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WISE

WOMEN'S INVOLVEMENT IN STEADY EXERCISE

PILOT ACTIONS DATA REVIEW

Christina Karagianni

The **WISE** Project

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Women's involvement in steady exercise (WISE) promotes active and healthy lifestyles among young women aged 15-24, tackling the gender gap existing in the practice of sport and physical activity and avoiding possible dropouts.

- Exploratory Data Analysis
- Patterns of behavior in life habits
- Possible correlations between self-reported and sensing data
- User engagement analysis

The **WISE** dataframe

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	id	date	country	steps	hr_min	hr_max	hr_std	hr_avg	sleep	Age	Country	Drop	Exer_3	Covid	Smoke	Sport	EjerMom	EjerDad	EjerSib	EVAC_T0	EVAC_T
0	37AP	2022-04-01	Italy	4316.0	129.0	129.0	129.0	70.6	7:59	23.0	2.0	1.0	0.0	0.0	0.0	1.0	0.0	1.0	1.0	10.0	NaN
1	37AP	2022-04-01	Italy	4316.0	129.0	129.0	129.0	129.0	7:59	23.0	2.0	1.0	0.0	0.0	0.0	1.0	0.0	1.0	1.0	10.0	NaN
2	37AP	2022-04-01	Italy	4316.0	129.0	129.0	14.4	70.6	7:59	23.0	2.0	1.0	0.0	0.0	0.0	1.0	0.0	1.0	1.0	10.0	NaN
3	37AP	2022-04-01	Italy	4316.0	129.0	129.0	14.4	129.0	7:59	23.0	2.0	1.0	0.0	0.0	0.0	1.0	0.0	1.0	1.0	10.0	NaN
4	37AP	2022-04-01	Italy	4316.0	48.0	129.0	129.0	70.6	7:59	23.0	2.0	1.0	0.0	0.0	0.0	1.0	0.0	1.0	1.0	10.0	NaN
...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	
139189	56VC	2022-04-30	Spain	8064.0	49.0	151.0	17.8	76.5	8:22	20.0	0.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	4.0	6.(
139190	56VC	2022-04-30	Spain	8064.0	49.0	151.0	17.8	151.0	8:22	20.0	0.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	4.0	6.(
139191	56VC	2022-05-30	Spain	4218.0	NaN	NaN	NaN	NaN	NaN	20.0	0.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	4.0	6.(
139192	56VC	2022-03-31	Spain	4676.0	NaN	NaN	NaN	NaN	10:26	20.0	0.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	4.0	6.(
139193	56VC	2022-05-31	Spain	9472.0	NaN	NaN	NaN	NaN	NaN	20.0	0.0	1.0	0.0	0.0	0.0	1.0	1.0	1.0	1.0	4.0	6.(

