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## Plan Overview

*A Data Management Plan created using DMPonline*

**Title:** Happiness and Yoga during and post COVID-19

**Creator:**Carola Chiarpenello

**Principal Investigator:** Carola Chiarpenello

**Data Manager:** Carola Chiarpenello

**Affiliation:** Other

**Template:** DCC Template

### **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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**Grant number / URL:** none

### **Copyright information:**

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# Happiness and Yoga during and post COVID-19

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## Data Collection

### What data will you collect or create?

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.

### How will the data be collected or created?

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

### What documentation and metadata will accompany the data?

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

### How will you manage any ethical issues?

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.

### **How will you manage copyright and Intellectual Property Rights (IPR) issues?**

Carola Chiarpenello owns the data  
There will be no data sharing beyond the academic papers

## **Storage and Backup**

### **How will the data be stored and backed up during the research?**

Data is stored and handled by Typeform, which complies to GDPR.  
See below data handling policies.  
<https://admin.typeform.com/to/dwk6gt/>  
<https://admin.typeform.com/to/dwk6gt/>

### **How will you manage access and security?**

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

## **Selection and Preservation**

### **Which data are of long-term value and should be retained, shared, and/or preserved?**

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

### **What is the long-term preservation plan for the dataset?**

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

## **Data Sharing**

### **How will you share the data?**

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.

### **Are any restrictions on data sharing required?**

Data cannot be shared with any third party

## **Responsibilities and Resources**

**Who will be responsible for data management?**

Carola Chiarpenello

**What resources will you require to deliver your plan?**

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.