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projects effectively. The study focuses on six Swedish public client organizations and investigates their risk management procedures, the

types of risks they face, and how frequently they reference risk

management in their internal documents. The paper also examines

Having been overwhelmed with a strikingly large list of things that can go wrong, public clients have consistently found themselves subjected to many risks associated with construction projects. As the scale of projects increases, the severity of risks intensifies. This study sets out to highlight a particular set of risks associated with strategic decision making in public construction projects. Of particular importance stands the client organizations' capacity to properly manage risks rooted in poor decision making that leads to many types of project failure. To curb the negative effects of poor decision making, varying organisational configurations have been adopted by clients. This paper investigates the six Swedish public client organizations'



## Avidnote Guide **All for Research**

Avidnote is a versatile AI tool developed by researchers for researchers.

t enables more effective research writing, ote-taking, reference management, eading and analysis.



Page no:

**Table of Content:** Here are the different functionalities included in Avidnote. Navigate to the pages listed below to learn more about each functionality.

### **AI Writer**

Use this as your AI assistant for **writing and editing** academic text.



p.23

Page no: p.11

p.3

## **AI Reader**

Read with AI. Upload your papers and use the AI to analyze text, summarize papers, analyze chapters, and to chat with your papers and documents.



You can also write notes, highlight text and annotate your papers.

### **Settings**

Change your profile info, settings, export your data/references and more.



### **AI Transcribe**

**Transcribe** your interviews with AI and analyze them in minutes, not hours.

## **AI Snippets**

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Organize all your papers, notes, tags and references in ONE place.



### AI modules

- AI coder to write computer code.

- AI chat for your generic chat assistant.

### How to go there



In order to open the AI Writer, go to the menu, and click on Write new paper.



The AI writer enables you to quickly write new drafts for your research papers.



you.

Tip! 9



## **AI Writer**

### Generate academic text

AI can be helpful for inspiration and generating text. You can also generate a draft for a:

- Literature review
- Historical overview
- Method
- Abstract
- Results
- Discussion and more

Think of Avidnote as an assistant, it does not replace the writing process, instead, it aids you in your writing. It is still important to keep academic integrity, which means citing proper sources, reworking the text, incorporating your text, and working with AI as a tool, and not as a replacement of



## Al writing assistant. Helps you write & rewrite academic text.

 Begin by choosing any of the templates on the left side.
 If you wish to write something not shown in the list, choose
 "Write anything"

(or if you do not want to generate text with the AI, you can start out by copying text that you have already written and paste that into the right side to start working with it immediately) rite paper > Editor

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1) Choose the language you want the response to be in. Default is set to English.

2) Describe what you want the AI to write about. Write this on the LEFT side. For example, here we wrote "causes of mental health disorders"

3) Choose your style guide by writing it in the field. Here we choose APA as our style guide .

4. Click Generate.

(for best result, you can skip other optional fields)

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The AI has now generated some text on the RIGHT side. You can edit this text, add to it, redact from it, modify it, and incorporate your own text.

Above the AI Writer, you can name your paper. You can also choose a Workbook (which function like folders for your generated text).

In this example, we have saved it under "Research papers". If you wish to create workbooks, go back to the menu and click "Saved documents" and click "New" and then select "Add new workbook".

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Write paper > Editor

Citation style

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Introduction

Mental health disorders are a significant public health concern, affecting individuals across the glo disorders is crucial for effective prevention, diagnosis, and treatment. This literature review aims to causes of mental health disorders, focusing on various factors that contribute to their development seeks to provide a comprehensive understanding of the multifaceted nature of these disorders.

Genetic Factors

Numerous studies have highlighted the role of genetic factors in the development of mental health (2018) found that genetic factors contribute significantly to the risk of various psychiatric disorder Their study utilized a large sample size and advanced statistical analyses to demonstrate the herita conducted by Smoller et al. (2019) supported the notion that genetic factors play a substantial rol

**Environmental Factors** 

In addition to genetic influences, environmental factors have been extensively studied as contribu trauma, such as physical or sexual abuse, has been linked to an increased risk of developing ment This finding was further supported by a longitudinal study conducted by Widom et al. (2019), which childhood maltreatment on mental health outcomes.