139194 rows × 134 columns

- 139193 rows x 134 columns
- 7 months
- 239 participants

Demographics

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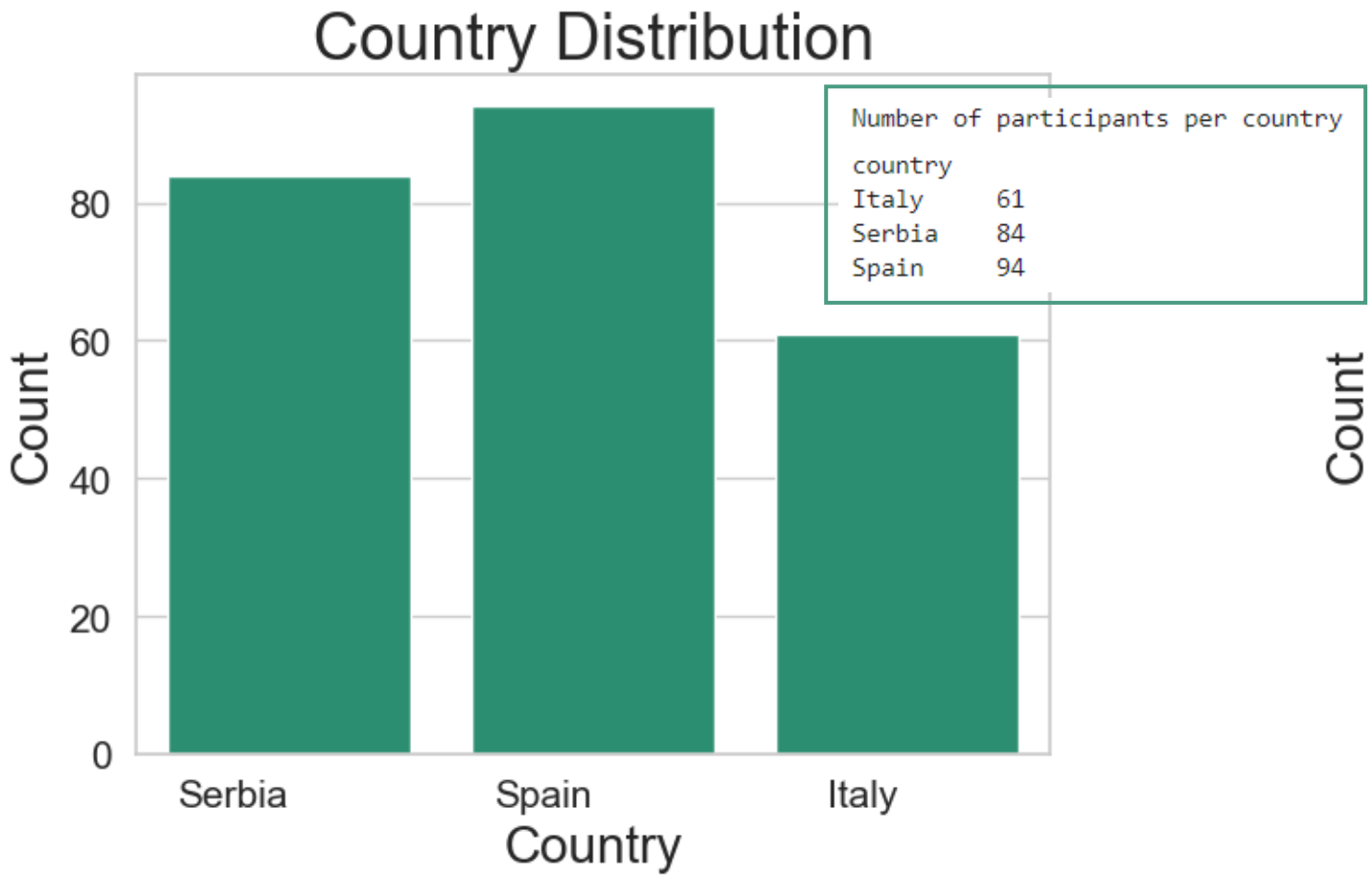
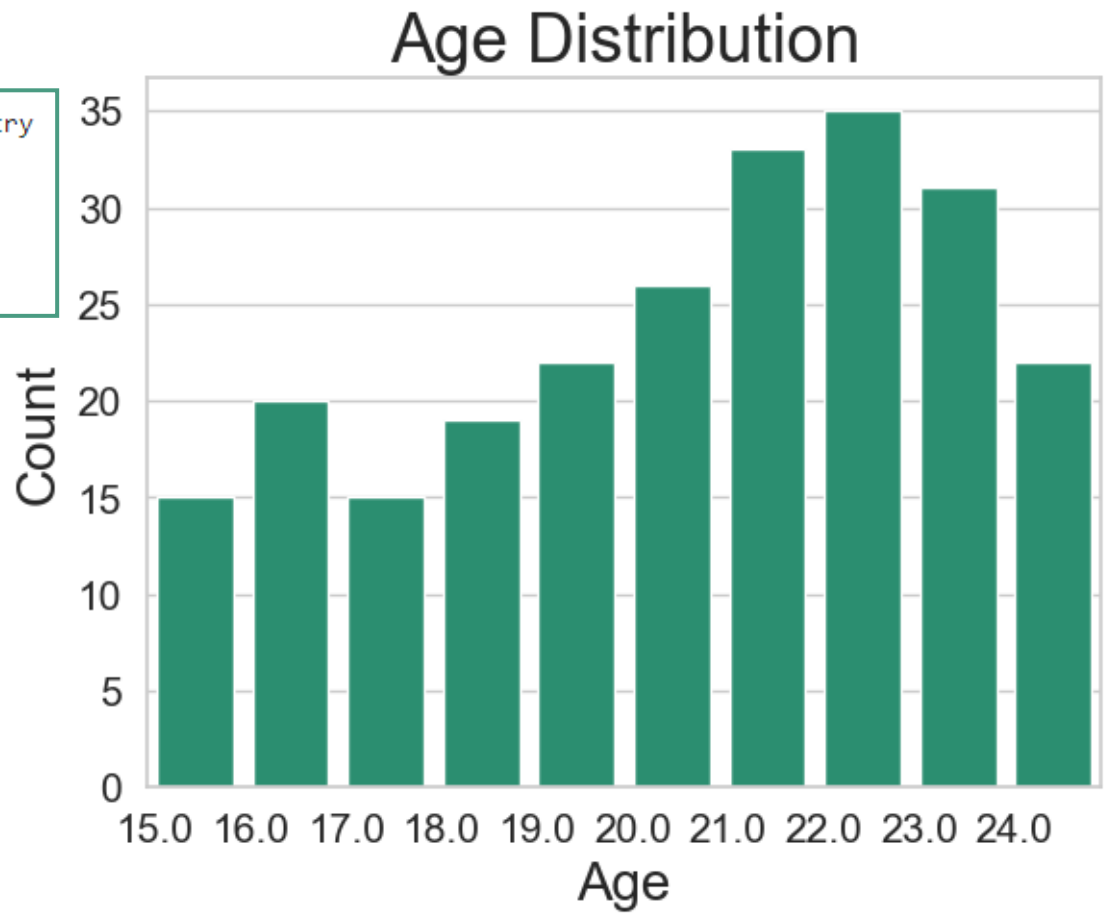


Number of participants per country

country	
Italy	61
Serbia	84
Spain	94



Participants' profiles

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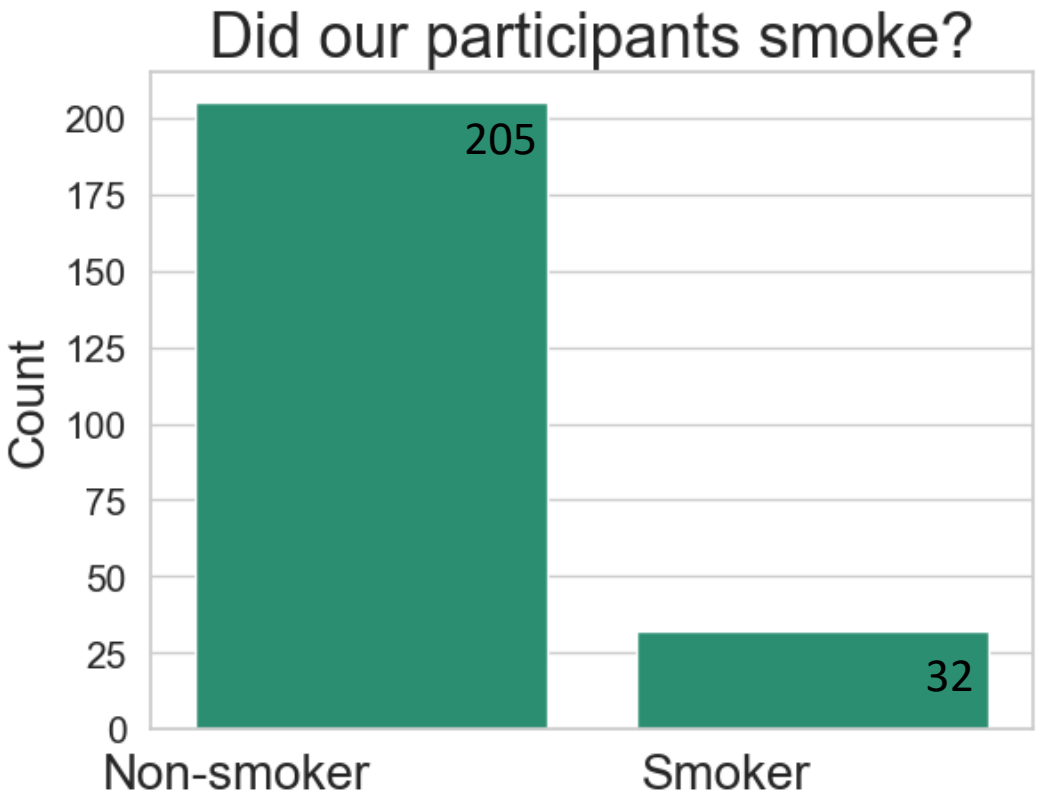

