

JOURNALS FLIGHT EXPERIMENT 2014

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Confidential journals are maintained by astronauts during expeditions onboard the International Space Station (ISS) and will be analyzed to compare to data obtained when crews and the station were smaller. Ten astronauts participated in the original study and wrote most about work, outside communications, adjustment to the conditions, and interactions with crew mates. The study found evidence of a decline in morale during the third quarters of the expeditions and identified factors that contribute to sustained adjustment and optimal performance. Astronauts reported that they benefited personally from writing in their journals and questionnaire responses showed that living and working on the ISS was not as difficult as the astronauts anticipated before starting their six-month tours of duty.[1] Data collection is still ongoing for the additional ten astronaut subjects, but preliminary comparisons will be made between the earlier and current studies.

[1] Stuster, J. (2010) *Behavioral Issues Associated with Long-Duration Space Expeditions: Review and Analysis of Astronaut Journals* Experiment 01-E104 Final Report, Johnson Space Center, Houston, TX, TM-2010-216130.