Demystifying human behavioral patterns; in health and in disease

Title of the dissertation
Temporal patterns of human behavior

Contents of the dissertation
Mobile phones and other digital devices are an important part of our lives. While they make everything easier, they also collect the digital breadcrumbs that we leave behind--wherever we go and whatever we do. These traces can be used to monitor our behavior; they provide a picture of our activities, movements, and communication. The focus of this dissertation is to use such traces to study temporal patterns of human behavior.

The findings of this dissertation can serve as a starting point for understanding how mental health and well-being depend on regular sleep and social interactions. In particular, auto-recorded data may allow detecting changes in sleep or social behavior; such changes can act as a warning sign for, e.g., mental-health outpatients. The dissertation also outlines a data collection system developed for this purpose.

Field of the dissertation
Computational Science

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