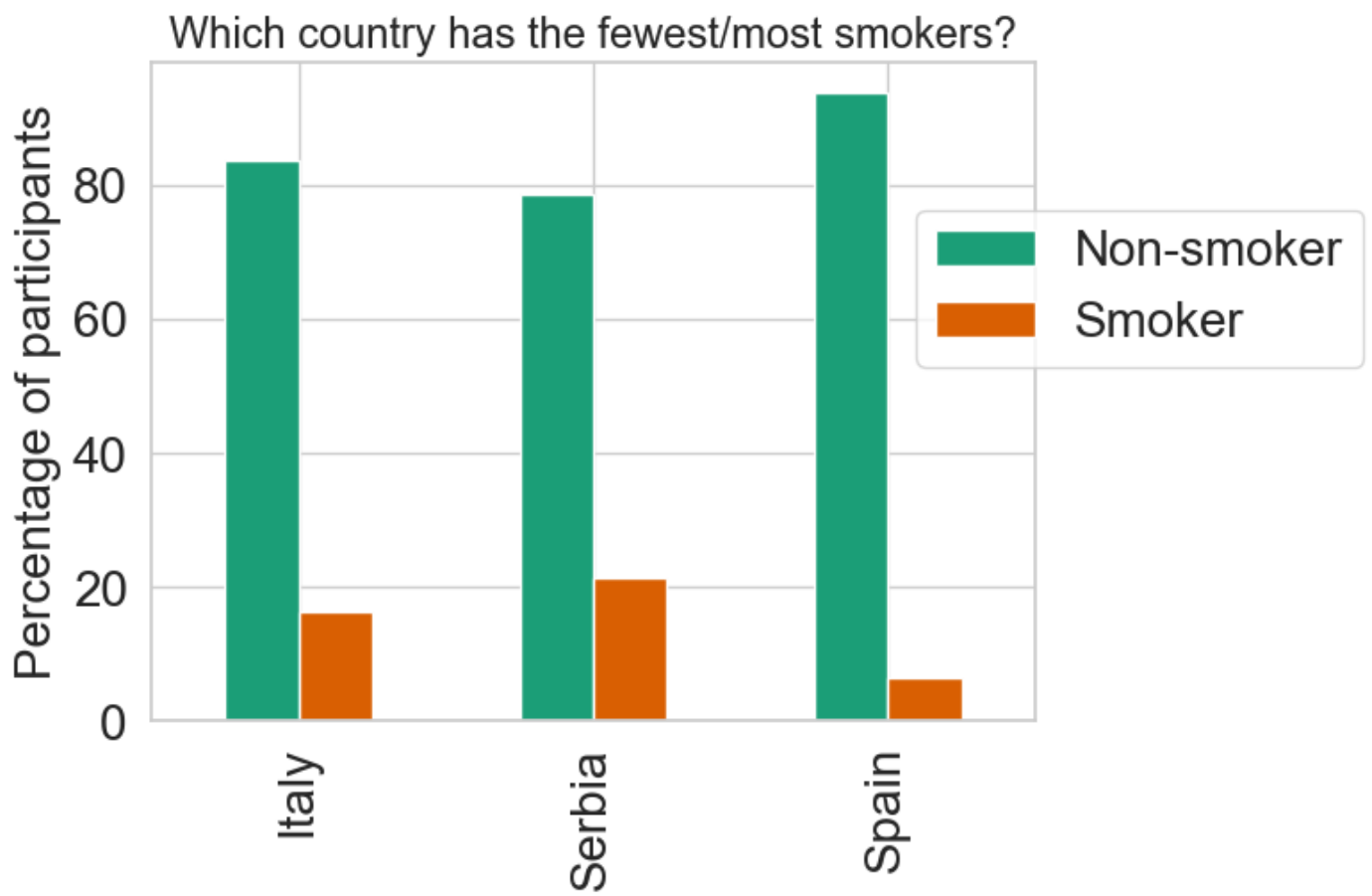

Participants' profiles

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