Project Proposal

Project Name: A Behavioral Data Approach to Understanding Time-Blindness
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1. Problem Statement

      Time-blindness, which is by definition the difficulty perceiving, estimating, or managing time, is commonly reported among individuals with ADHD traits or executive function challenges. While it affects daily routines, punctuality, task switching, and emotional well-being, it is not well-captured in formal datasets. Public online discussions, however, contain rich descriptions of these real-world struggles.This project aims to analyze how people describe time-blindness and related challenges across public online sources. By studying naturally occurring text, the project will identify common themes, emotional patterns, and frequently reported problems, offering a clearer picture of how time-blindness is experienced and discussed.

2. Data Collection

      Data will be collected through a mix of API-based retrieval and static HTML scraping, using Python libraries such as requests and BeautifulSoup. Here are the sources I'm considering referencing:

- **Reddit (API):**
  - Reddit API: https://www.reddit.com/dev/api/
  - Pushshift API: https://api.pushshift.io/
- **Target subreddits:** r/ADHD (https://www.reddit.com/r/ADHD/), r/ADHDwomen (https://www.reddit.com/r/ADHDwomen/), r/productivity (https://www.reddit.com/r/productivity/)
  - *Keywords for filtering:* "time blindness," "being late," "time perception," "procrastination," "task switching."
- **PsychCentral (Static HTML):**
  - https://psychcentral.com/adhd/
  - Example article: https://psychcentral.com/adhd/what-is-time-blindness
- **ADDitude Magazine (Static HTML):** https://www.additudemag.com/punctuality-time-blindness-adhd-apps-tips/
- **Healthline (Static HTML):** https://www.healthline.com/health/time-blindness

3. Data Analysis and Visualization

      To interpret the collected data, I will conduct a series of textual analyses to uncover how time-blindness is experienced and discussed. This includes identifying major themes through simple clustering or grouping of similar terms (using frequency-based methods covered in class), measuring emotional tone via a lexicon-based sentiment analysis approach, and examining keyword patterns to determine which aspects of time-blindness appear most frequently across communities and articles. I will also compare community-generated content with expert-written texts to see where personal experiences align with or diverge from psychoeducational perspectives. Visualizations created with Matplotlib or seaborn, such as word clouds highlighting common terminology, keyword-frequency charts showing how often certain concepts appear across subreddits or over time, sentiment-distribution plots illustrating emotional tone, and cluster-style diagrams mapping overarching themes, will together illustrate how time-blindness is described, understood, and perceived across different sources.