
Happiness and Yoga during and post COVID-19

A Data Management Plan created using DMPonline

Creator: Carola Chiarpenello

Affiliation: Other

Funder: done on a volunteering basis

Template: DCC Template

Grant number: none

Project abstract:

The research focuses on the impact of yogic techniques on individuals' subjective wellbeing during and post the COVID-19 crisis. The research wants to prove how yogic techniques are a stress deterrent and wellbeing promoter. I am doing the study on a volunteering basis to investigate the value yoga has on people's subjective wellbeing and happiness levels. The data I am collecting via a survey, will be used to write an academic paper based on empirical evidence which will be accessible for free. My aim is to produce plenty of insights to inform policymakers on the critical role yoga has played in keeping individuals physically and mentally healthy during the crisis.

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Happiness and Yoga during and post COVID-19

Data Collection

Most data collected is quantitative with a few exceptions of qualitative data.
The data collected is anonymous, containing basic demographic data and subjective wellbeing indexes.
I am expecting to collect between 5,000 and 10,000 data entries across the UK, Italy, France, Germany and the USA.

Data is collected using GDPR compliant online service Typeform, which is the main database.
Data is collected using a questionnaire form, mixed with multiple-choice questions
The survey's link is shared on social media or via emails and individuals decide if they want to share their data or not.
People are aware that the data is collected on behalf of Carola Chiarpenello and the research is done on a volunteering basis.

Documentation and Metadata

The data is collected by Carola Chiarpenello and held in Typeform.
Happiness and yoga at the time of COVID-19
4 April 2020
Contact Carola to access the data
Data collected using a subjective wellbeing survey method

Ethics and Legal Compliance

Yes - in the first page of the survey I express that data will not be shared with any third party and will uniquely be used by Carola to complete the study.

Data is anonymous.

Data is stored in Typeform which is GDPR compliant.

Survey Intro

"Thank you for participating in our survey

Thank you for having decided to take part in this research on the impact of yogic techniques on individuals' subjective wellbeing during the COVID-19 crisis.

The study is conducted on a volunteering basis by teacher and researcher [Carola Chiarpenello](#) to investigate the value yoga has on people's subjective well being and happiness levels. This data will be used to write an academic paper based on empirical evidence which will be accessible for free.

The survey is anonymous and data will not be shared with any third party. The data will be uniquely used for scientific advancement and research."
Consent is being asked to be contacted post-survey and people can decide not to provide their email address.

Carola Chiarpenello owns the data

There will be no data sharing beyond the academic papers

Storage and Backup

Data is stored and handled by Typeform, which complies to GDPR.

See below data handling policies.

<https://admin.typeform.com/to/dwk6gt/>

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Selection and Preservation

Data will be kept for 5 years. During these 5 years, data can be used to write additional academic papers related to the subject.

Data will be kept in Typeform and backed up in Google Drive, password-secured

Data Sharing

Data will be shared in the form of an academic paper which will be available online for free.

Data will not be shared with any third party.

Raw data will not be shared.

Data cannot be shared with any third party

Responsibilities and Resources

Carola Chiarpenello

None - Typeform has given the project free access to their service for 3 months.

After that point, Carola Chiarpenello will be responsible for paying any fees.