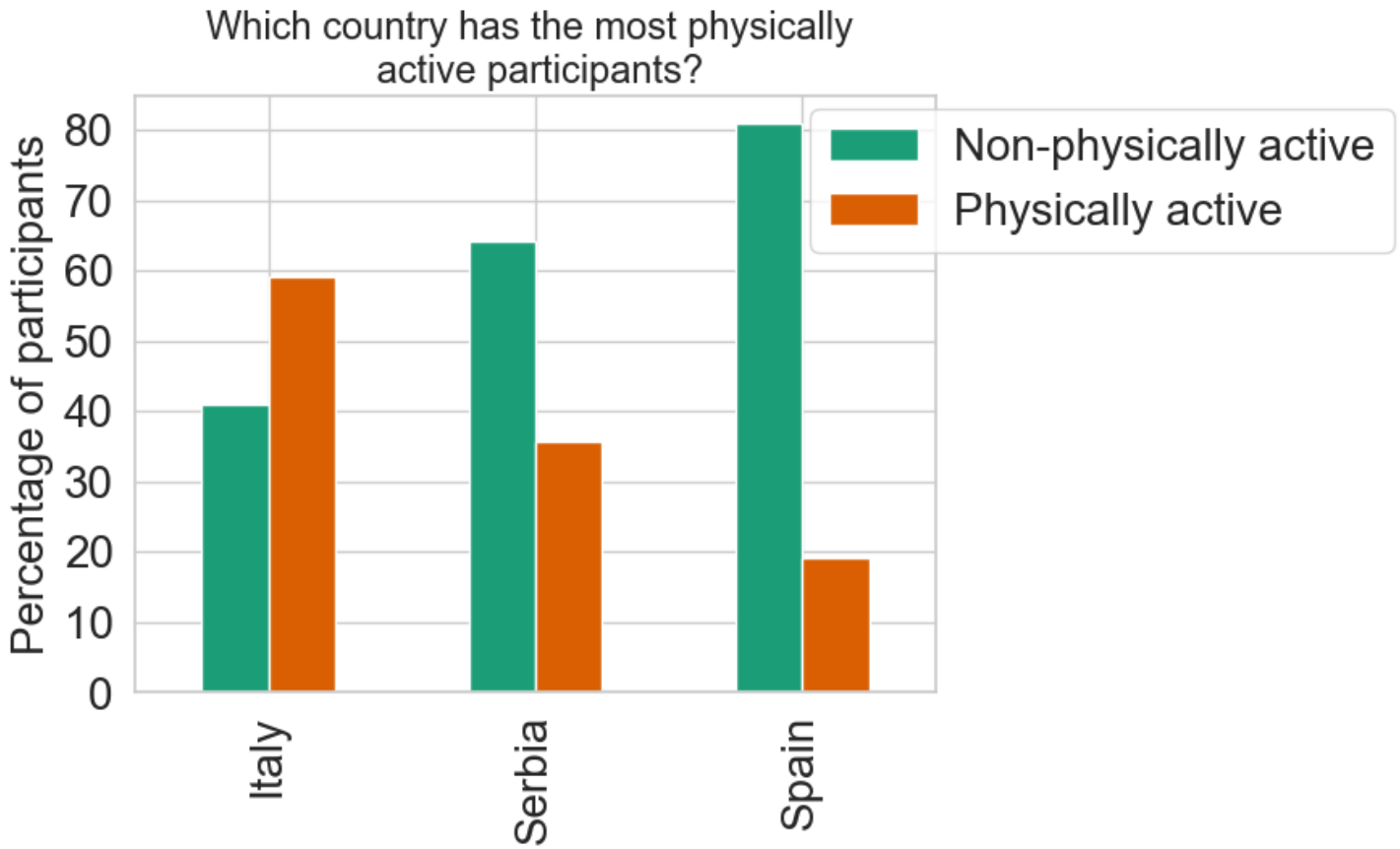

Steps over time

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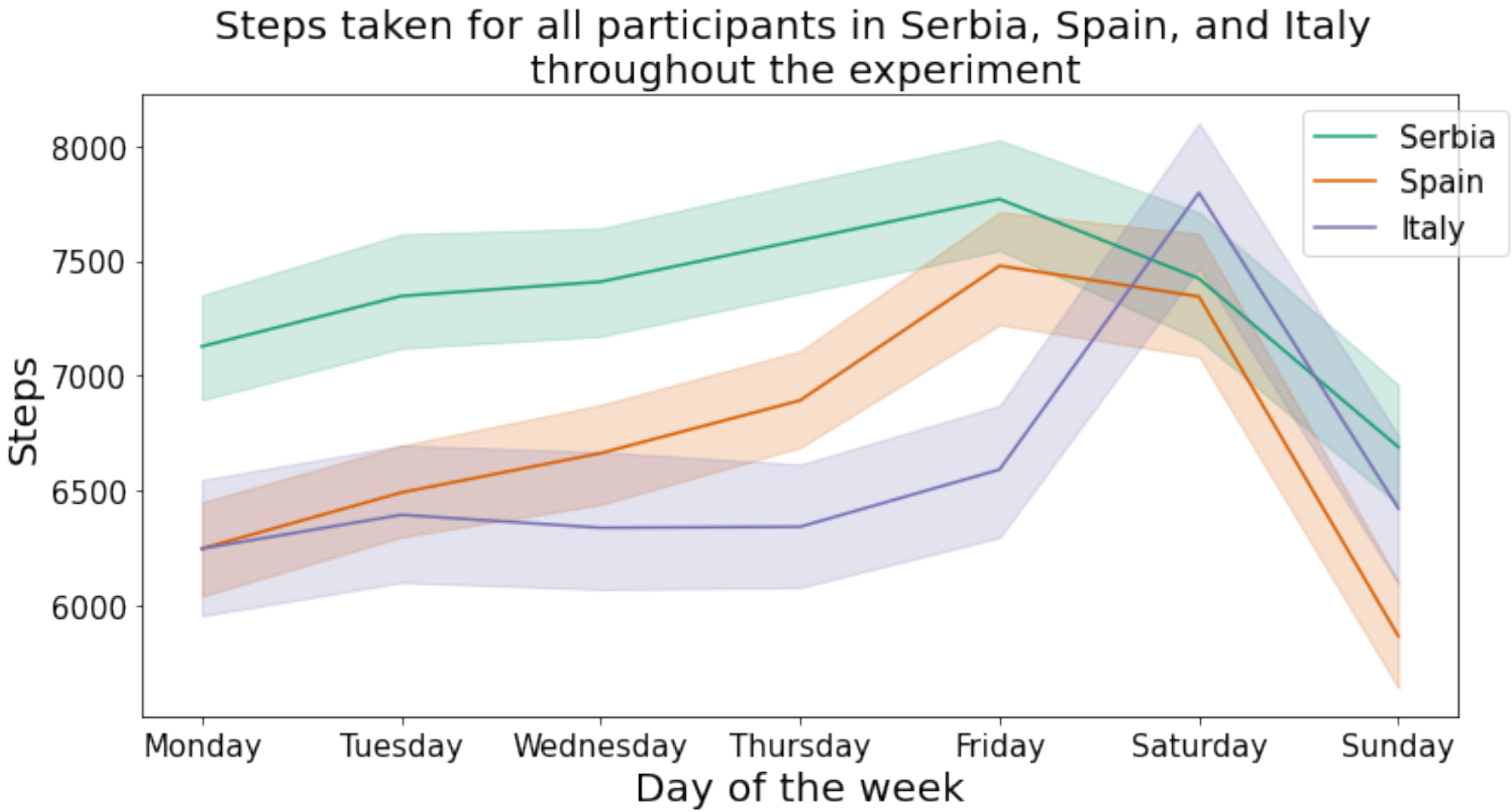

