

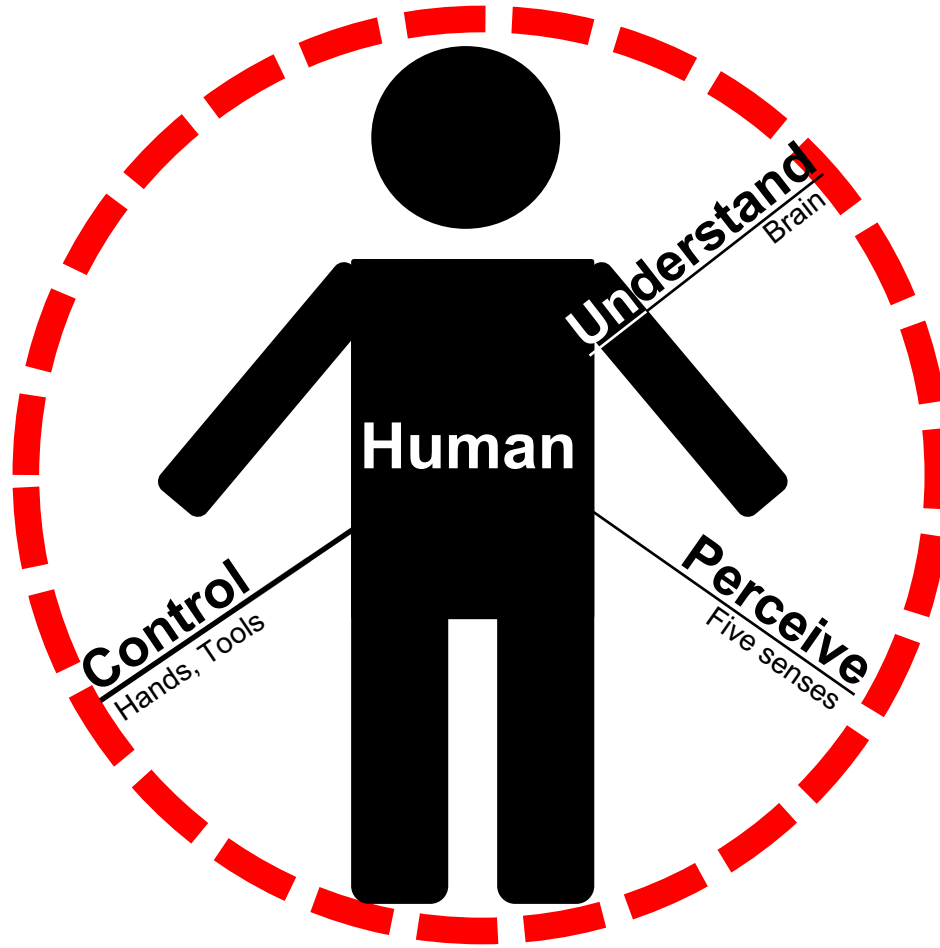
新 城 市 科 学      W 4      新 技 术  
**MEASURING ENVIRONMENTAL PERCEPTION  
& WEARABLE BIOSENSORS**  
环 境 感 受 测 度 和 可 穿 戴 生 物 传 感 器

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同济大学 景观学系 Landscape Studies, Tongji University