Socioeconomic Factors

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## Al Writer for Researchers

Your text is saved automatically every few seconds, although you can also choose to save it yourself.

You can find your saved documents under the menu item "Saved documents".

You can download your finished results as a Word-file or PDFfile. We recommend downloading it as a Word-file if you wish to continue working on it on your computer. See arrow.

To go back to the menu, click on the home button in the top left.

Write paper > Editor		
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Citation style		causes of mental health disorders, focusing of seeks to provide a comprehensive understan
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Original	^	(2018) found that genetic factors contribute Their study utilized a large sample size and a
Tone of voice	(i)	conducted by Smoller et al. (2019) supported
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Generate		Socioeconomic Factors
		Socioeconomic factors, including income, ed study by Lorant et al. (2003) revealed a clear



blic health concern, affecting individuals across the globe. Understanding the causes of mental health diagnosis, and treatment. This literature review aims to explore the existing body of research on the on various factors that contribute to their development. By examining a range of studies, this review adding of the multifaceted nature of these disorders.

of genetic factors in the development of mental health disorders. Research conducted by Sullivan et al. significantly to the risk of various psychiatric disorders, including depression, anxiety, and schizophrenia. advanced statistical analyses to demonstrate the heritability of these disorders. Similarly, a meta-analysis d the notion that genetic factors play a substantial role in the etiology of mental health disorders.

ntal factors have been extensively studied as contributing factors to mental health disorders. Childhood s been linked to an increased risk of developing mental health disorders later in life (Felitti et al., 1998). jitudinal study conducted by Widom et al. (2019), which demonstrated the long-term impact of utcomes.

lucation, and employment status, have also been identified as contributors to mental health disorders. A association between low socioeconomic status and increased prevalence of mental health disorders. Th



Once your text is generated, you can use the AI to work with the material in real-time.

To do this, you select any of the text on the right side, and you will see an option called "AI". Click on this button.

You will now see options. When you click on any of these, the AI will apply that option to the text you selected.

For example: **Rewrite** will rewrite the selected text, **Check Grammar** fixes grammar & spelling, **Expand Content** writes more text, **Translate** etc...

Write paper > Editor	
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 Literature Review
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aims to explore the existing research on me associated with this issue. By examining the highlight potential avenues for further resea The prevalence of mental health issues amo

Research conducted by O'Hara and Swain in one of the most prevalent mental health dis impact of PPD on mothers' well-being. Furth beyond PPD. These studies have indicated tl stress, and adjustment disorders. The high ragiving birth. The impact of postpartum men of the newborn. Untreated postpartum men on child development. Recognizing the prev have started focusing on increasing awarene assessments and access to specialized postp prevalence of mental health issues during th concern that requires attention. Further rese disorders on maternal and child well-being.

Risikofaktorer for mentale sundhedsproblemer efter graviditet Flere risikofaktorer bidrager til udviklingen af mentale sundhedsproblemer efter graviditet. Disse faktorer kan bredt kategoriseres som biologiske, psykologiske og sociale determinanter. Biologisk set er hormonelle svingninger, især en hurtig nedgang i østrogen- og progesteronniveauer, blevet forbundet med begyndelsen af postpartum humørforstyrrelser (Bloch et al.,

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### CUSTOM ACTION

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What would you like to do?