Steps over time

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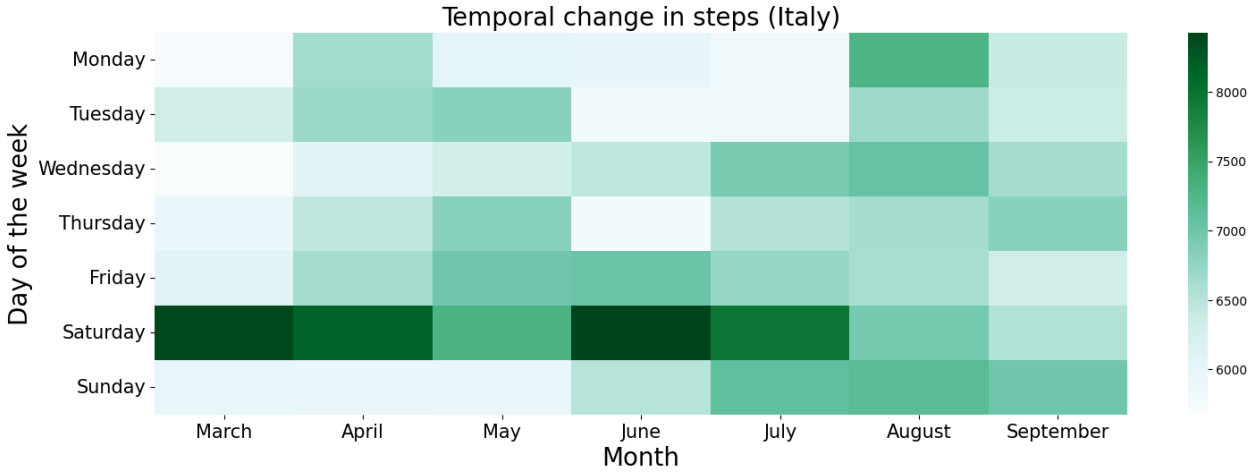

