



Research question:

How does the combination of air pollution, noise and the presence of green/blue spaces affect mental health?

Choose your own experiment!

Instructions:

- 1** You must choose the type of study you would be willing to contribute to.
Put a sticker!
- 2** Then, choose the **aspect of mental health** that you are most interested in investigating.
- 3** Keep going: **What type of data** do you want to collect? If you have any to contribute, pick a post-it and add it!
- 4** Finally, check **the way you want to collect them** (eg. *tools, apps, etc.*)

Panel study (observational)

You collect data on your movements and health repeatedly for 1 week in your daily routine.

1 Type of study

2 Mental health aspects

Sleep

Memory

Attention

Stress

3 What kind of data

- Duration & quality of sleep
- Circadian rhythm
- Frequency of nocturnal awakenings
- Feeling of fatigue

- Verbal memory (words)
- Visual memory (images)
- Feeling of memory loss

- Eye tracking
- Concentration (reading, conversation)
- Speed in processing information
- Feeling of paying attention
- ADHD symptoms

- Self-perceived stress level
- Heart rate
- Sweating
- Cortisol
- Blood pressure

Other aspects that you would like to explore
Write it in the box

4 How we collect the data

- Sleep app
- Wearable sleep
- Survey

- Online games
- Survey

- Online games
- Survey

- Wearable (heart rate)
- Saliva test
- Sweat test
- Survey

Other ideas on how to collect the data
Write it in the box

Experimental

You collect your health data for 1 day and in certain places.

1 Type of study

2 Mental health aspects

Memory

Attention

Stress

3 What kind of data

Verbal memory (words)

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Self-perceived stress level

Visual memory (images)

Concentration (reading, conversation)

Heart rate

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4 How we collect the data

Online games

Online games

Wearable (heart rate)

Survey

Survey

Saliva test

Sweat test

Survey

Audio/ photos narrative

Other ideas on how to collect the data
Write it in the box

Transversal

I answer a survey about my general health.
The responses are compared taking into account the potential risk factors to which we are exposed.

1 Type of study

2 Mental health aspects

3 What kind of data

Other aspects that you would like to explore
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4 How we collect the data

Other ideas on how to collect the data
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Sleep Memory Attention Stress

<input type="checkbox"/> Sleep duration	<input type="checkbox"/> Verbal memory (words)	<input type="checkbox"/> Concentration	<input type="checkbox"/> Perceived stress level
<input type="checkbox"/> Sleeping and hypnotic drugs	<input type="checkbox"/> Visual memory (images)	<input type="checkbox"/> Information processing speed	<input type="checkbox"/> Drugs to treat stress or anxiety
<input type="checkbox"/> Feeling of fatigue	<input type="checkbox"/> School grades	<input type="checkbox"/> ADHD symptoms	<input type="checkbox"/> Anxiety or depression prevalence
<input type="checkbox"/> Insomnia prevalence	<input type="checkbox"/> Alzheimer's prevalence		
<input type="checkbox"/> Alzheimer's symptoms			

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Survey Survey Survey Survey

Test Test Test

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Answers

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Survey Survey Survey Survey

Test Test

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