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2018.10.11, 清华

# DESIGNERS CUSTOMIZE ENVIRONMENTAL INTERACTIONS FOR HUMAN BEINGS



**Environment**

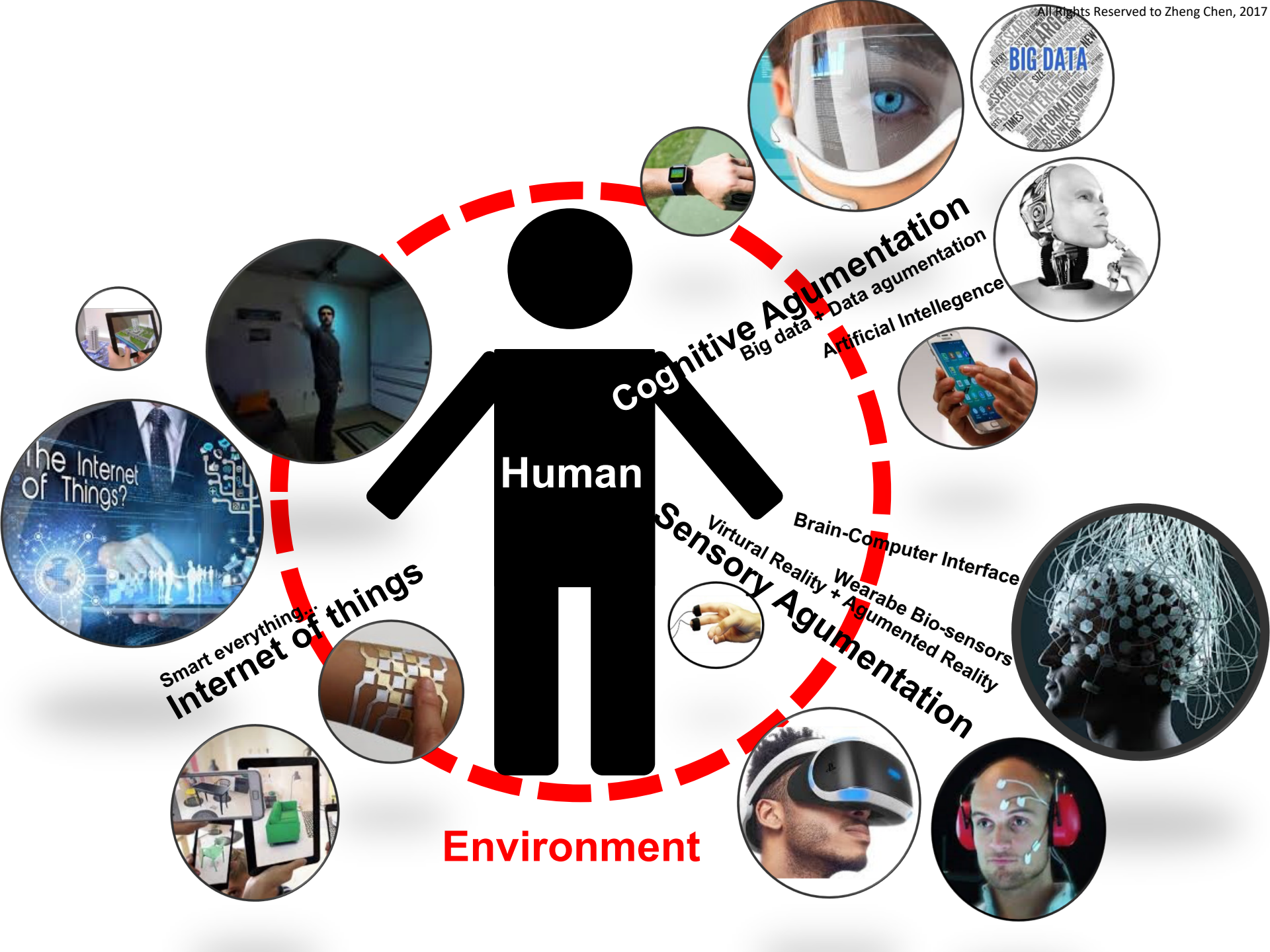
H a v e y o u e v e r

**I M A G I N E**

how our interactions with environment will change

in **10** or **20** years



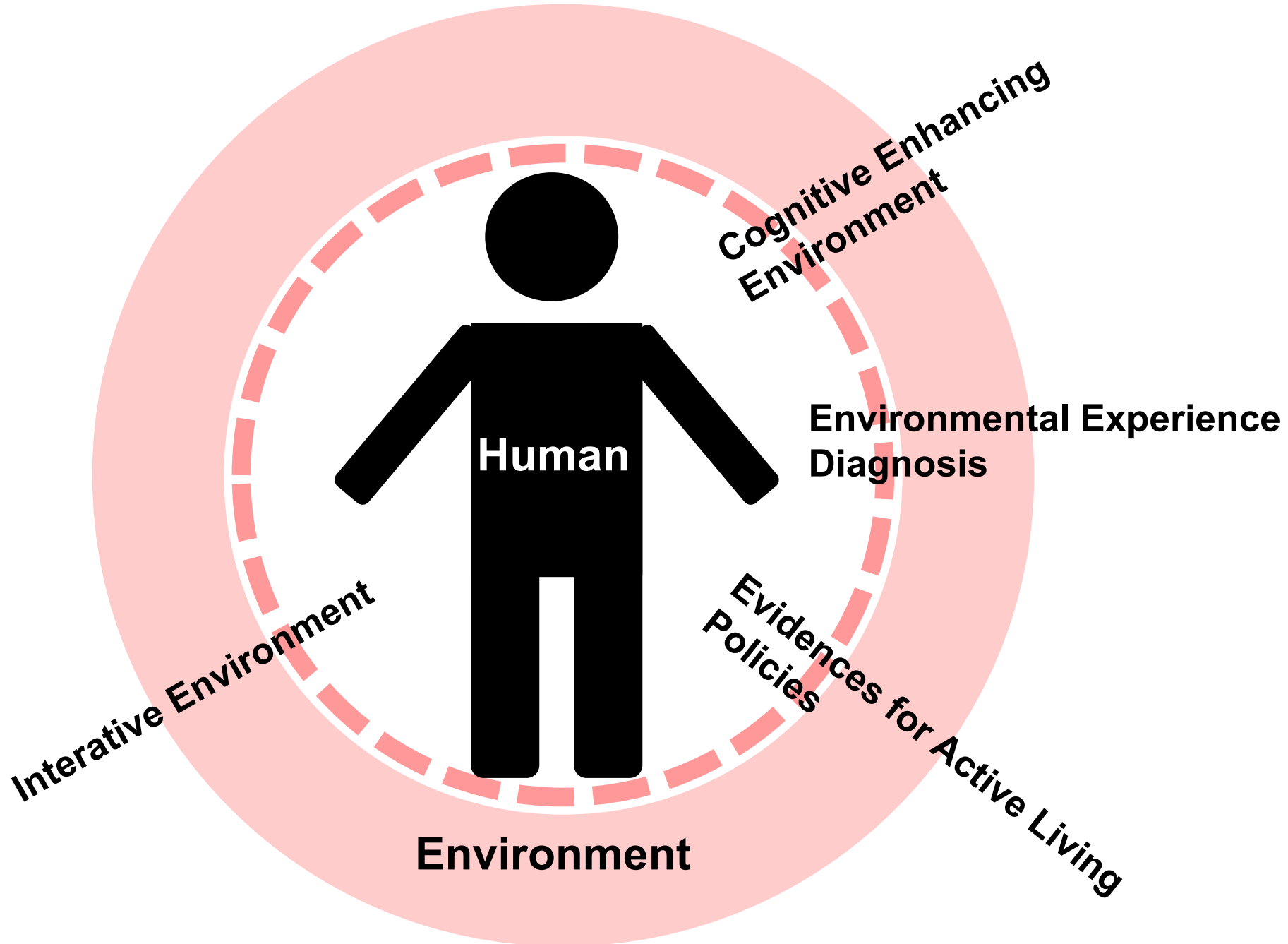


**RETHINKING DESIGN**

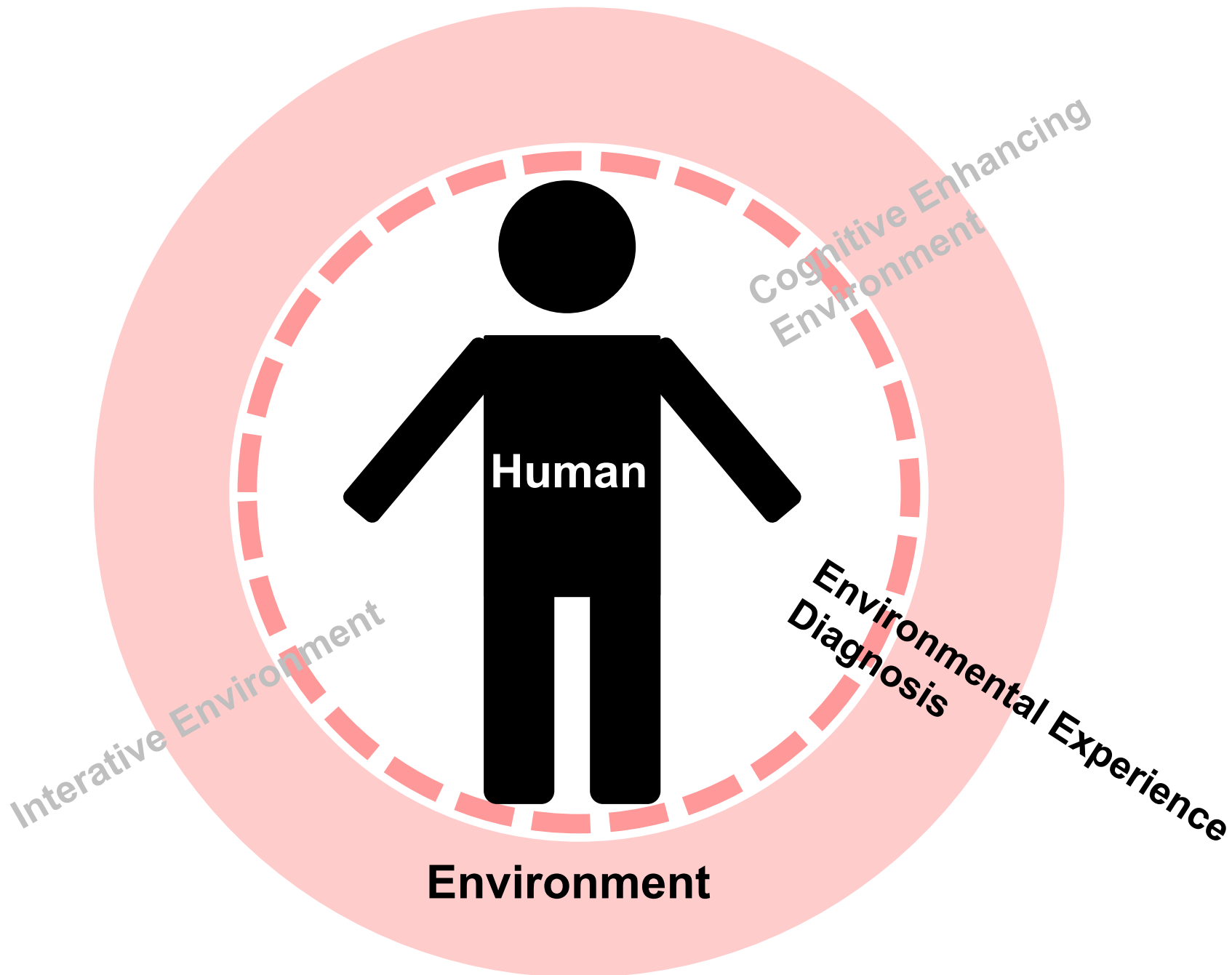
**POSSIBILITIES**

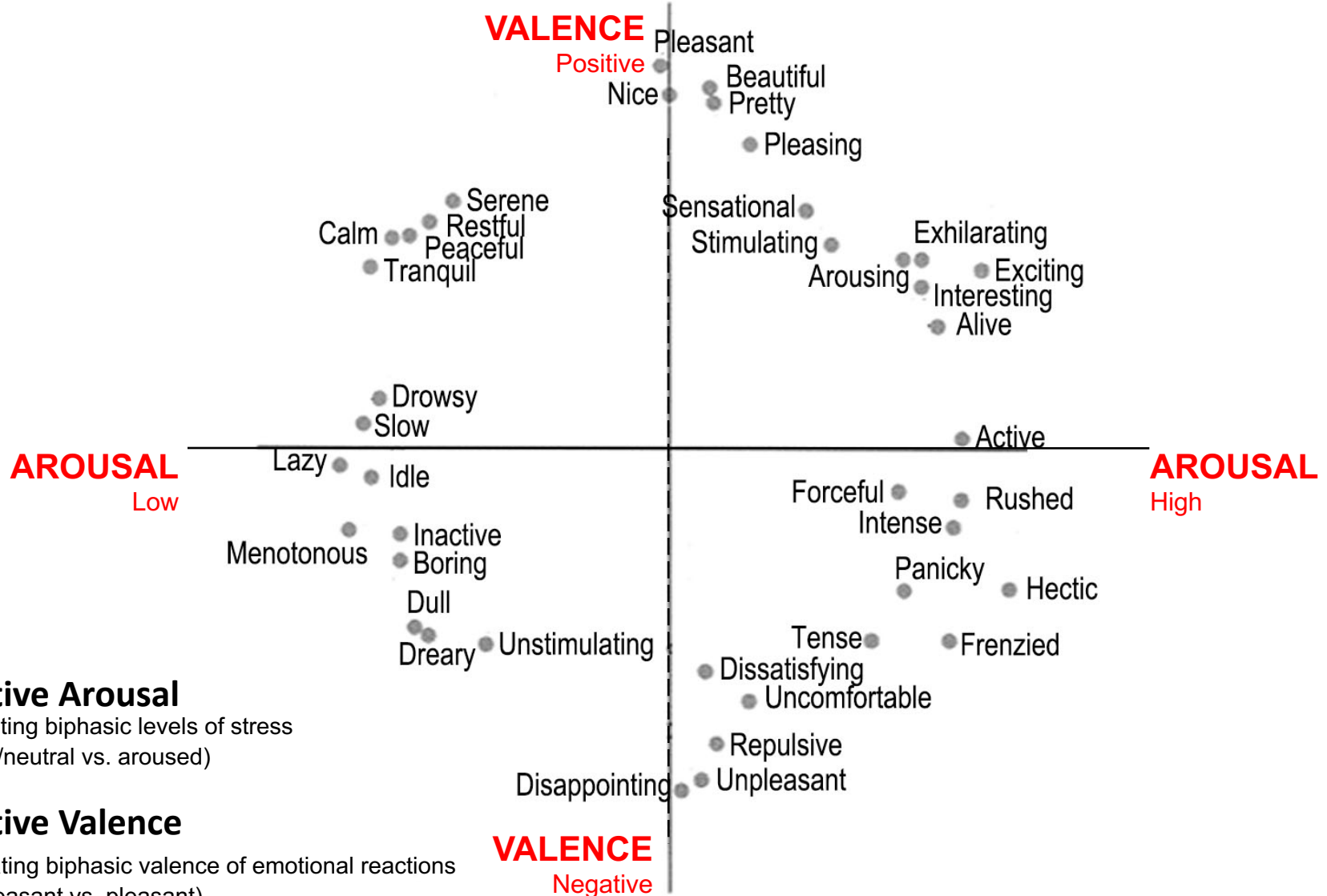


# NEW INTERACTIONS, NEW POSSIBILITIES



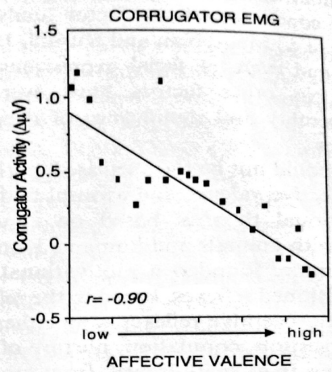
# NEW INTERACTIONS, NEW POSSIBILITIES





## Emotional Responses to Environment

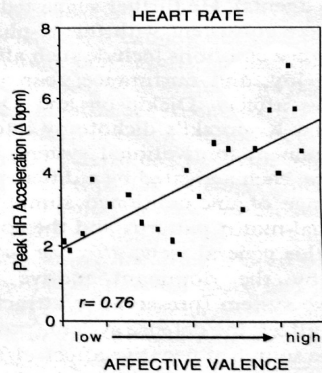




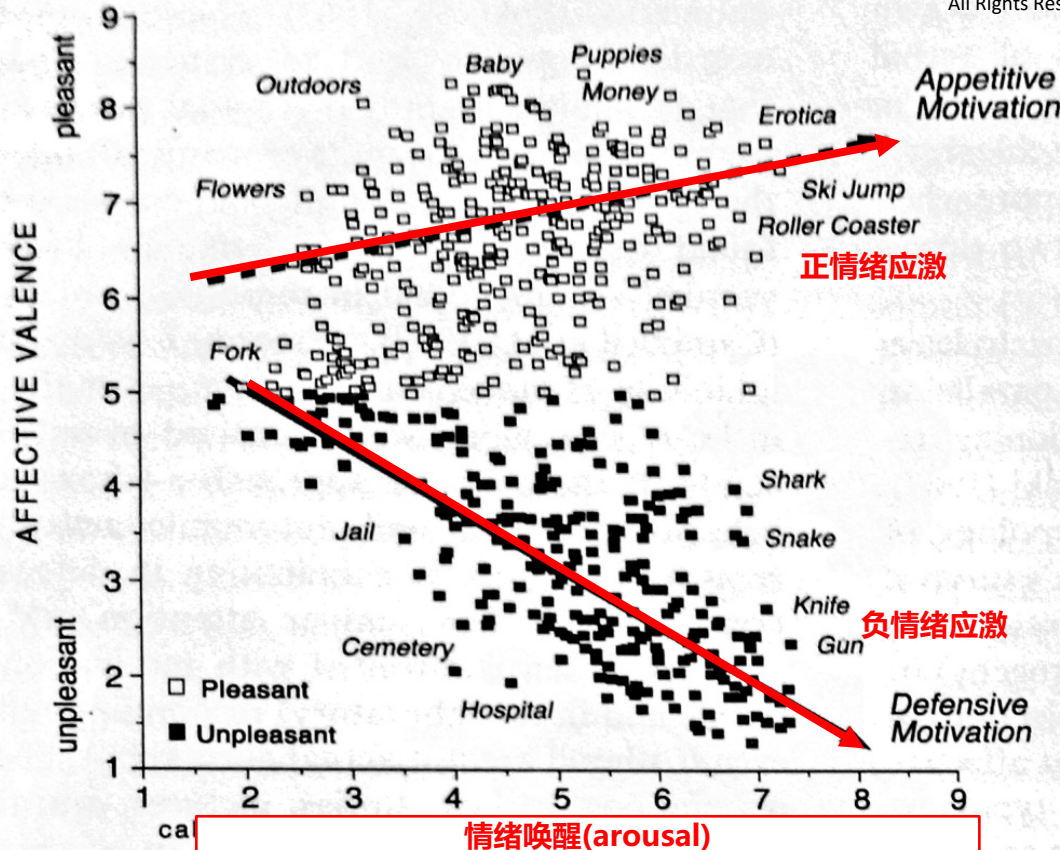
表情肌肌电



情绪效价(valence)



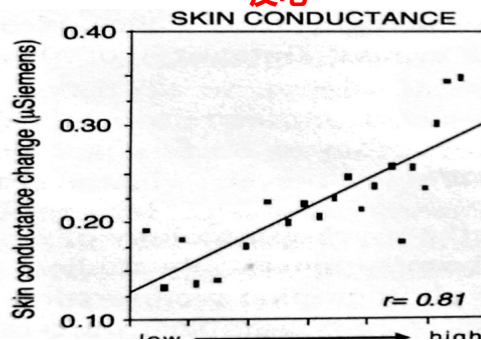
心电



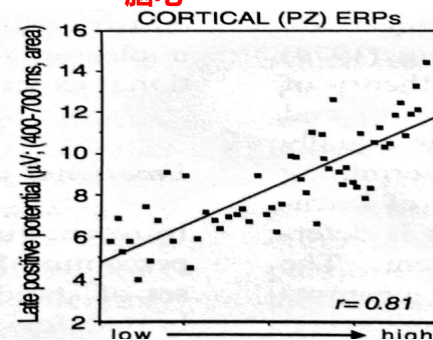
情绪唤醒(arousal)



皮电



脑电



# Biosensory Affective Computing during Walking

## **Informative?**

- Are portable bio-sensory techniques and in-situ walking measures good enough to capture environmental perception?