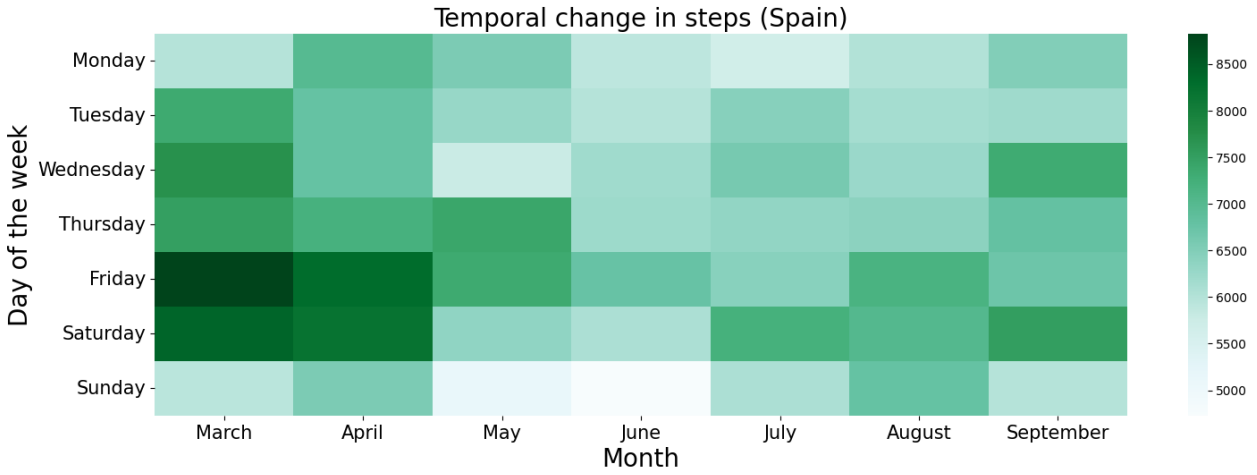

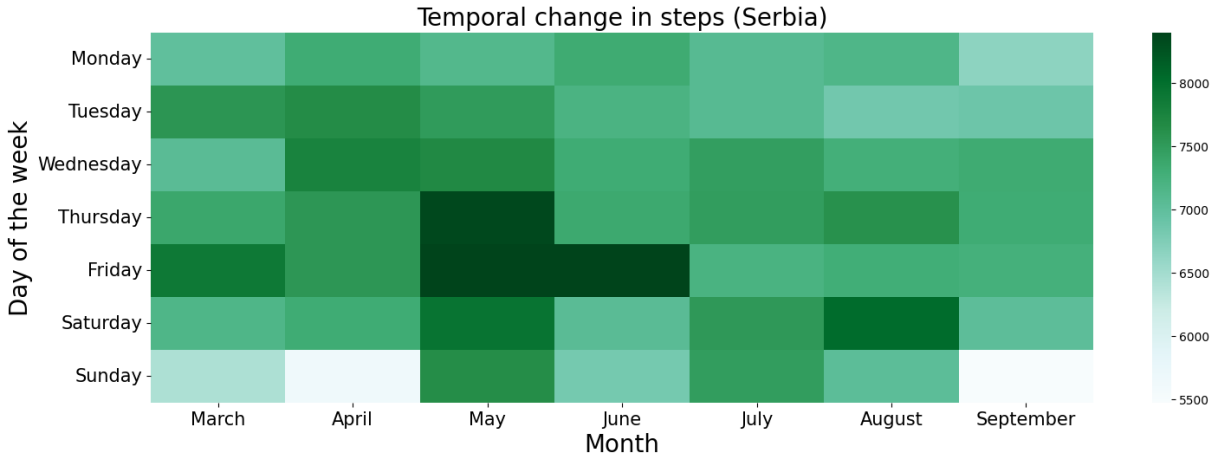

Steps over time

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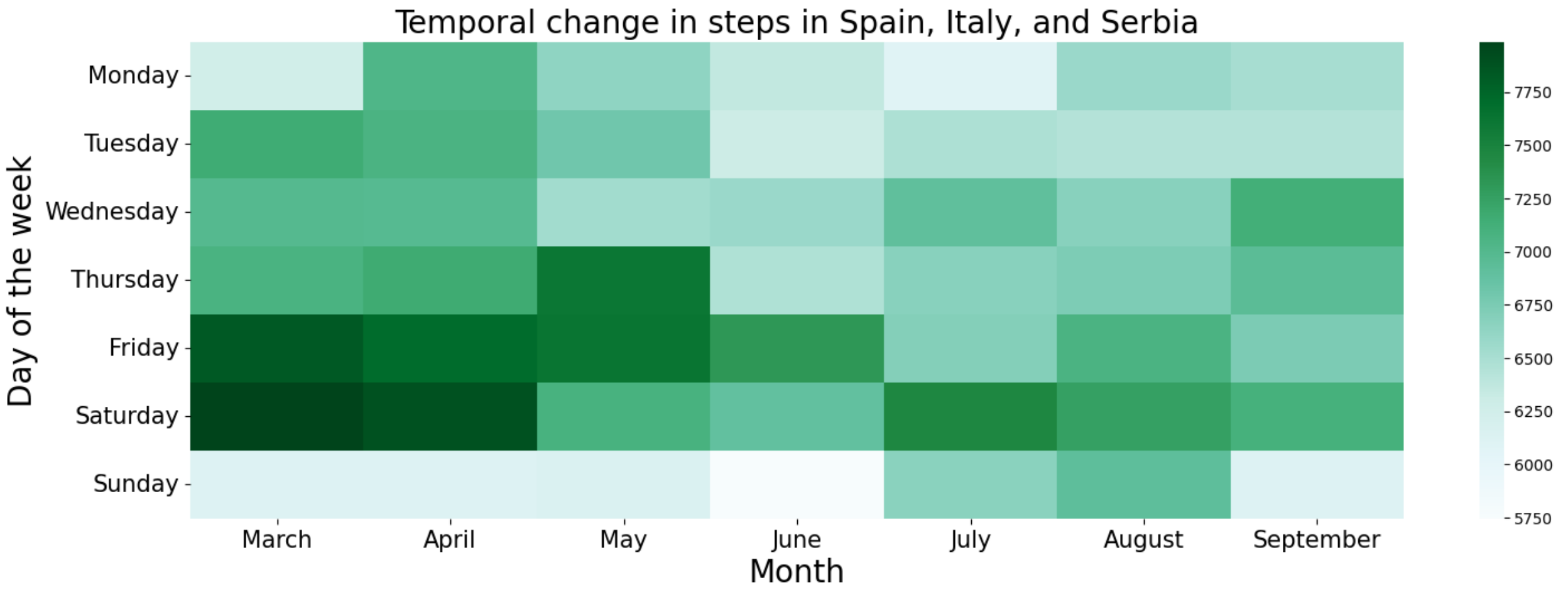

Body fat mass change

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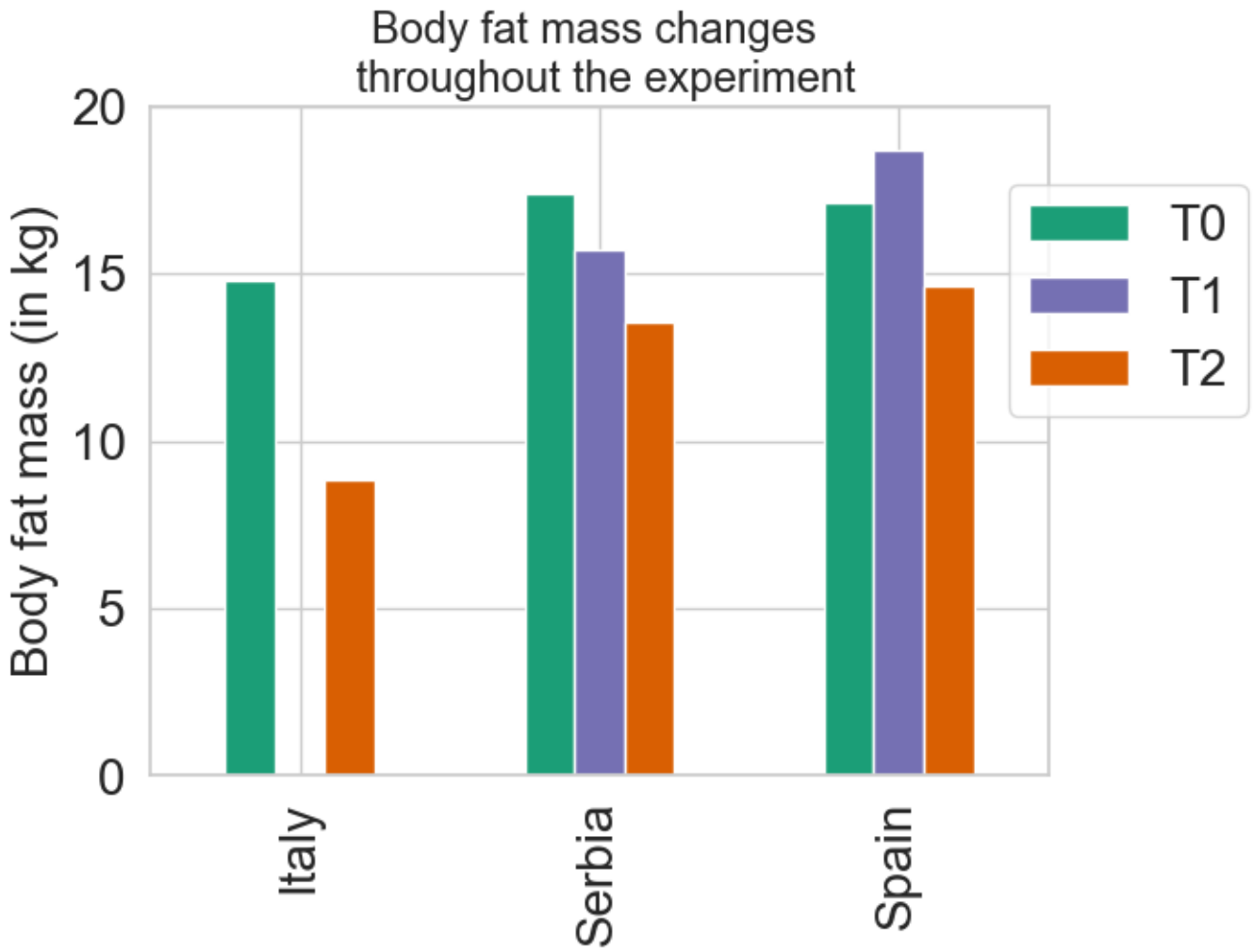

