

Abstract

The Behavior Change for Good (BCFG) Initiative is a group of interdisciplinary scientists that have the goal of understanding and improving human behavior through long-lasting change. They work with large organizational partners to conduct mega-studies revolving a target behavior/topic. During this past summer, I joined the BCFG team to work on a wide range of research projects.

StepUp Study Publication

Background:
- study involved interventions with the same goal of increasing gym attendance among its participants

- prepare the study for publication by compiling and reviewing the supplementary materials
- intervention descriptions
- instructions received by participants

Plan your weekly gym visits

Plan the dates and times you'll visit your gym during the 28-day StepUp Program.

Your schedule will be emailed with instructions for revising it anytime.

DAY	TIME
<input checked="" type="checkbox"/> Monday	6:00 PM
<input checked="" type="checkbox"/> Tuesday	6:00 PM
<input checked="" type="checkbox"/> Wednesday	6:00 PM
<input checked="" type="checkbox"/> Thursday	6:00 PM
<input checked="" type="checkbox"/> Friday	6:00 PM
<input checked="" type="checkbox"/> Saturday	9:00 AM
<input checked="" type="checkbox"/> Sunday	9:00 AM

Literature Search: Stress Reduction & Increasing Step Count

Focus:

- Conduct literature searches that looked at interventions that aimed to
 - 1.) increase exercise (through step count)
 - 2.) reduce stress
- Look at studies that used wearable technology as part of their design

Identified studies that fit the criteria

Narrow down ten studies that represented the literature

Gather trends on population, methods and strategies, findings

Stress Reduction

- objective measures included Heart Rate Variability and Cortisol levels
- college students and working adults are the main population targeted by these studies
- Interventions used involved acupuncture, mobile applications, mindfulness training

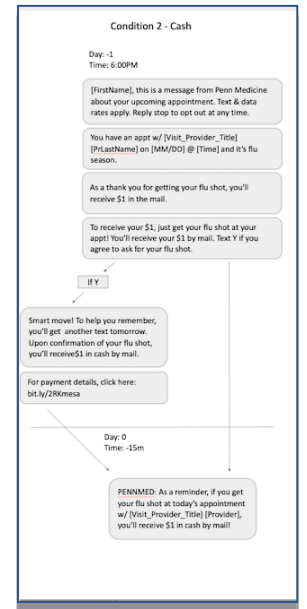
Exercise (Step count)

- recent studies used Fitbit/other wearable technology to measure physical activity
- studies focused on patients with illnesses and working adults
- monetary, social, personalized and technological interventions were used

Flu-shot Study Design Preparation

Background:

- a study with the goal of increasing flu vaccination uptake
- used text message interventions combined with behavioral interventions chosen by team scientists
- reviewed submissions made by team scientists
- prepared the text messages by formatting and organizing
- designed flowcharts to be used for the programming of text messages



Conclusion

Through this opportunity, I was able to be involved in different aspects of social science research such as the literature review, creation of the design, and preparing the publication. Besides this, my PURM experience allowed me to further develop my interest in psychology and behavioral economics by seeing these theories be implemented in actual experiments.