## **Reliable?**

- Is bio-sensory data able to capture specific visual stressors or interest points?
- Were these results triangulated with narratives provided by participants?
- Did bio-sensory data reveal consistent spatial patterns across runs/ individuals?

# Biosensor Measurement

- ProComp Infiniti System & BioGraph
- Garmin eTrex 20 GPS



[1] ECG, 3 sensors measured on wrists

[2] EEG

[3] Facial EMG, 3 sensors at forehead

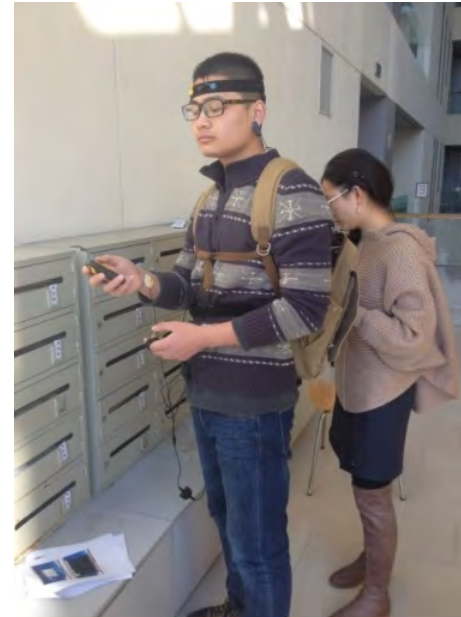
[4] Skin Conductance & Temperature

[5] Respiration, measured at abdomen

[6] Amplifier box

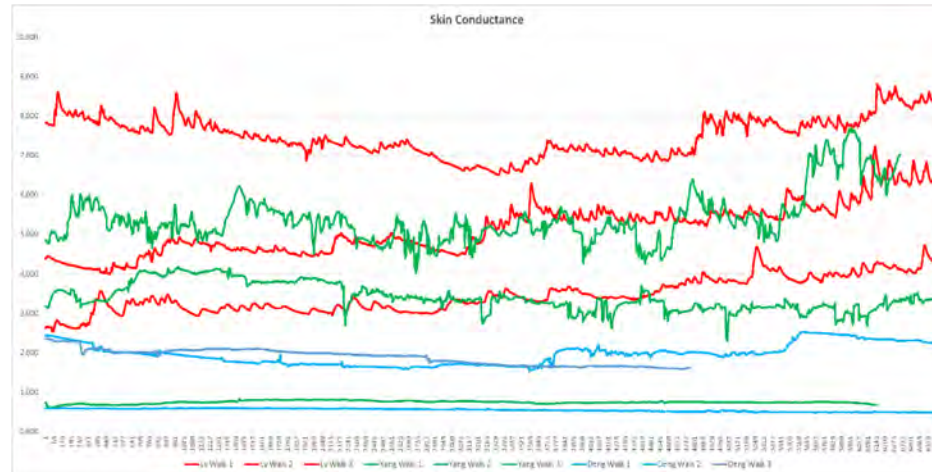
# On-Site Data Collection

- 4 participants (male and female)
- Each participant took 3 consecutive walks (with breaks), fully equipped
- 9 out of 12 walks could be used for further analysis
- Each participant was interviewed about his/her personal experience, feelings, events, descriptions, visual aesthetics



## Obstacles in Data Collection:

- Technical equipment under outdoor conditions
- Limitations on practicability and measurements

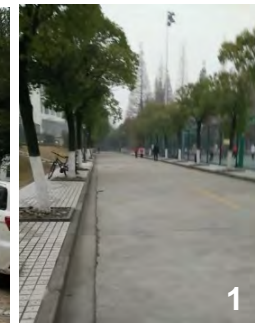
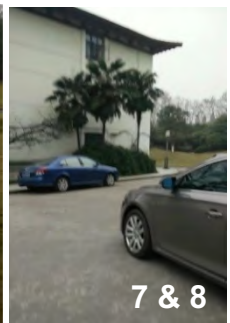


# Site Info

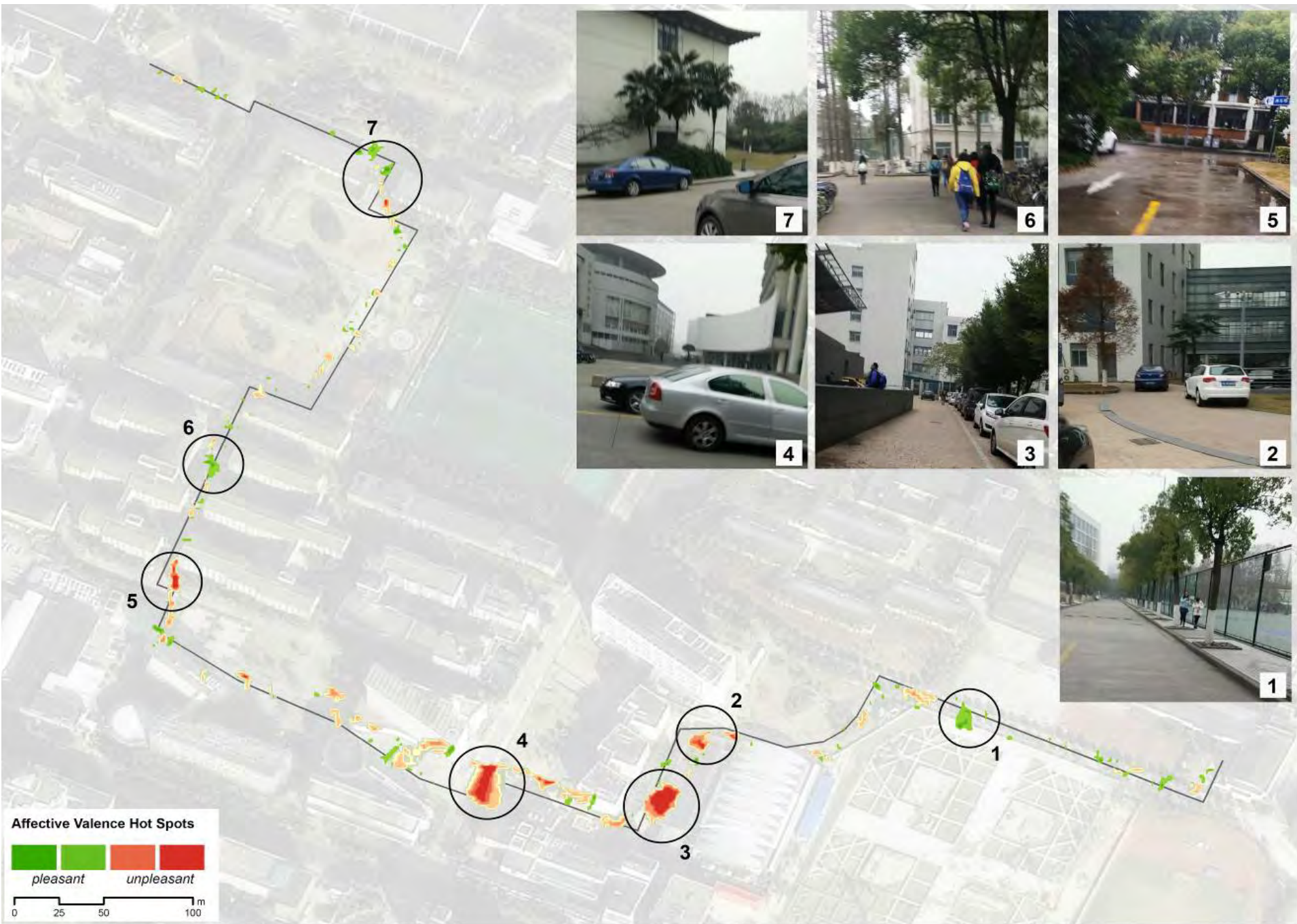


## Description

- 1 Small street with trees in between sporting grounds
- 2 Small footpath through green space with monument
- 3 Footpath between tall buildings and parking lots
- 4 Major road crossing, medium traffic
- 5 Sino-German campus plaza with wide open spaces between buildings
- 6 Dormitory buildings alley
- 7 Street through green space area
- 8 Small alley alongside dormitories and green spaces



# Affective Mapping Analysis

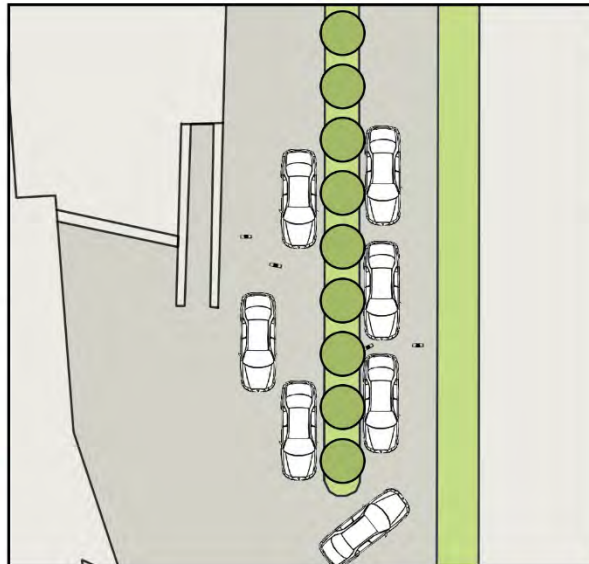
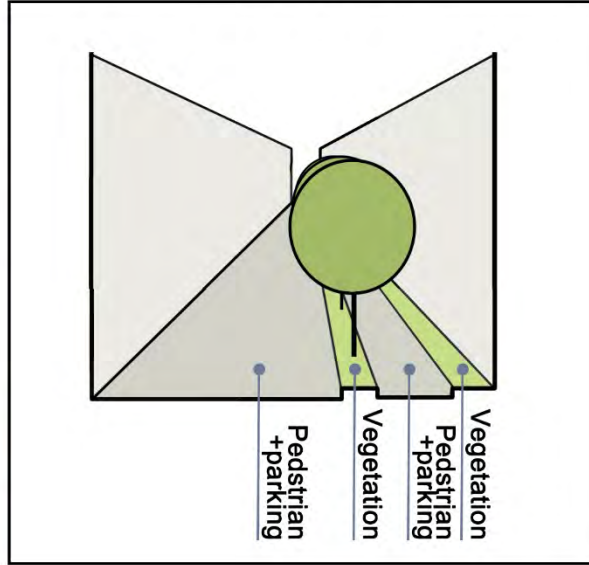