Italy - Mean Body Fat Mass	
T0	14.80
T1	-
T2	8.86

Serbia - Mean Body Fat Mass	
T0	17.42
T1	15.70
T2	13.57

Spain - Mean Body Fat Mass	
T0	17.11
T1	18.71
T2	14.63

Weight change

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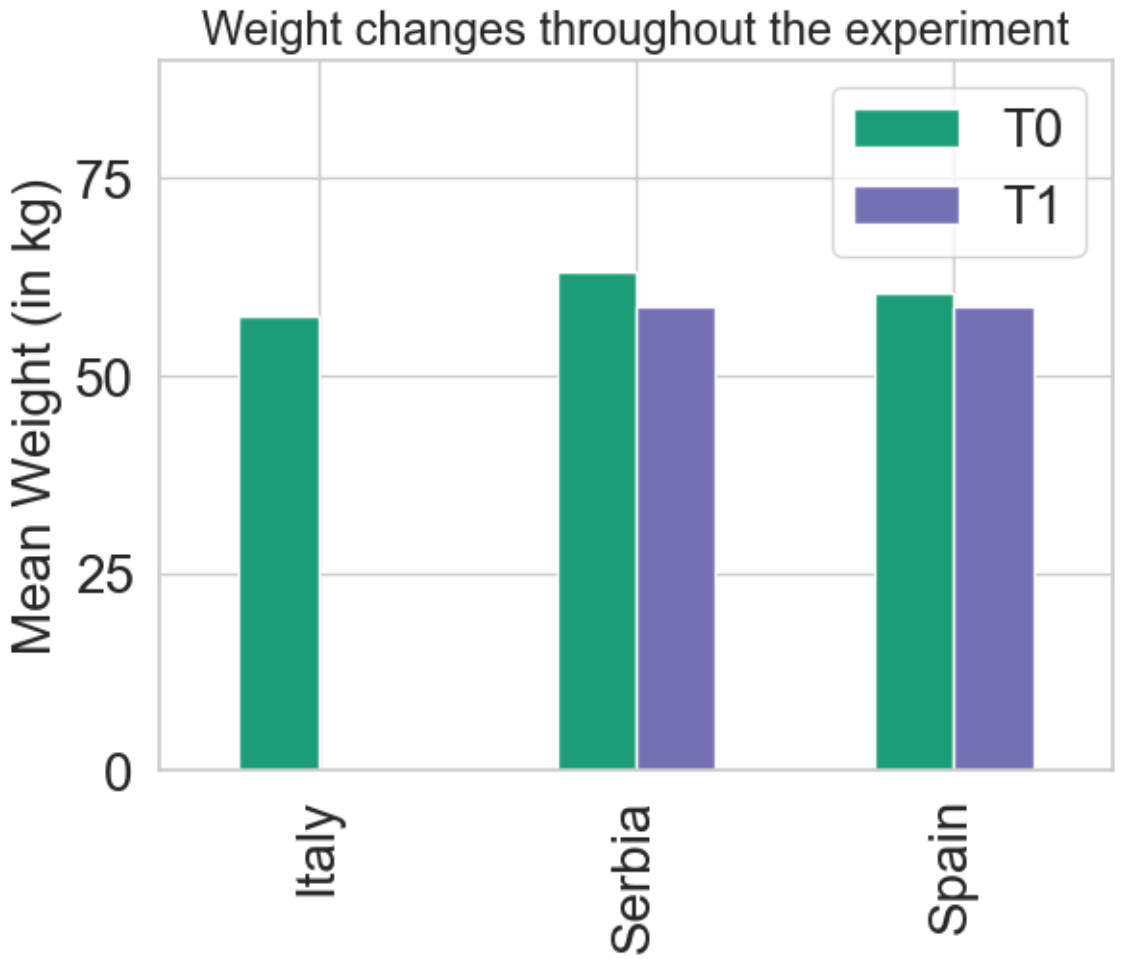

Italy - Weight	
T0	57.57
T1	-

Serbia - Weight	
T0	63.08
T1	58.73

Spain - Weight	
T0	60.51
T1	58.69

PSQI[5] score change

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Italy - PSQIT Score	
T0	7.61
T2	2.66