### QUICK ACTIONS

- 🗹 Rewrite
- 💭 Summarize Content
- Improve Writing
- 📃 Simplify Language
- Level Section Expand Content
- 🛠 Shrink Content
- AB Check Grammar
- Change Tone
- 🔗 Adjust Style

### ▲ Translate to

g of both mothers and their infants. The transition to motherhood significantly impact a woman's mental health. This literature review in the prevalence, risk factors, consequences, and interventions provide a comprehensive understanding of the topic and

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pd is a significant concern that has been extensively studied. 15% of women experience postpartum depression (PPD), making it ighlights the importance of addressing and understanding the d light on the prevalence of postpartum mood disturbances ce some form of postpartum mood disturbance, including anxiety, plex nature of mental health challenges that women face after idual mother; it also affects her family and the overall well-being ther-infant bonding process and have long-lasting consequences he postpartum period, healthcare providers and policymakers b women. Initiatives such as routine postpartum mental health emented to address this pressing issue. In conclusion, the rtum depression and other mood disturbances, is a significant d provide support are crucial in mitigating the impact of these

Another option is to apply a custom prompt to the selected text.

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The result will be inserted into the text that you selected. In this example, we asked the AI to give the authors mentioned in the text.

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### Clear conversation



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### en Access

### ki Abe ne nuclear power debate after Fukushima: text-mining analysis of Japanese ewspapers

**Stract:** This paper analyzes the debate on nuclear power after the Fukushima ident by using a text-mining approach. Texts are taken from the editorial articol five major Japanese newspapers, *Asahi Shinbun, Mainichi Shinbun, Nikkei abun, Sankei Shinbun* and *Yomiuri Shinbun*. After elucidating their different with on nuclear power policy, including general issues such as radiation risks, ewable energy and lessons from the meltdown, the paper reveals two main inds of arguments. Newspapers in favor of denuclearization appeal to "demotic values." They advocate public participation in decisions on future energy icy and criticize the closed-off administration of nuclear energy. Meanwhile, -nuclear newspapers adopt a "technological nationalistic" stance, claiming to denuclearization will weaken Japan's superiority in the field of nuclear ver technology. In other words, the debate about the nuclear power is not rely about energy supply, but also about the choices facing Japanese society r visions for the future after the events of Fukushima.

words: nuclear power, Fukushima accident, Japanese newspapers, text-

Abe: Kumamoto University, Japan, e-mail: y-abe@kumamoto-u.ac.jp



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Q Ð ā decades were largely null or weak. Although coffee consumption may protect individuals ited impact on facets of psychological well-

GENERIC DOCUMENT QUESTIONS

Summarize this document 💷

Analyse this document Hot

**Research Question** 

Theoretical Background

Identify research gaps

Comparison with other

Future Research

### SPECIFIC DOCUMENT QUESTIONS

How were women asked to rate their degree of agreement with statements describing a positive outlook on life?

What was the range of total scores created after summing responses and reverse coding negatively worded items?

What was the stability of measures over time as indicated by the Intraclass Correlation Coefficient (ICC)?

How was happiness assessed in 1992, 1996, and 2000?

What percentage of women were White according to the baseline characteristics?

What was the mean age of women at the 1990 happiness baseline?

How was coffee consumption measured and categorized in the study?

What was the percentage of women who reported being highly socially isolated?

What were the three levels of caffeine consumption categorized in the study?

What sociodemographic covariates were included in Model 1 of the analysis?

being (e.g., optimism, happiness, life purpose) ealth over the life course [1-4]. This lower risk ith lifestyle factors involved in health mainte-

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t, and tobacco use [3, 5, 6]. For example, recent 'Health Study (NHS) found that higher levels d with a 39% to 40% greater likelihood of main ex of physical activity, body mass index, diet, -22 years, and associations were robust to lepression [7]. Inversely, understanding factors o provide important insights into strategies for prior work, it was shown that that adopting a lihood of experiencing sustained high levels of k, RR<sub>happiness</sub> = 1.11, 95% confidence interval .22-1.31), suggesting that health behaviors may ng [7].

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## A

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  "Limitations" which will show the limitations of the study, "Results" which will show the results of the paper, and many other options.