# Design Recommendations

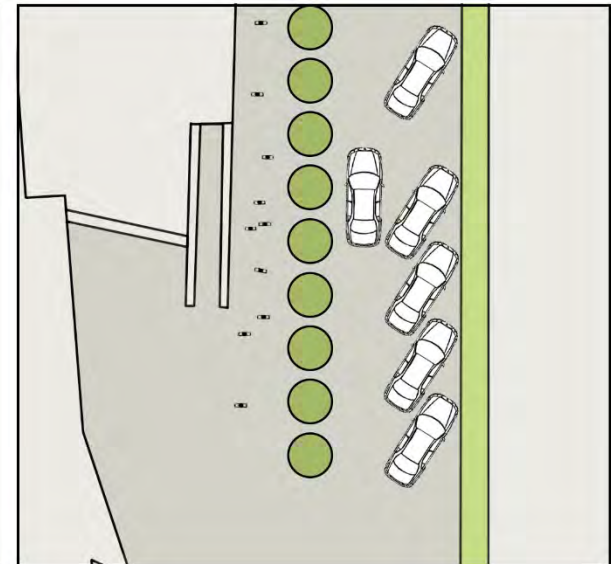
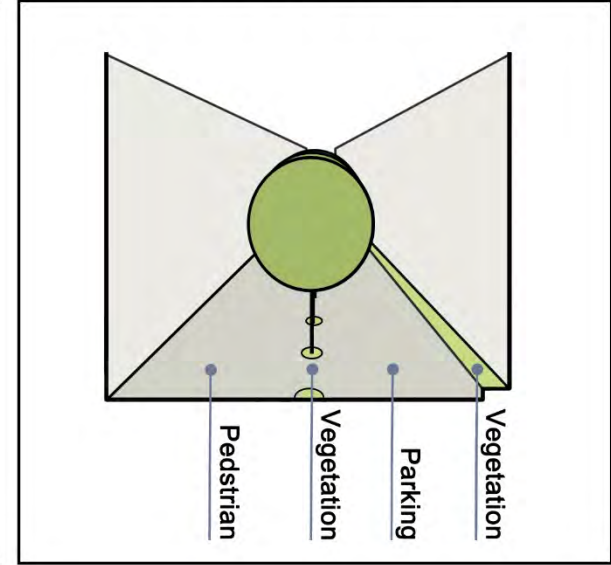
## PHOTOS



## EXISTING



## PROPOSED





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Cognitive Systems Research xxx (2018) xxx–xxx

**Cognitive Systems  
RESEARCH**[www.elsevier.com/locate/cogsys](http://www.elsevier.com/locate/cogsys)

## Assessing affective experience of in-situ environment via wearable biosensors for evidence-based

Zheng Chen<sup>a</sup>, Sebastian Schulz<sup>b</sup>, Xiaofan He<sup>c</sup>, Zhenyuan Tang<sup>c,\*</sup>,  
Xiaofan He<sup>c</sup>, Zhenyuan Tang<sup>c,\*</sup>

<sup>a</sup>Tongji University, C710 Caohe Road, Shanghai 200092, China

<sup>b</sup>Siping Rd 1239, Yangpu District, China

<sup>c</sup>Procomp Ltd., China

<sup>d</sup>University, China

<sup>e</sup>University of Michigan, United States

\*received in revised form 30 August 2018; accepted 10 September 2018

**Ab**

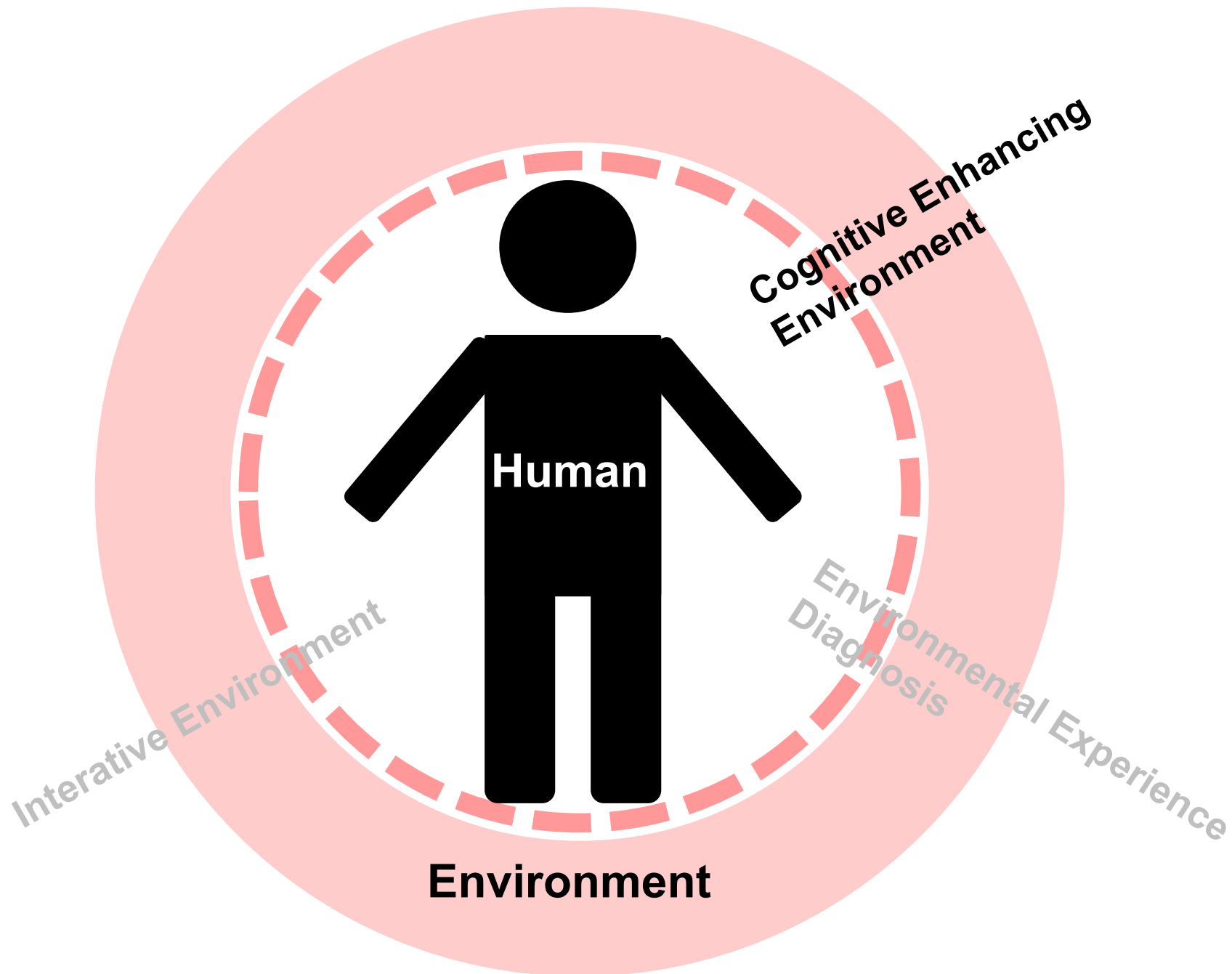
In environmental psychology research, the most commonly used methods are phenomenological interviews and psychometric scales. Recently, with the development of wearable bio-sensing devices, a new approach based on bio-sensing data is becoming possible. In this study, we examined the feasibility of using wearable biosensors to document affective experience during in-situ walk. An eight-channelled Procomp multi-bio-sensing devices (EKG, EEG, skin conductance, temperature, facial EMG, respiration) were used, in addition with a GPS tracker, to measure the in situ physiological affective responses to environmental stimuli. This pilot experiment revealed consistent results between bio-sensing measures and two traditional methods, i.e. phenomenological interviews and psychological Likert scale rating, which indicated that mobile bio-sensing could be a promising method in measuring in-situ affective responses to environmental stimuli as well as diagnosing potential environmental stressor. This new bio-sensory method, as exemplified in this paper, could help identifying negative stressful stimuli and providing evidence-based diagnosis to support design strategies.

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**Keywords:** Environmental neuroscience; Affective mapping; Environmental experience



# NEW INTERACTIONS, NEW POSSIBILITIES





**RESTORATIVE LANDSCAPES**

**FATIGUE/ATTENTION**

**STRESS**

**EMOTION**

# Experiment Design

In situ multi-sensory exposure (20 minutes)

Between-subject design



Restorative  
Man-made nature  
Campus garden  
n=16

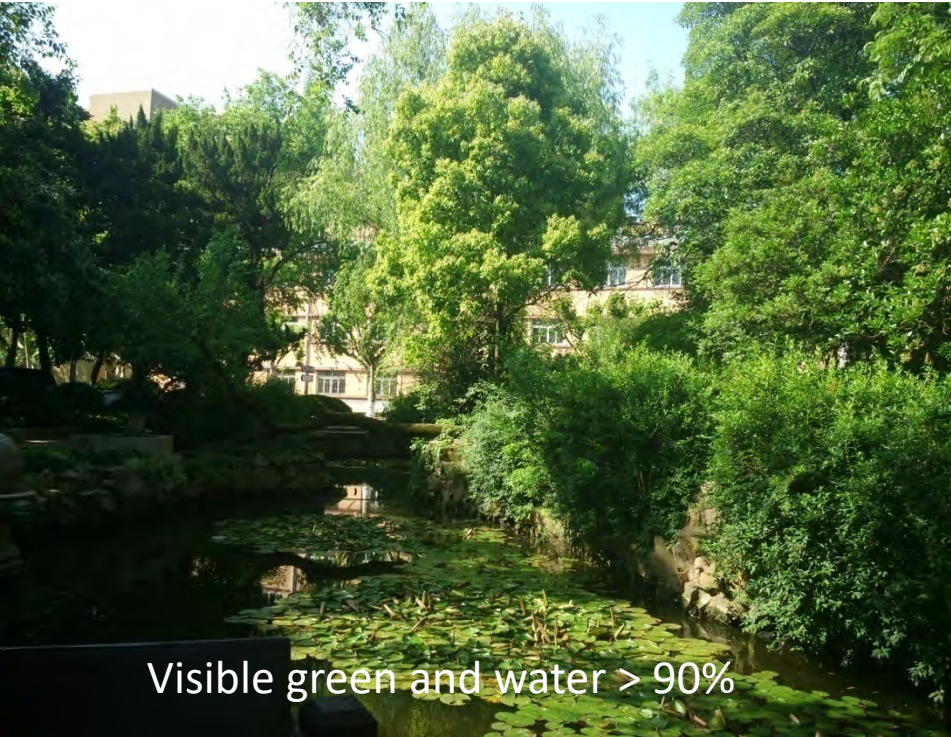


Nonrestorative  
Urban environment  
Elevated highway  
n=16

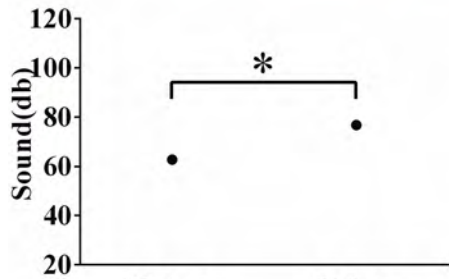
# Condition

Restorative

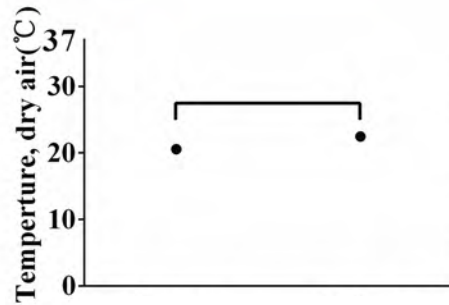
Nonrestorative



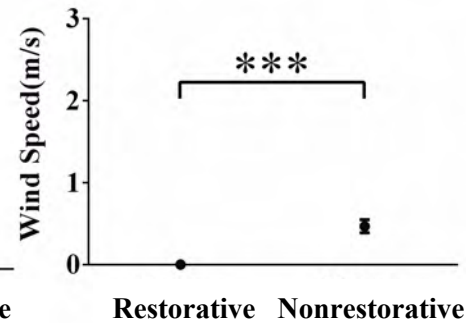
Acoustic intensity



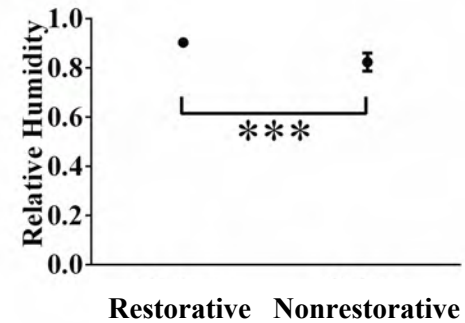
Temperature



Wind Speed



R. Humidity



\*=p<.05; \*\*\*=p<.001



# Attention/Fatigue and EEG Power

Increasing alpha activities, especially at frontal lobes, is usually used as an indicator of restoration in environmental psychology.