Serbia – PSQIT Score	
T0	7.32
T2	3.62

Spain - PSQIT Score	
T0	6.41
T2	6.89

Bibliography

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Correlation Matrix

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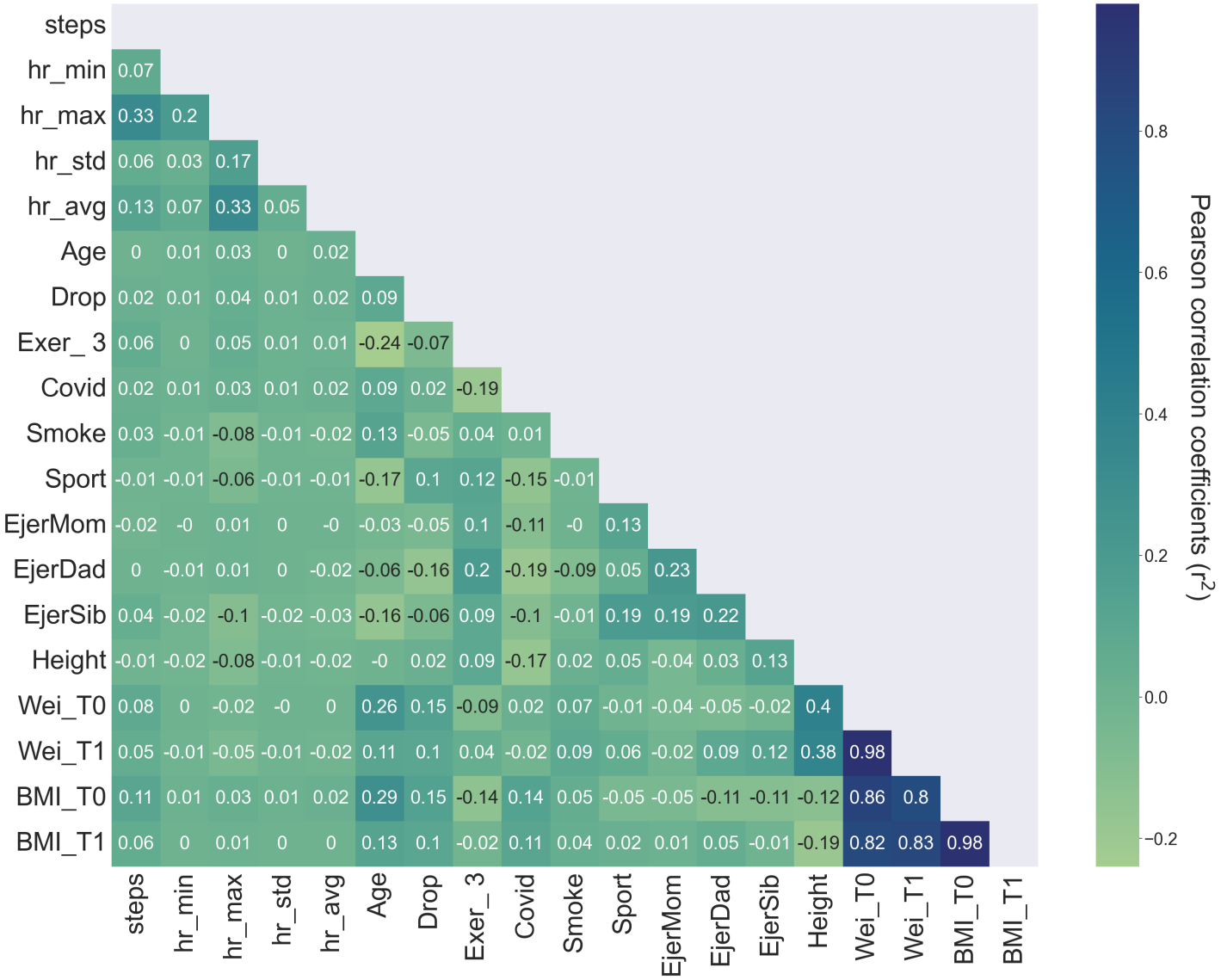
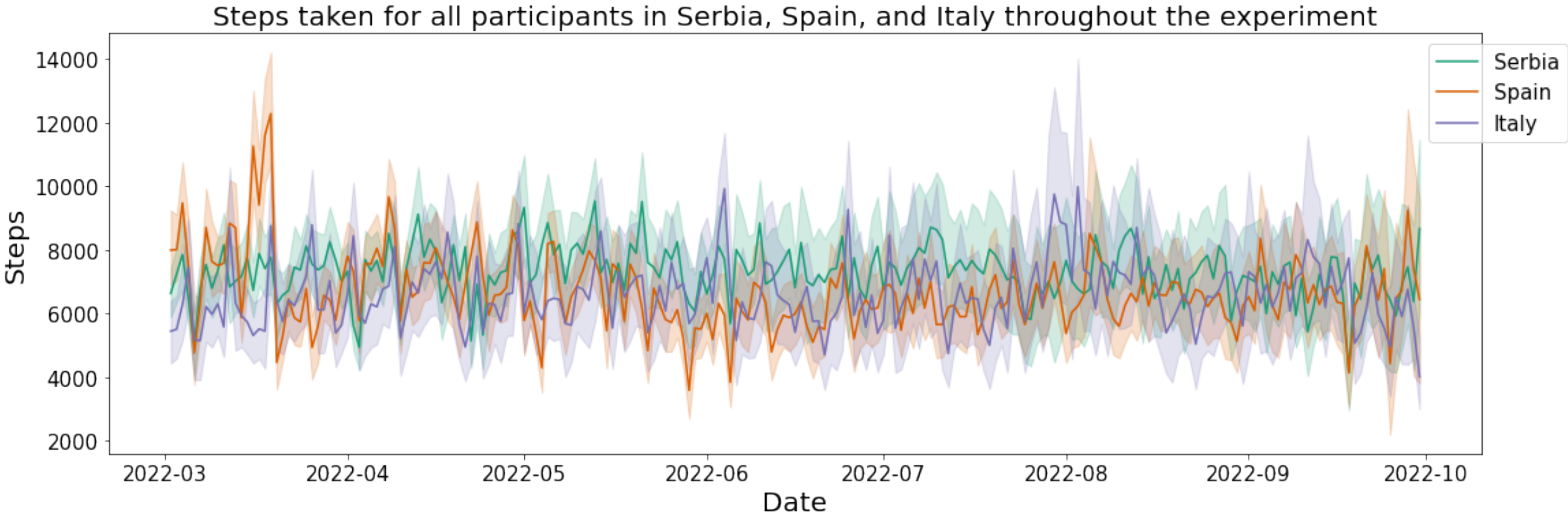


Steps over time

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