the relation between the research gap and your contribution is clear. Be honest about how limitations in the study qualify the answer on the research question.

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Appendix A ACKNOWLEDGEMENTS

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Appendix B ETHICAL CONSIDERATIONS

Before user studies were conducted, an application to the Ethics Committee for Information Sciences (ECIS) ³ about the methodology of this research, how data is being gathered and stored was made. Advice from the committee is still pending.

Prior to conducting the questionnaire survey and evaluation procedure, a domain expert from the Informatics Institute at the University of Amsterdam reviewed the methodologies involved. All individuals participating in the survey and evaluation process were obliged to confirm their voluntary involvement by carefully reading and signing a letter of consent, with the assurance that they retained the right to withdraw from participation at any point without the need for explanation. To uphold confidentiality and privacy, survey participation occurred anonymously, and all evaluation data underwent anonymization following the conclusion of the evaluation sessions.

Interacting with occupants within the building and interacting with participants of the usability tests of the prototype adhered to the principles outlined in the UvA code of conduct ⁴.

Appendix C DATA STORAGE AND ARCHIVAL

Take some parts of the ethical application to describe data storage and archival of the devices etc.

Appendix D SOURCE CODE

In the spirit of open research, to support reproducibility and enable future work in this problem space the datasets, research notebooks, and prototypes in this work are publicly available on a GitHub organization with the working title 'vizslab' ⁵ using the MIT License. Several code repositories for different parts of the research can be accessed. The readme.md of the repository described the contents and how to perform the technical set-up:

- (1) **Prototype.** Code and models for the physical prototype.
<https://github.com/vizslab/prototype>
- (2) **Datasets.** Code and models for the physical prototype.
<https://github.com/vizslab/prototype>

A one-page website was created for shareability of this research. It's an online website which gives an overview of the research, allows for viewing the source coded of the prototype and allows for downloading of this paper. A live version is deployed on:

- (1) **One-pager.** Code and models for the physical prototype.
<https://vizslab.github.io/>

³<https://ivi.uva.nl/research/ethical-code/ethical-code.html>

⁴<https://www.uva.nl/en/about-the-uva/policy-and-regulations/>

⁵<https://github.com/vizslab>

Appendix E FLOORPLAN AND LAB SET-UP

A diagram indicating where the sensors were installed. This shows the lab set-up in the two meeting rooms.

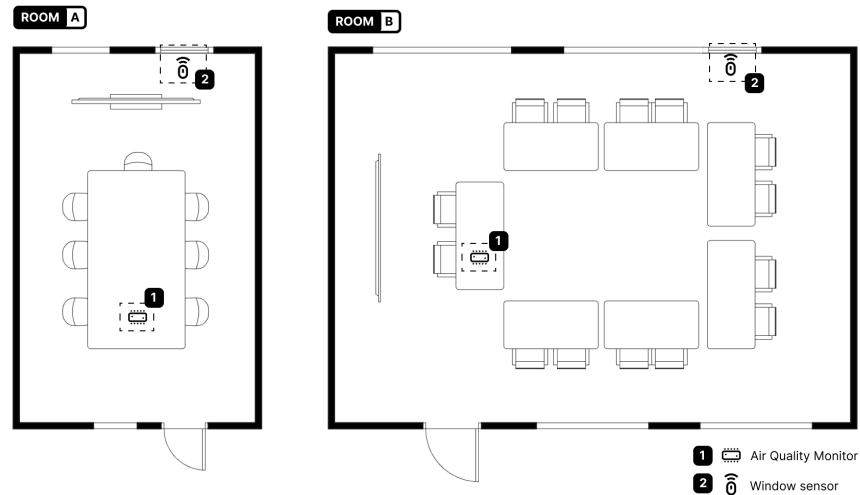


Figure 2: Diagram of the floorplan with sensors installed

Appendix F IOT ARCHITECTURE OF THE PROTOTYPE

System diagram which shows the IoT architecture of the prototype.