## Ulrich (averaged alpha at C3,P3, C4,P4)

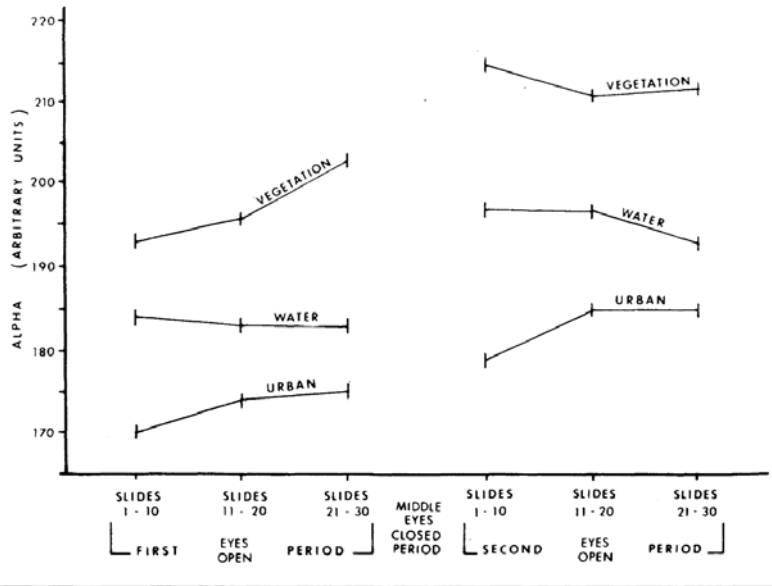
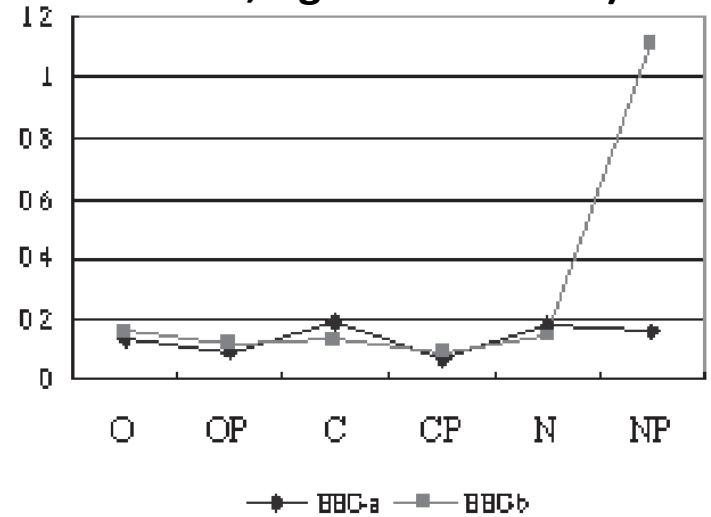


Figure 5: Eyes-open alpha as function of environment viewed.

## Chang (alpha at front, back, left, right of forehead)



## Chiang (alpha at FP 1)

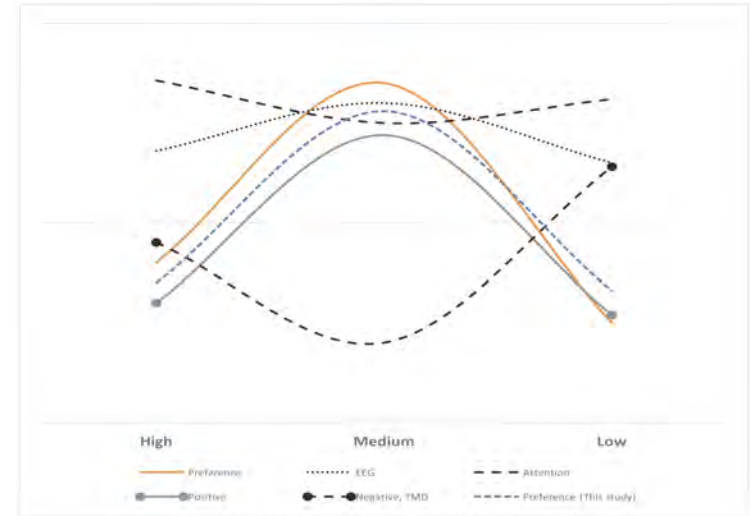


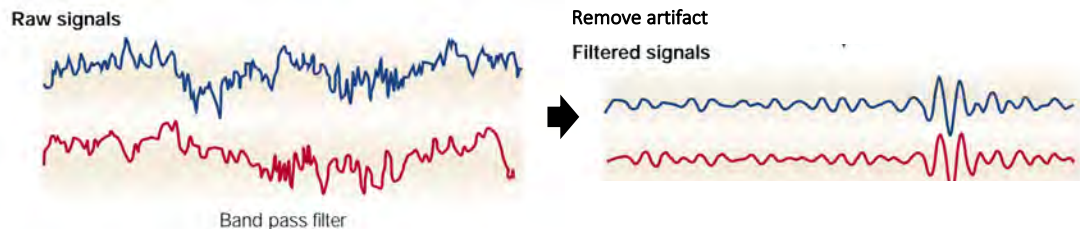
Fig. 5. Summary of findings on vegetation density.

- Ulrich, R. S. (1981). Natural versus urban scenes some psychophysiological effects. *Environment and behavior*, 13(5), 523-556.
- Chang, C.-Y., & Chen, P.-K. (2005). Human response to window views and indoor plants in the workplace. *HortScience*, 40(5), 1354-1359.
- Chiang, Y.-C., Li, D., & Jane, H.-A. (2017). Wild or tended nature? The effects of landscape location and vegetation density on physiological and psychological responses. *Landscape and Urban Planning*, 167, 72-83. doi: <http://dx.doi.org/10.1016/j.landurbplan.2017.06.001>

# EEG Analysis

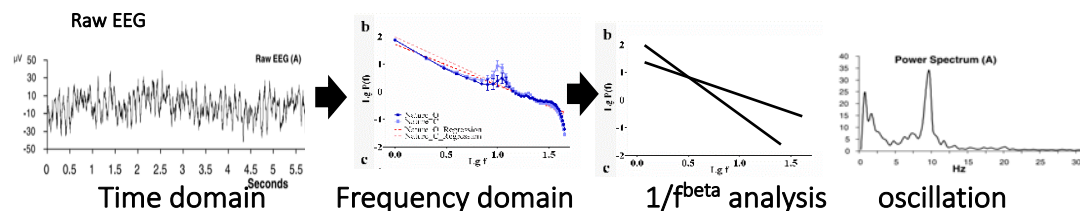
Imagine recording our on-going conversations from hallway

## Pre-Processing



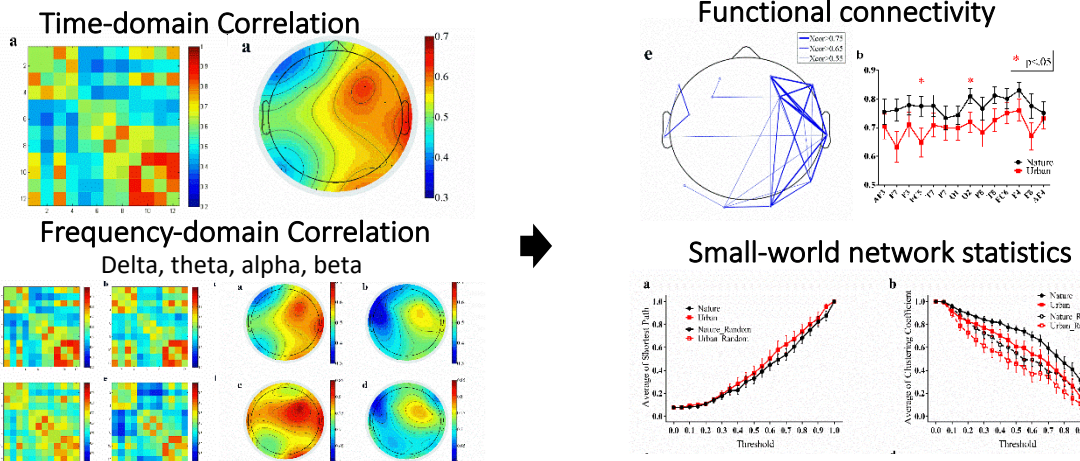
Remove noise like people walking, door open/closed...