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Ó	A: ### Short Summary	
	A. ### stort summary         The text discusses a study examining the relationship between coffee consumption and psychological well-being, specifically happiness and optimism. The study utilized data from two different time periods (1990 for happiness and 2002 for optimism) and employed various statistical methods, including generalized estimating equations (GEE), to analyze the data. The study found that sustained high levels of happiness and optimism were prevalent among participants, and coffee consumption was generally stable over time. The research also explored the impact of baseline coffee consumption on sustained happiness and optimism, as well as the influence of baseline happiness and optimism on sustained moderate coffee consumption. Sensitivity analyses considered the effects of decaffeinated coffee, caffeinated tea, and total caffeine intake. The results indicated that coffee intake and psychological well-being were associated, but the study also accounted for various covariates to ensure the robustness of the findings.         #### Detailed Summary         ##### Overview of the Study         The study aimed to explore the prospective associations between coffee consumption and psychological well-being, specifically focusing on happiness and optimism. The research utilized data from two different periods: 1990 for happiness and 2002 for optimism. The meanulence of sustained high levels of happiness and optimism as well.         Choose option       \$         Summarize this document.       \$	
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https://doi.org/10.1371/journal.pone.0267500.g001

baseline health status might influence both their likelihood of consuming coffee [19] as well as their psychological well-being [20, 21]. Participants with missing data on baseline psychological well-being were also excluded, as well as those who only had data from one psychological well-being assessment over the follow-up period, and those with incomplete covariate information (see S1 Table in S1 File for the distribution of covariates among women who had complete and incomplete data at the baseline psychological well-being assessment). The final samples included 44,449 women for happiness analyses, and 36,729 women for optimism analyses. Although most included women had data on all psychological well-being assessments throughout the follow-up period, those who did not were somewhat older, less likely to have a graduate degree, be married or in a relationship, or socially integrated, and they were slightly more likely to be depressed (see S2 Table in S1 File for the distribution of covariates among women who completed all versus some of the psychological well-being assessments).



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   "Questions for inserted text".
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### Introduction

Growing evidence suggests psychological well-being (e.g., optimism, happiness, life purpose) is associated with reduced likelihood of poor health over the life course [1–4]. This lower risk may be due in part to protective associations with lifestyle factors involved in health maintenance and decline, such as physical activity, diet, and tobacco use [3, 5, 6]. For example, recent work among over 35,000 women in the Nurses' Health Study (NHS) found that higher levels of happiness and optimism were each associated with a 39% to 40% greater likelihood of maintaining a healthy lifestyle (defined using an index of physical activity, body mass index, diet, alcohol use, and tobacco consumption) over 10–22 years, and associations were robust to adjustment for sociodemographic factors and depression [7]. Inversely, understanding factors that promote psychological well-bei  $\mathbf{T} \neq \mathbf{U} = \mathbf{J}$  portant insights into strategies for improving both mental and physical health. In prior work, it was shown that that adopting a healthy lifestyle was related to an increased likelihood of experiencing sustained high levels of happiness and optimism over time (relative risk, RR<sub>happiness</sub> = 1.11, 95% confidence interval (CI) = 1.10–1.12; RR<sub>optimism</sub> = 1.26, 95% CI = 1.22–1.31), suggesting that health behaviors may play a role in promoting psychological well-being [7].

Another health behavior associated with potential psychological benefits is coffee consumption [8]. Numerous studies have demonstrated associations between higher levels of coffee intake and a lower risk of suicide and depression [9–12]. In a pooled analysis of three large-scale US-based cohorts of middle-aged men and women (including NHS) [13], each additional two cups/day of coffee consumed was associated with a 25% lower risk of suicide (pooled multivariable RR = 0.75, 95% CI = 0.63, 0.90). A study conducted among over 50,000 NHS women similarly evaluated coffee intake in relation to incident depression over a 10-year period [11]. Compared to the lowest coffee consumption level ( $\leq 1$  cup/week), women who drank 2–3 cups/day and  $\geq 4$  cups/day experienced a 15% and 20% lower risk of becoming depressed, respectively, after controlling for sociodemographic factors, health behaviors, comorbidities, and social engagement (e.g., retirement status, community engagement; fully adjusted RR<sub>2-3</sub> cups = 0.85; 95% CI = 0.75–0.95; fully adjusted RR $_{\geq 4}$  cups = 0.80; 95% CI = 0.64–0.99). In a recent meta-analysis [14], pooled associations estimated across 327,697 men and women in four prospective and two cross-sectional investigations (including the NHS study described above) found that those who reported the highest versus lowest levels of coffee intake were



