The Lived Experiences Measured Using Rings Study (LEMURS)

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4:30-5:30 PM
Innovation E430

Abstract

Building on a decade of work quantifying mood and health using social media activity, this talk will share preliminary findings from our new longitudinal wearables study of well-being. A cohort of 600 first-year students have been recruited to take part in an experiment incentivizing healthy behaviors. In spring 2023, students were randomized into four groups of 150: (a) exercise, (b) nature experiences, (c) group therapy, and (d) self-monitoring. Changes in sleep, stress, mental health, and other outcomes are assessed through a series of weekly surveys deployed through a dedicated mobile app, as well as continuous heart-rate and activity monitoring with the Oura Ring. The project involves scholars of Biomedical Engineering, Computer Science, Data Ethics, Mathematics & Statistics, Natural Resources, Psychiatry, and Psychology.

ADA: Individuals requiring accommodations, please contact Doreen Taylor at (802) 656-3166