## Fast Fourier Transformation



Separate different speakers, e.g. Speaker A contributes 40% of this conversation

## Functional Connectivity Network



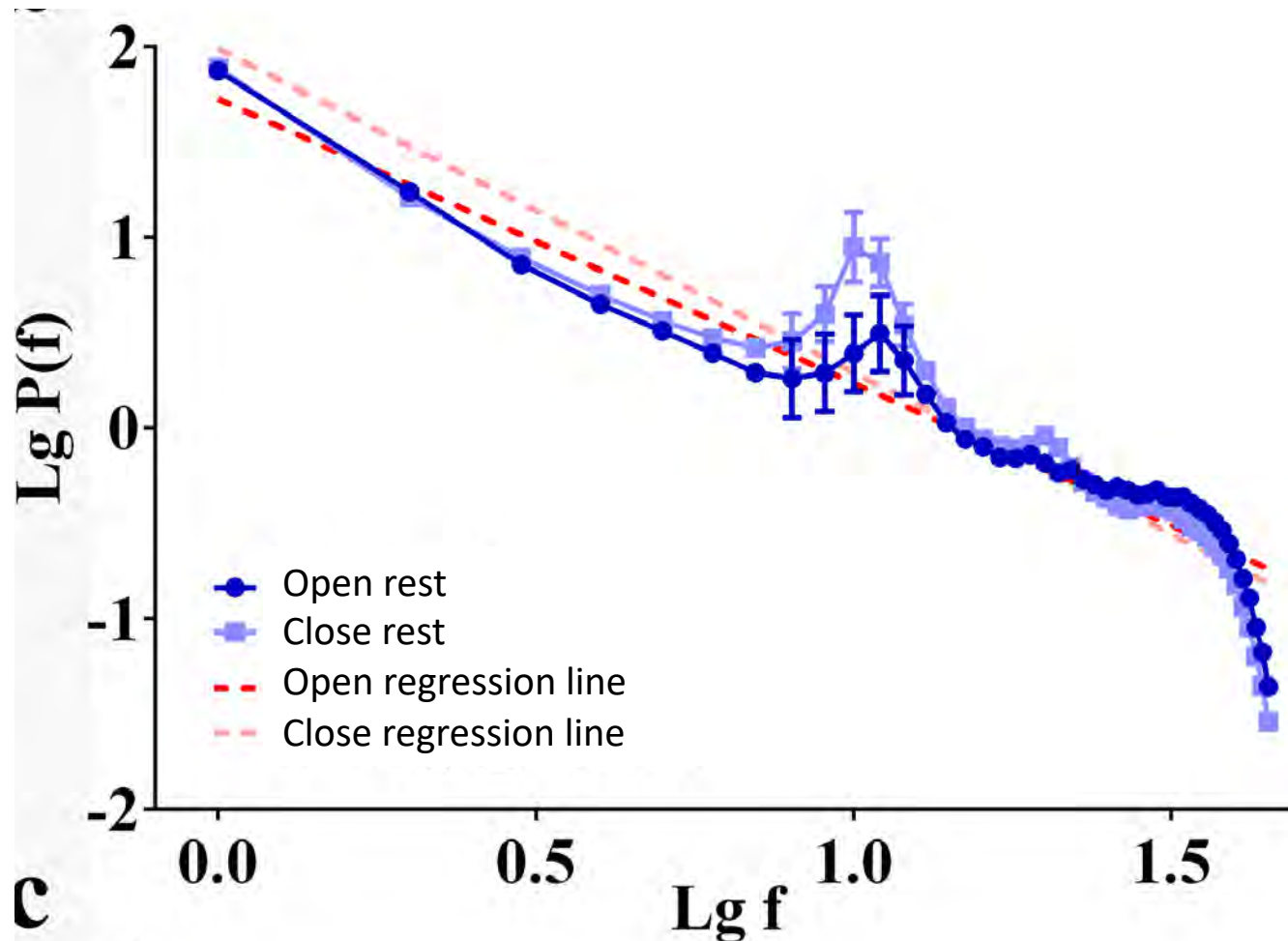
Understand who is talking to whom

# EEG Power Spectral Analysis

Occipital Lobes (O1, O2) during eye-open and eye-close before a nature exposure

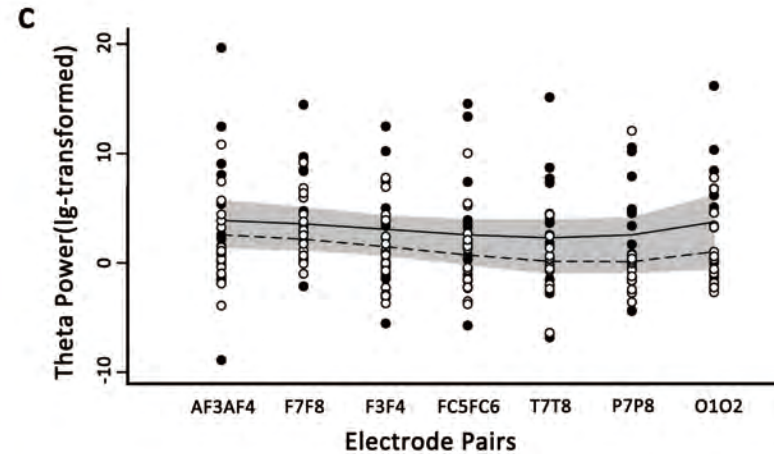
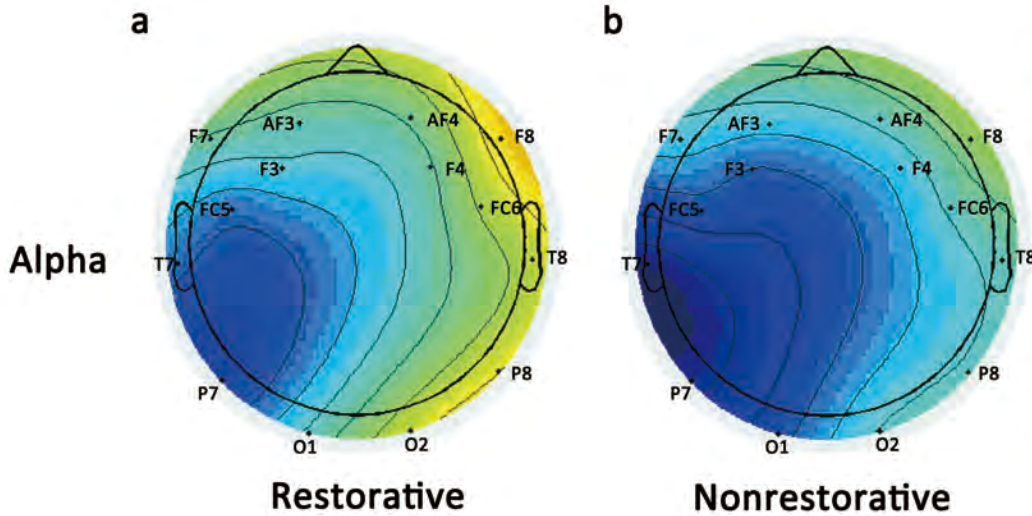
Slopes:  $1/f^\beta$  Statistics  $\beta$  "noise"

"Bumps": Oscillation in alpha, beta...



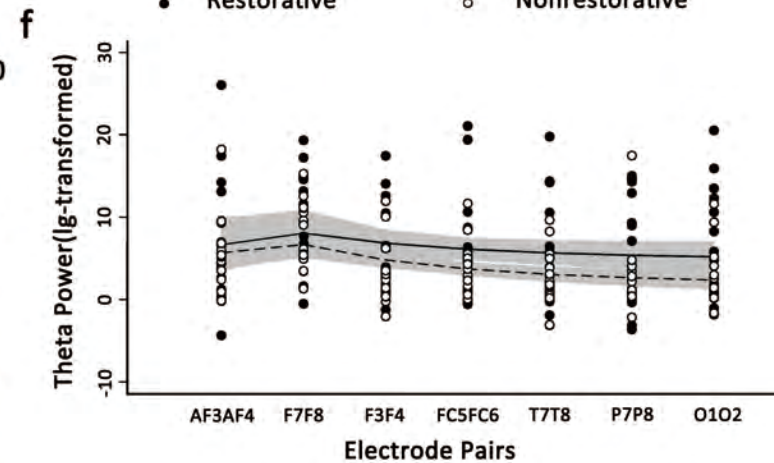
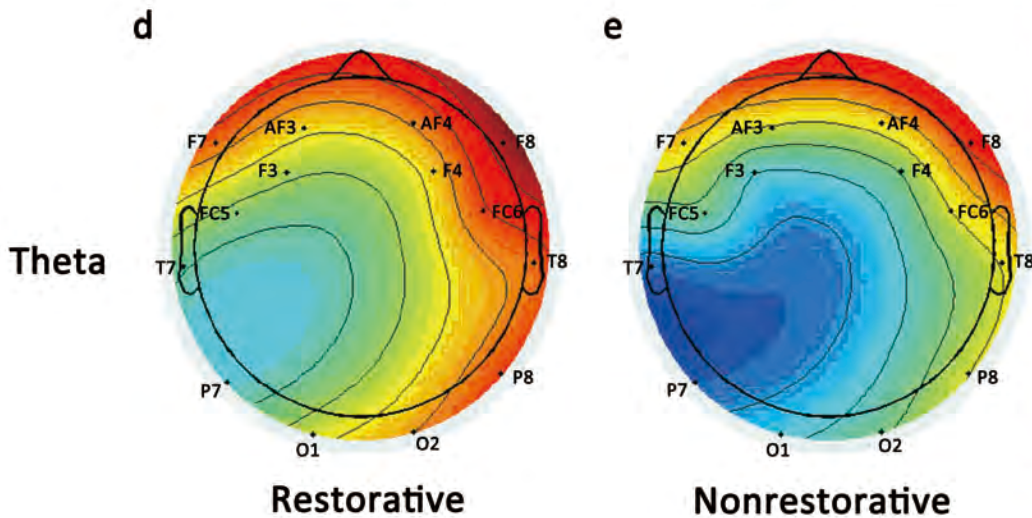


# Alpha and Theta Power Brain Maps



Restorative Mean Within 95% CI
  Nonrestorative Mean Within 95% CI

Restorative
  Nonrestorative



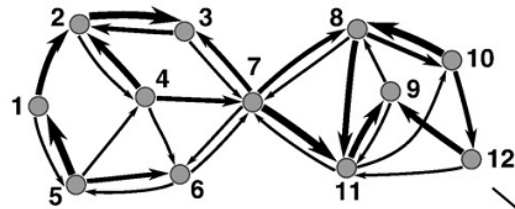
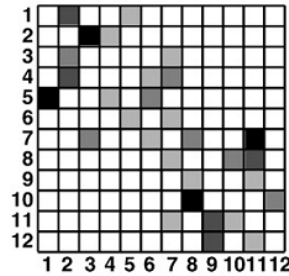
Restorative Mean Within 95% CI
  Nonrestorative Mean Within 95% CI

Restorative
  Nonrestorative

# Brain Functional Connectivity Network

Functional connectivity analysis

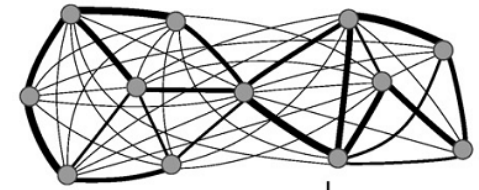
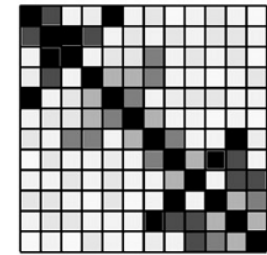
**weighted directed networks**  
 structural datasets: tract tracing  
 effective datasets: inference of causality from functional data



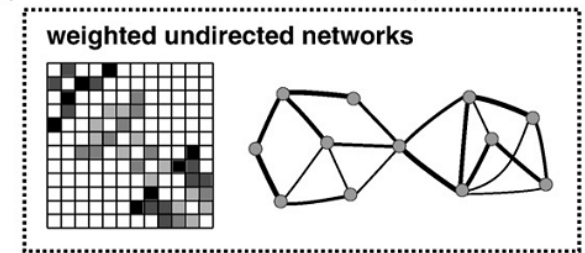
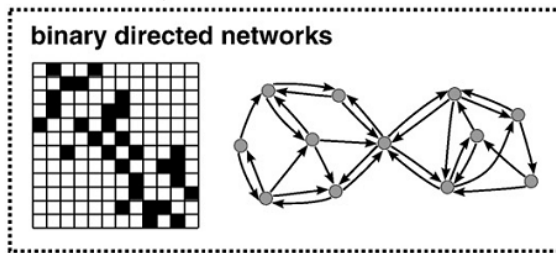
*binarize*

*symmetrize*

**weighted undirected networks**  
 structural datasets: diffusion MRI, structural MRI  
 functional datasets: functional MRI, MEG, EEG