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The study presented in this paper sets out to highlight the particular set of risks associated with strategic decision making in public construction projects. Of particular importance stands the client organizations' capacity to properly manage the risks rooted in poor decision making which in turn leads to different types of project failure.

Though a considerable amount of research has been dedicated to enumerating the various methods and tools that are available for assessing and managing risks in construction (e.g. Akintoye & MacLeod, 1997; Forbes, et al., 2008; Perry & Hayes, 1985; Tah & Carr, 2001), comparatively less research has set out to investigate what might be described as the root problem, i.e. the capability of the construction client to make strategic decisions that are riskaware in character. In understanding how risk management capabilities develop, it is necessary to understand how capabilities in general develop.

An early attempt to explain how capabilities emerge in firms was that of Nelson and Winter (1982) who regarded firms as bundles of path-dependent knowledge bases wherein capabilities could emerge through the repetitive processes of 'learning by doing' found embedded in organizational routines. Although this concept has been expanded upon by the likes of Cohen and Levinthal (1990), Teece et al. (1997) and Zollo and Winter (2002), the centrality of routines as one of the prime vehicles for capability development has endured. It is in this light that this paper investigates two sets out of organizational routines in order to ascertain how frequent public client organizations incorporate risk

552

Table 2. Types of the risks emphasised in the respective annual reports of 2013.

Organisation

Akademiska Hus Familjebostäder Fortifikationsverket LKAB Svenska bostäder Trafikverket

LKAB seems to be the public client that emphasis risk management the most from the selection of organizations included in the list. This might in part be attributable to the industry in which it operates. The mining industry is volatile in nature and subject to a barrage of uncertainties ranging from price fluctuations, project related risks, hazard related risks and an extreme sensitivity to changes in demand (McClain, et al., 1996). It is also the only company listed that explicitly states that it employs a Chief Risk Officer (CRO) to handle risk related matters. Although Fortifikationsverket seems to have omitted a risk management perspective in their annual rapport, the agency nonetheless frequently mentions risk management in its published documents, as evident by Table 3. Its annual report is closer to a financial statement than a comprehensive report.

It is also to be noted that all of the public housing companies included had a relatively low emphasis on operational and safety related risks. This in contrast to Trafikverket and LKAB who both shared a high emphasis on operational and safety related risks. This might be explained by the latter two being involved in projects that are technically more complex and often prone to accidents, hence making them more risk sensitive in those areas.

Although the annual report is often regarded as the primary venue to disclose information to stakeholders (Buhr, 1998), it is not the only internal document of relevance. The table below looks at the frequency by which risk management/analysis is mentioned in all of the internal documents that the different organizations have published on their respective websites.

construction clients

Organisation

Akademiska Hus Familjebostäder Fortifikationsverket LKAB Svenska bostäder Trafikverket

Adam Abderisak and Göran Lindahl / Procedia Economics and Finance 21 (2015) 548 - 554

		Type of risks	
F	Financial	Operational	Safety
H	Emphasised	Mentioned	Mentioned
N	Mentioned	Mentioned	Mentioned
N	Mentioned	-	-
F	Emphasised	Emphasised	Emphasised
I	Emphasised	Mentioned	Mentioned
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Is it possible that by overemphasizing the financial aspects, client organizations have neglected the core operational risks that often carry substantial impact on both financial and other organizational outcomes? Although it is not possible to decisively state that this is indeed so, there certainly seems to be room for an interpretation along these lines. Further research grounded on a larger sample size that allows for extrapolations would be needed to uncover whether an overemphasis on financial risks is a predominant occurrence in the documentation of client organizations and whether this correlates with how risk management is actually handled in these organizations.

