

ISSMP	BEHAVIORAL ISSUES ASSOCIATED WITH ISOLATION AND CONFINEMENT: REVIEW AND ANALYSIS OF ASTRONAUT JOURNALS	JOURNALS
Principal Investigator		
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Description		
Perform a systematic content analysis of journal entries made by crewmembers during ISS expeditions. The method is based on the premise that the introspective accounts of personnel operating under conditions of isolation and confinement can provide useful information about the factors that affected individual and group performance during the confinement.		
Objective		
The objective of the study is to obtain behavioral and human factors data relevant to the design of equipment and procedures to support adjustment and sustained human performance during extended duration isolation and confinement.		
For the continuation of the experiment with 10 additional subjects, the specific objectives of the proposed study are to 1) collect data concerning the relevant behavioral factors from 10 additional astronauts while serving as members of 6-person crews onboard the ISS; 2) compare the experiences reported by members of larger crews to those of the two and three-person crews who participated in the original journals study; 3) assess the effects of other changes that have been implemented since the journals study concluded (e.g., cupola, sleep chambers, procedures); 4) further test the third quarter phenomenon; and 5) provide a safe and constructive outlet for the frustration and irritation that usually accompany isolated and confined living. The ultimate objective of the study is to provide data-driven recommendations to inform decisions concerning the priorities that should be placed on the various behavioral issues to prepare for and manage future space expeditions. Study results can be applied to improve selection, training, support, scheduling, and the design of equipment and procedures.		
Relevance		
Study results will provide quantitative data on which to base decisions concerning the priority that should be placed on the various behavioral issues to prepare for long duration orbital missions, and lunar and planetary expeditions.		
BDC Summary		
Crewmember will be asked to fill out a preflight questionnaire once at L-7 (+/- 7 days). The subject will also complete a postflight questionnaire at R+4 to R+6 days after landing.		
In-flight Operations Summary		
Crewmember will be asked to complete the journal at least three times per week, as late in the day as possible. The data will be downlinked once per month. A mid-mission questionnaire will be completed as well.		