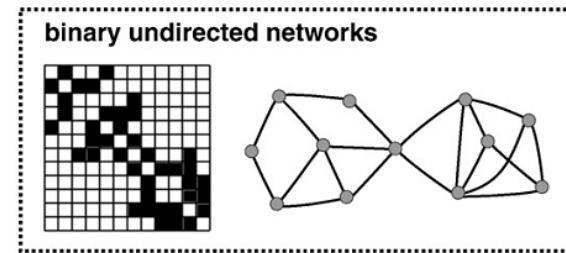


*threshold*



*symmetrize*

*binarize*



# Brain Functional Connectivity Network

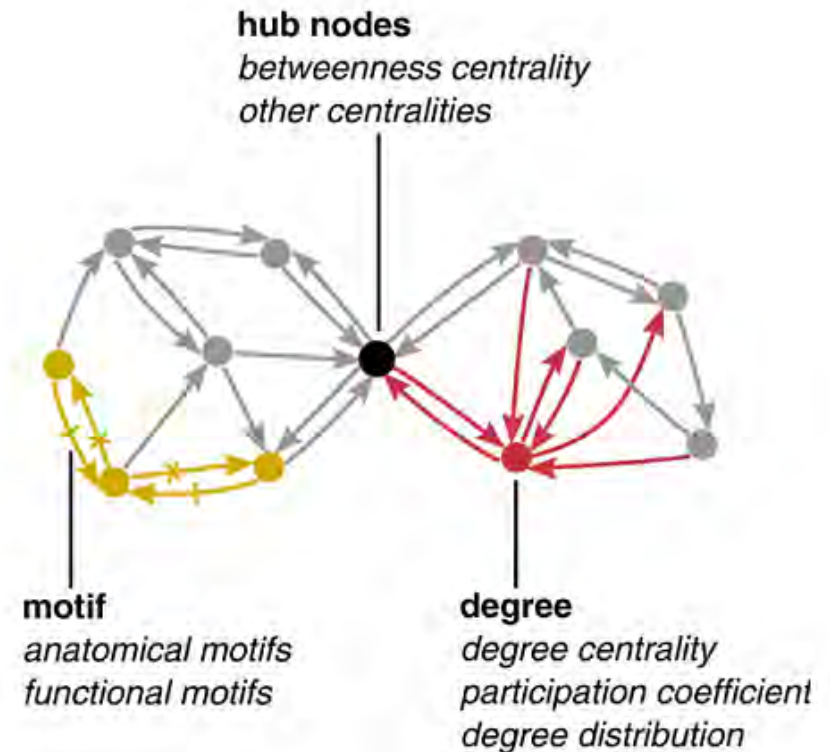
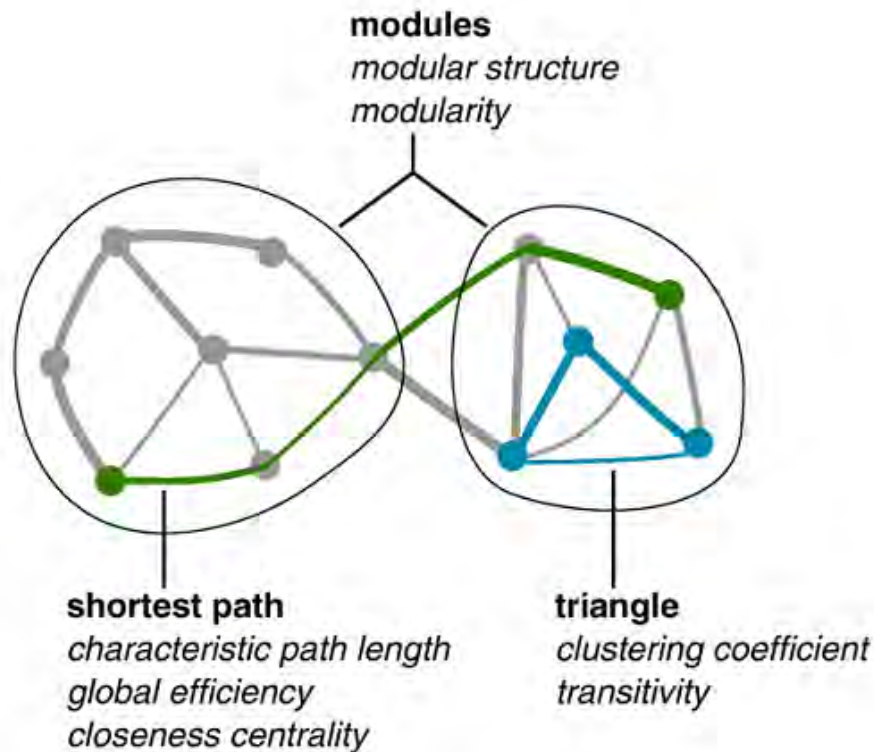
## Network Analysis

An efficient network usually reveals characteristics of a small-world network

higher functional integration  
smaller average shortest path length ( $L_{mean}$ )



higher functional segregation  
larger clustering coefficient ( $C_{mean}$ )



We used the index  $C_{mean}/L_{mean}$  to describe brain connectivity efficiency

# Restorativeness and Functional Connectivity Efficiency

Research on meditation indicates that restorativeness during meditation is associated with functional connectivity and network characteristics. psychology.

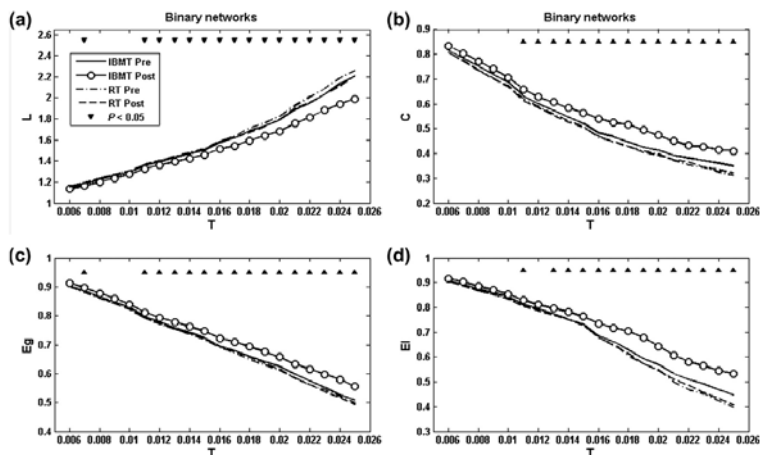


Table 1  
Summary of Meditation Studies Using Electroencephalographic (EEG) Methods

Study	Meditation type	N	Experimental design	Findings
Das & Gastaut (1957)	Kriya yoga	7	Advanced yogic meditators Rest → meditation → rest	State: alpha activity decrease, frequency increase; Samadhi with increased amplitude fast beta activity; no alpha blocking to stimuli; resting alpha with increased amplitude and wider distribution after meditation vs. before Trait: NA
Wenger & Bagechi (1961)	Yoga	14	Rest vs. meditation	State: Alpha activity increase, no alpha blocking Trait: NA
Anand et al. (1961)	Raj yoga	6	Rest vs. meditation	State: increased alpha power during Samadhi; no alpha blocking to visual, auditory, or painful stimuli during meditation Trait: high alpha amplitude at rest, beginners with higher alpha showed greater zeal to continue
Kasamatsu & Hirai (1966)	Zen	70	Meditators vs. controls EEG during eyes-open rest or meditation	State: increased alpha amplitude → decreased alpha frequency → alpha activity spreading frontally → theta bursts (→ alpha persists in eyes open rest state), nonhabituating alpha blocking Trait: increased alpha amplitude
R. K. Wallace (1970)	TM	15	Rest vs. meditation Some photic and auditory stimuli	State: decreased alpha frequency and increased in alpha amplitude; alpha blocking with no habituation Trait: NA
R. K. Wallace et al. (1971)	TM	36	Rest vs. meditation	State: increased alpha (8–10 Hz) amplitude, some participants with theta bursts Trait: NA
Banquet (1973)	TM	24	Rest vs. meditation, with repeated sessions Some photic and auditory stimuli	State: decreased alpha frequency → theta activity in some; deep meditation states with generalized fast frequencies at 20 and 40 Hz, persistent alpha activity after meditation, no alpha blocking, no statistics Trait: none reported
Williams & West (1975)	TM	19	Photic stimulation during rest	State: NA Trait: more early alpha induction, less alpha blocking during rest session; maintenance of low-arousal state without progression toward sleep
Younger et al. (1975)	TM	8	Meditation-4 sessions per participant	State: 40% in sleep Stages I or II (range 0–70%) Trait: NA
Tebecis (1975)	TM, self-hypnosis	42	Rest → meditation/self-hypnosis, meditation/self-hypnosis → rest	State: none Trait: none
Pagano et al. (1976)	TM	5	Napping vs. meditation, 5 conditions per individual	Trait: higher theta power in meditators and self-hypnosis State: 40% time in meditation met criteria for sleep Stages II–IV
Ghista et al. (1976)	Ananda Marga	5	Before, during, and after meditation	Trait: NA State: increases in alpha and theta power
Bennett & Trinder (1977)	TM	32	Meditators vs. controls, each participant had 2 analytical tasks and 2 spatial tasks; tasks and meditation-relaxation order counterbalanced	Trait: NA State: trend toward less variation in asymmetry during meditation compared with control relaxation; only alpha asymmetry assessed
Hebert & Lehmann (1977)	TM	13	Meditators vs. controls	Trait: greater left asymmetry on analytical tasks, right asymmetry on spatial tasks State: frontal-central theta bursts more common during meditation, associated with peaceful “drifting,” not drowsy
Morse et al. (1977)	TM, hypnosis, PR	2 48	Rest → meditation → rest Randomized order induction of various relaxation states	Trait: more theta burst subjects (30% vs. 0%) State: all relaxation methods induced equal alpha in some but not all participants Trait: none reported

(table continues)

Cahn, B. R., & Polich, J. (2006). Meditation states and traits: EEG, ERP, and neuroimaging studies. *Psychological Bulletin*, 132(2), 180