Table 3. Relative occurrence of the keywords "riskhantering" (risk management) and/or "riskanalys" (risk analysis) in the websites of the selected

Total No. indexed	Results containing "risk	Share of results containing "risk
webpages	management" and/or "risk	management" and/or "risk
	analysis"	analysis" (%e)
6,050	72	11.90 ‰
550	8	14.90 ‰
573	16	27.92 ‰
2,840	53	18.66 ‰
2,040	6	2.94 ‰
328.000	2.490	6.52 %



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### Introduction

Growing evidence suggests psychological well-being (e.g., optimism, happiness, life purpose) is associated with reduced likelihood of poor health over the life course [1–4]. This lower risk may be due in part to protective associations with lifestyle factors involved in health maintenance and decline, such as physical activity, diet, and tobacco use [3, 5, 6]. For example, recent work among over 35,000 women in the Nurses' Health Study (NHS) found that higher levels of happiness and optimism were each associated with a 39% to 40% greater likelihood of maintaining a healthy lifestyle (defined using an index of physical activity, body mass index, diet, alcohol use, and tobacco consumption) over 10-22 years, and associations were robust to adjustment for sociodemographic factors and depression [7]. Inversely, understanding factors that promote psychological well-being may also provide important insights into strategies for improving both mental and physical health. In prior work, it was shown that that adopting a healthy lifestyle was related to an increased likelihood of experiencing sustained high levels of happiness and optimism over time (relative risk, RR<sub>happiness</sub> = 1.11, 95% confidence interval (CI) = 1.10-1.12; RR<sub>optimism</sub> = 1.26, 95% CI = 1.22-1.31), suggesting that health behaviors may play a role in promoting psychological well-being [7].

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Top-right, you have the option to search the doc or download it as a PDF.

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					Farah Qureshi (0 <sup>1,2</sup> *, Meir Stampfer <sup>3,4</sup> , Laura D. Kubzansky <sup>1,2</sup> , Claudia Trudel- Fitzgerald (0 <sup>1,2¤a¤b</sup>							
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	Citation: Qureshi F, Stampfer M, Kubzansky LD, Trudel-Fitzgerald C (2022) Prospective associations between coffee consumption and psychological well-being. PLoS ONE 17(6): e0267500. https://doi.org/10.1371/journal. pope 0267500					<b>Objective</b> Prior work indicates a robust relationship between coffee consumption and lower depression risk, yet no research has examined links with psychological well-being (e.g., happiness,						
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responses alongside final, published articles. The

editorial history of this article is available here:

Among women in the Nurses' Health Study, coffee consumption was examined in 1990 and 2002 in relation to sustained levels of happiness reported across multiple assessments from 1992–2000 (N = 44,449) and sustained levels of optimism assessed from 2004–2012 (N = 36,729). Associations were tested using generalized estimating equations with a Poisson distribution adjusted for various relevant covariates. Bidirectional relationships were evaluated in secondary analyses of baseline happiness (1992) and optimism (2004) with sustained moderate coffee consumption across multiple assessments through 2010.

No



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### PLOS ONE

Coffee intake and psychological well-being

availability of these data. Data may be available to access upon reasonable request and with the permission of the Channing Division of Network Medicine at Brigham and Women's Hospital (contact via nhsaccess@channing.harvard.edu).