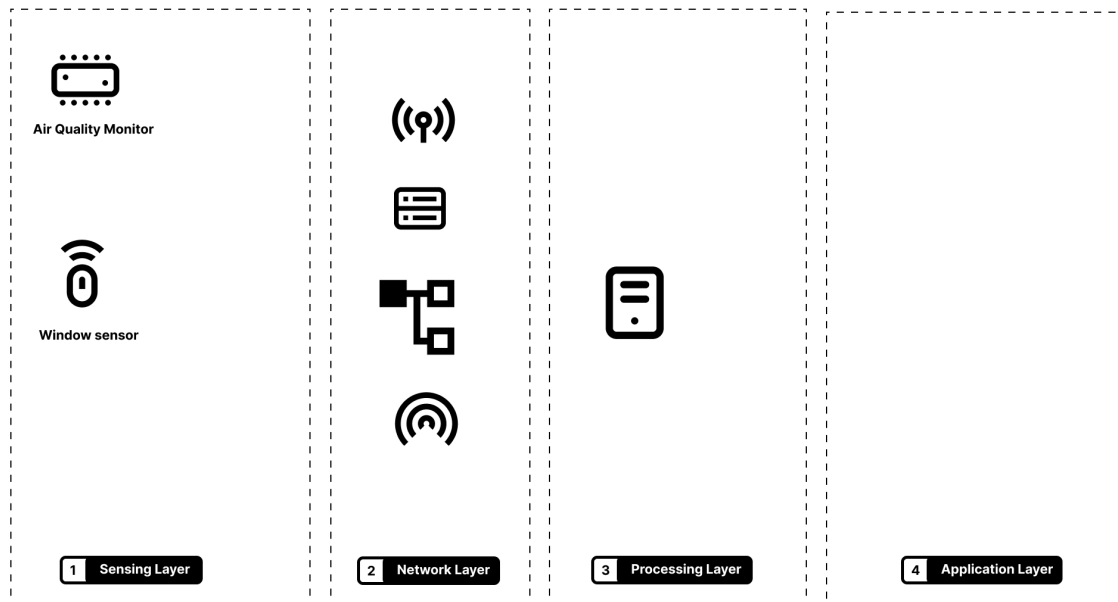


Figure 3: System diagram that shows the technical set-up of the prototype

Appendix G MEETING ROOM IMPRESSIONS



Figure 4: System diagram that shows the



Figure 5: System diagram that shows the

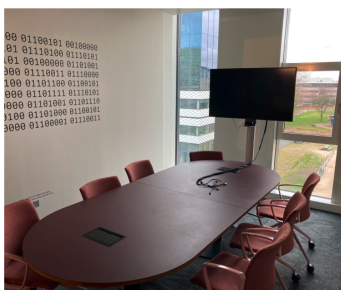
Appendix H LAB SETTING IMPRESSIONS



(a) first



(b) second



(c) third



(d) fourth

Figure 6: caption



Figure 7: System diagram that shows the

Appendix I PROTOTYPE IMPRESSIONS



Figure 8: System diagram that shows the



(a) first

(b) second



(c) third



(d) fourth

Figure 9: caption

Appendix J WEEKLY SCHEDULE

Horizontal boxplot that indicates an average week of booking in the meeting rooms scheduled.

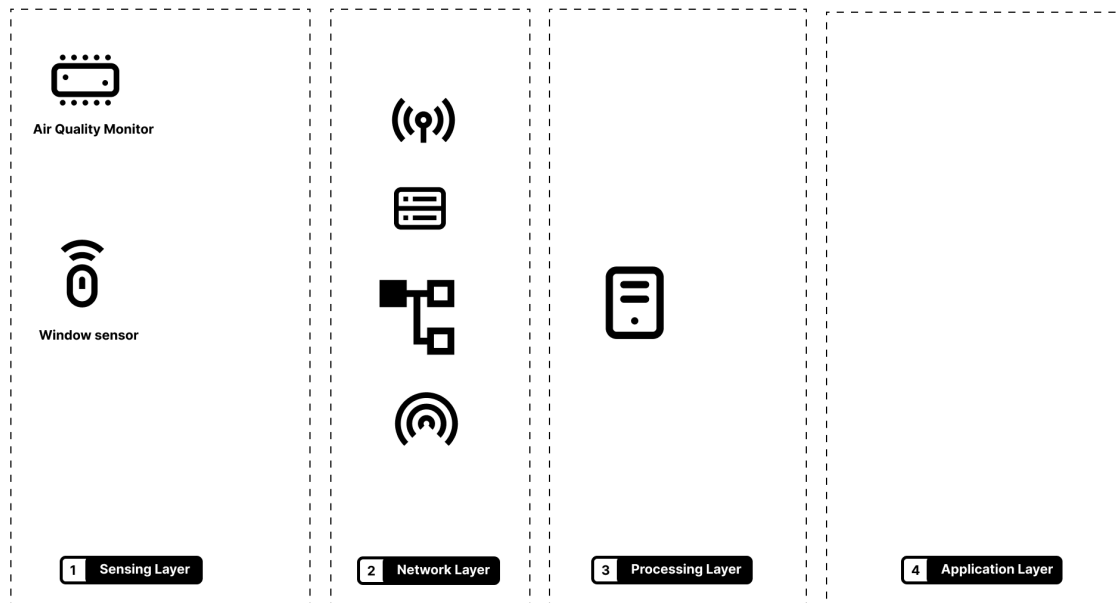


Figure 10: System diagram that shows the technical set-up of the prototype

Appendix K AIR QUALITY MONITORS SAMPLE DATA