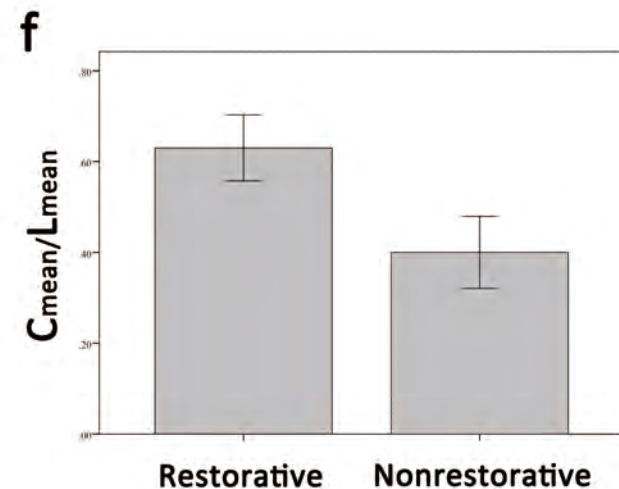
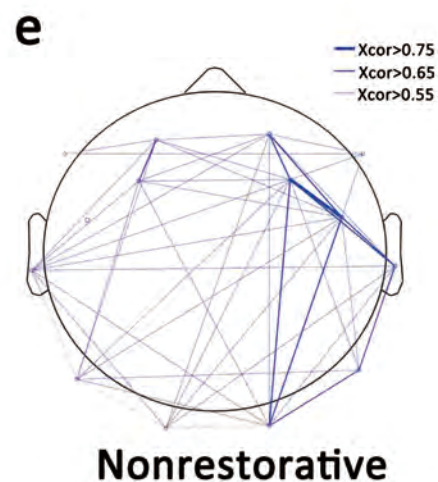
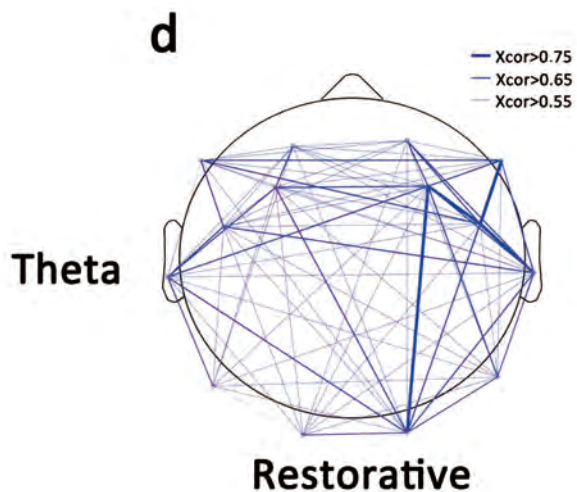
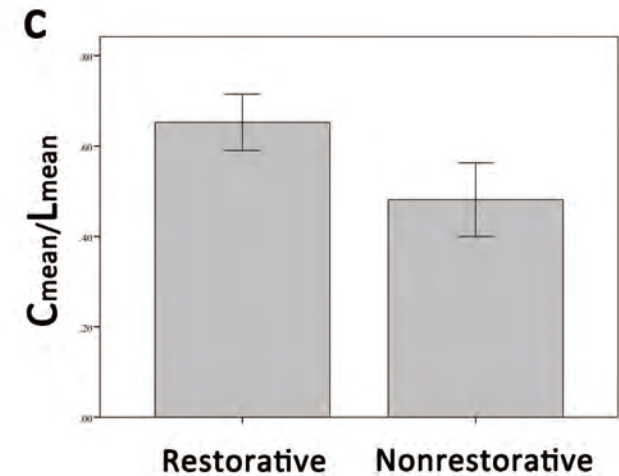
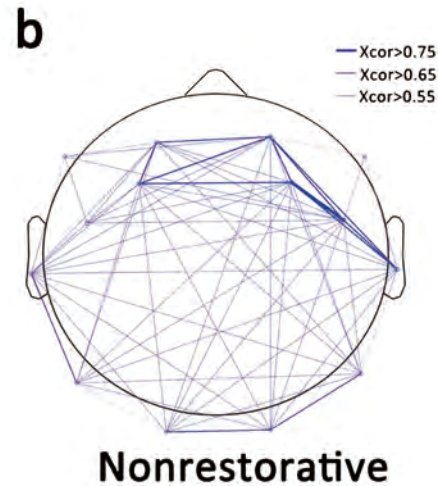
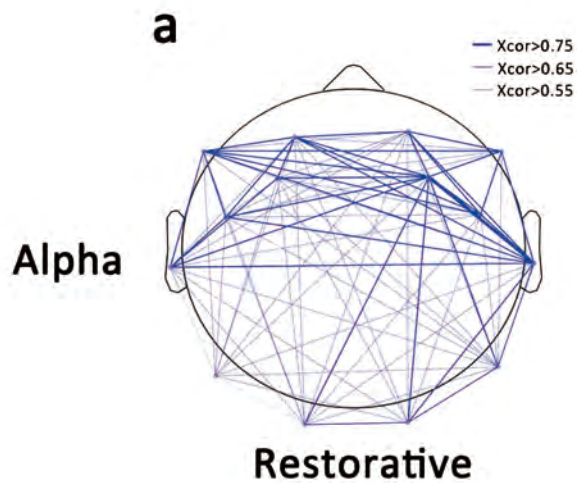
Xue, S.-W., Tang, Y.-Y., Tang, R., & Posner, M. I. (2014). Short-term meditation induces changes in brain resting EEG theta networks. *Brain and cognition*, 87, 1–6.

# Better brain functional connectivity

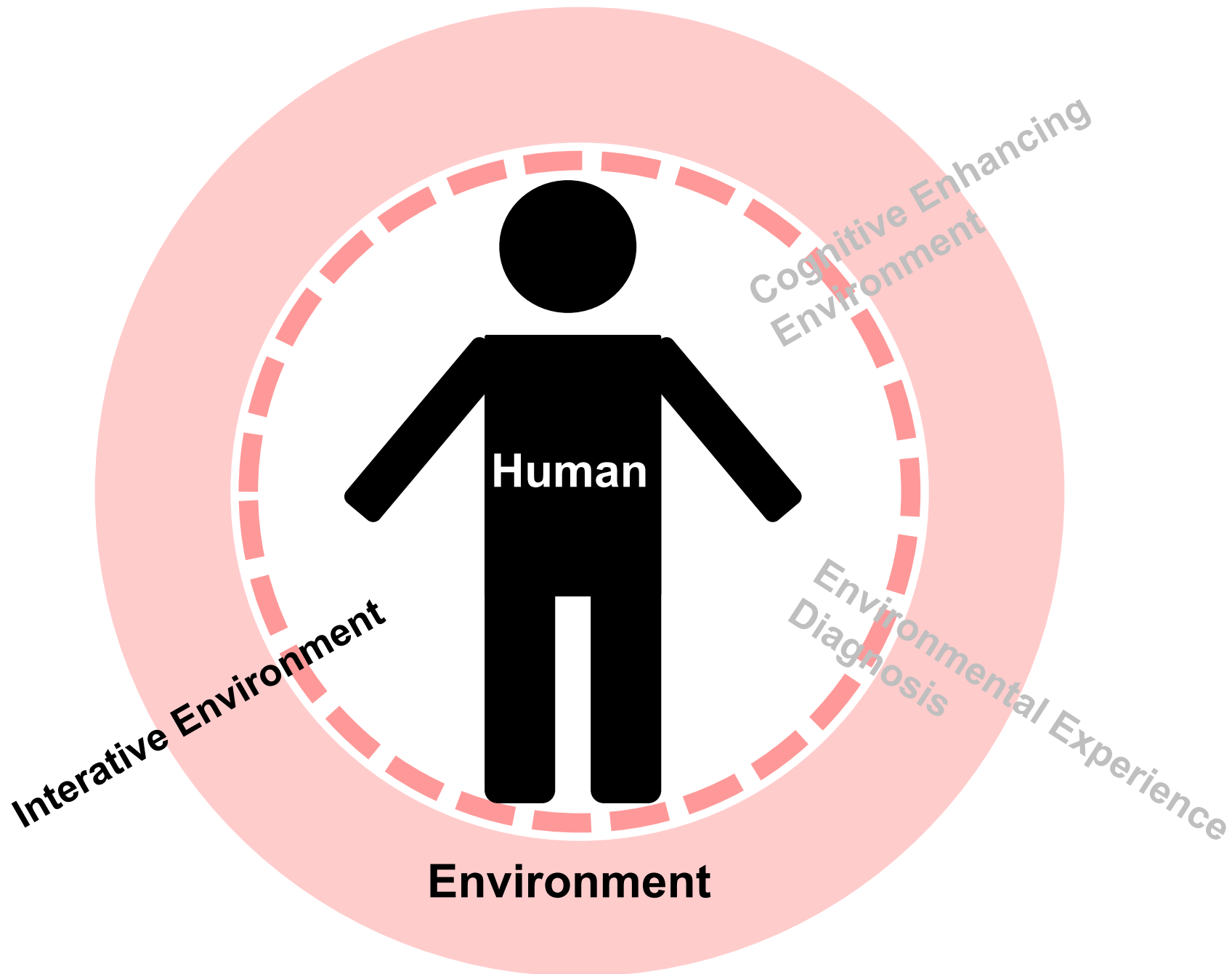
## Higher EEG Correlation

The EEG correlations revealed the information flow within brain.

When the EEG correlations are higher, the more shared information that different brains are “talking” about.

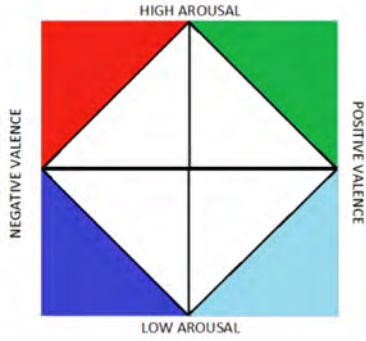


# NEW INTERACTIONS, NEW POSSIBILITIES



# POSSIBILITIES WITH WEARABLE BIOSENSORS

Mary Czerwinski, Microsoft Research 2015



## SWARM: An Actuated Wearable for Mediating Affect 2015

A wearable device is introduced to aid in interpreting and/or enhancing one's personal emotions and alerting the wearer of others' emotions; People with vision or hearing impairments may not receive important visual or verbal cues of others' emotions. Thus, universal design (making the device inherently accessible) was central to the project.

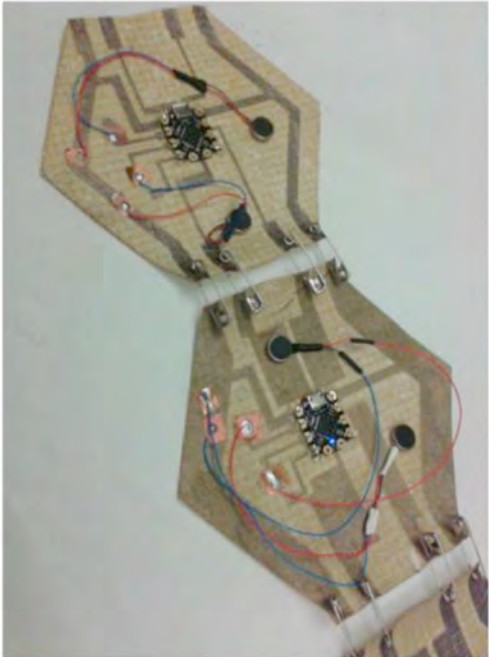
可穿戴设备增强了情绪解读和他人情绪预警的体验，更有利于有试听障碍的用户。



## BioCrystal: An Ambient Tool for Emotion and Communication 2015

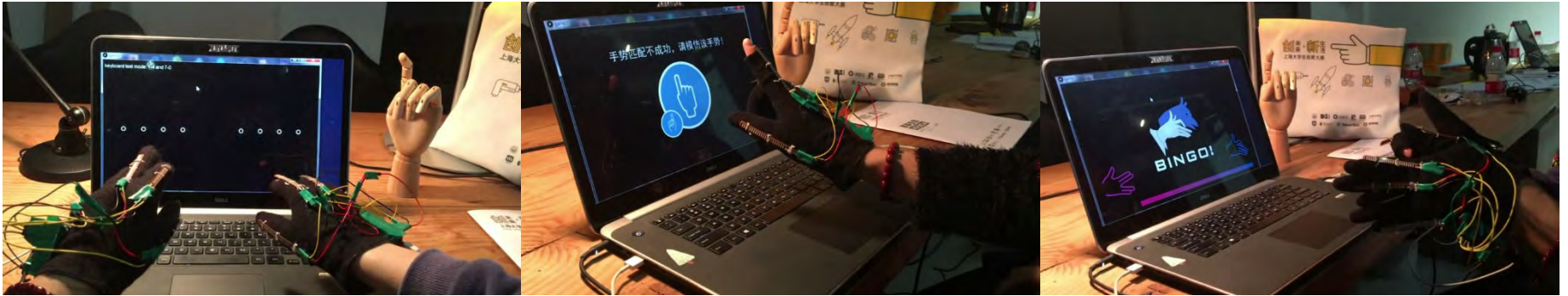
Biofeedback helps with the self-awareness, stress-management and interpersonal communication. BioCrystal uses physiological data to evaluate user's affective states in real-time and signals the states via an ambient display.

提高人的情绪自觉。



# Exploring HCI interventions for special needs

Students and I explored possibilities using HCI devices with simple sensors to turn boring Alzheimer-preventing cognitive training into enjoyable interactive games.



手眼敏捷度训练

手眼精准度训练

视觉识别度训练



**THANKS !**

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