Shaila Zaman

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Current Position

Graduate Teaching Assistant, University of Houston

Areas of Interest

Data Science • Affective Computing • Human Computer Interaction

Work Experience

2019-2020 Graduate Teaching Assistant, University of Houston
2018-2019 Graduate Research Assistant, CPL, University of Houston
2017-2018 Graduate Teaching Assistant, University of Houston
2012-2015 Software Engineer, Therap Services, LLC

Education

2017-present Ph.D. in Computer Science, University of Houston **[CGPA: 3.95]**

2007-2012 B.Sc in Computer Science & Engineering, Bangladesh University of Engineering & Technology (BUET) [CGPA: 3.45]

Publications

2020 Blank, C, **S Zaman**, A Wesley, P Tsiamyrtzis, DR Da Cunha Silva, R Gutierrez-Osuna, G Mark, and I Pavlidis (Apr. 2020). Emotional footprints of email interruptions. In: *Proceedings of the 2020 CHI Conference on Human Factors in Computing Systems.* CHI '20. Honolulu, HI, USA: Association for Computing Machinery, pp.155:1–155:12. **[CORE Rank ≡ A*].**

2019 **Zaman, S**, A Wesley, DRDC Silva, P Buddharaju, F Akbar, G Gao, G Mark, R Gutierrez-Osuna, and I Pavlidis (Nov. 2019). Stress and productivity patterns of interrupted, synergistic, and antagonistic office activities. *Scientific Data* **6**, 264. **[Journal Impact Factor ≡ 5.929].**

2019 Akbar, F, AE Bayraktaroglu, P Buddharaju, DR Da Cunha Silva, G Gao, T Grover, R Gutierrez-Osuna, NC Jones, G Mark, I Pavlidis, K Storer, Z Wang, A Wesley, and **S Zaman** (May 2019). Email makes you sweat: Examining email interruptions and stress using thermal imaging. In: *Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems.* CHI '19. Glasgow, Scotland UK: ACM, pp.668:1–668:14. **[CORE Rank≡A*].**

Scholarships

2021 Grad Cohort Workshop for Women - Travel Grant
2019 Grace Hopper Celebration - Student Scholarship
2019 Natural Sciences and Mathematics Alumni Scholarship

Leadership Experiences

2019-2020 Leading the NSF Deadline Stress Studies, CPL, UH
2018 Mentor of REU (Research Experiences for Undergraduates) student, NSF Office Stress Study

Extracurricular Activities

2018 Peer advisor - International Student and Scholar Services - University of Houston
2018 Judge at Mars Rover Celebration
2018 Place Award Judge of Science Engineering Fair of Houston

R Packages

2020 **Zaman, S**, P Tsiamyrtzis, and I Pavlidis (Jan. 2020). *CHI 2020 Displayed Emotions Methods.*

2019 **Zaman, S** and I Pavlidis (Nov. 2019). *Office Tasks 2019 Methods.*

Datasets

2020 Wesley, A, **S Zaman**, C Blank, and I Pavlidis (Jan. 2020). *Displayed Emotions Dataset on Dual Task.* Open Science Framework.

2019 **Zaman, S**, A Wesley, D Cunha, P Buddharaju, F Akbar, G Gao, G Mark, R Gutierrez-Osuna, and I Pavlidis (Nov. 2019). *Office Tasks 2019 – A Multimodal Dataset.* Open Science Framework.

Grants

CHS: Medium: Collaborative Research: Managing Stress in the Workplace: Unobtrusive Monitoring and Adaptive Interventions

Role: Research Assistant
Sponsors: National Science Foundation (grant # IIS-1704682)
Performance Period: 08/01/2017 – 07/31/2020
Funding: $409,898

Description: Workplace stress is a serious problem that has a direct and negative impact on health, happiness, and productivity. Current approaches for both measuring stress and reducing it are limited; measurements typically rely on self-report or obtrusive sensors, while people often don't seek treatment until the stress has built to dangerous levels (or at all, if they are afraid of other people's judgments). Common workplace sources of stress are noise, distractions and time pressure. This project's goal is to develop methods both to detect stress and provide personalized relaxation exercises, in real time and in the work context. To detect stress, the research team will apply machine learning to study how well data from commonly available devices at work such as webcams, fitness trackers, and keyboards can predict individuals' stress levels. To reduce stress, the team will develop a suite of brief relaxation exercises and a system that uses predicted stress levels to recommend different exercises, learning over time which ones work best for a particular person. These predictive models and interventions will be tested in a long-term study in a real office environment, both validating the work and providing direct effects on experimental participants' well-being.