Funding: The Nurses' Health Study was funded by a grant from the National Institutes of Health (NIH) (grant number UM1 CA186107). This study also received funding from the National Institutes of Health training (grant T32 CA 009001) awarded to FQ, and through an unrestricted gift from the United Nations Sustainable Development Solutions Network, which is supported in part by a gift from the Illy Foundation, awarded to MS. The Lee Kum Sheung Center for Health and Happiness provided support in the form of salary for CTF. The content of this manuscript is the sole responsibility of the authors and does not necessarily represent the official views of the funding agencies, which did not review the manuscript prior to submission for nublication

Competing interests: The authors declare that they have no conflicts of interest. analyses showed high levels of optimism but not happiness levels were modestly associated with increased likelihood of sustained moderate coffee intake ( $RR_{optimism} = 1.06, 95\%$  CI = 1.02–1.10;  $RR_{happiness} = 1.01, 95\%$  CI = 0.99–1.04).

### Conclusions

Associations between psychological well-being and coffee consumption over up to two decades were largely null or weak. Although coffee consumption may protect individuals against depression over time, it may have limited impact on facets of psychological well-being.

### Introduction

Growing evidence suggests psychological well-being (e.g., optimism, happiness, life purpose) is associated with reduced likelihood of poor health over the life course [1-4]. This lower risk may be due in part to protective associations with lifestyle factors involved in health maintenance and decline, such as physical activity, diet, and tobacco use [3, 5, 6]. For example, recent work among over 35,000 women in the Nurses' Health Study (NHS) found that higher levels of happiness and optimism were each associated with a 39% to 40% greater likelihood of maintaining a healthy lifestyle (defined using an index of physical activity, body mass index, diet, alcohol use, and tobacco consumption) over 10–22 years, and associations were robust to adjustment for sociodemographic factors and depression [7]. Inversely, understanding factors that promote psychological well-being may also provide important insights into strategies for improving both mental and physical health. In prior work, it was shown that that adopting a healthy lifestyle was related to an increased likelihood of experiencing sustained high levels of happiness and optimism over time (relative risk, RR<sub>happiness</sub> = 1.11, 95% confidence interval (CI) = 1.10–1.12; RR<sub>optimism</sub> = 1.26, 95% CI = 1.22–1.31), suggesting that health behaviors may play a role in promoting psychological well-being [7].

Another health behavior associated with potential psychological benefits is coffee consumption [8]. Numerous studies have demonstrated associations between higher levels of coffee intake and a lower risk of suicide and depression [9–12]. In a pooled analysis of three large-scale US-based cohorts of middle-aged men and women (including NHS) [13], each additional two cups/day of coffee consumed was associated with a 25% lower risk of suicide (pooled multivariable RR = 0.75, 95% CI = 0.63, 0.90). A study conducted among over 50,000 NHS women similarly evaluated coffee intake in relation to incident depression over a 10-year period [11]. Compared to the lowest coffee consumption level ( $\leq 1$  cup/week), women who drank 2–3 cups/day and  $\geq 4$  cups/day experienced a 15% and 20% lower risk of becoming depressed, respectively, after controlling for sociodemographic factors, health behaviors, comorbidities, and social engagement (e.g., retirement status, community engagement; fully adjusted RR<sub>2-3</sub>

### How to go there

Home

What do you want to do?

Storage status

Work with documents



To go there, click on **AI Transcribe**. Get a ready transcript in minutes.



Transcribe your interviews or research meetings in minutes. Then use the transcript to analyze with our AI.



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Read

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- » Upload paper
- » My library
- » Trash

### Write

- » Write new paper
- » Al snippets
- » Saved documents

Ai

AI Modules

- » Al Transcribe
- » Al Code
- » Al Chat
- » Saved Transcripts
- » Saved Codes

## **AI Transcribe**

### **Transcribe interviews**

Upload audio or video files and transcribe your interviews (or research meetings) in minutes.

### **Analyze interviews**

You can then go to the AI snippets/templates to analyze your interview in different ways:

- Code with grounded theory - Code with a framework you choose. - Narrative analysis

- Analyze with a framework you choose.

Or you can analyze your meeting minutes, and get an overview of what was said.

### Al Transcribe – How to transcribe with Al **1. Upload interview** 2. Transcribes in minutes 3. Analyze / code interviews Ai Transcribe พ้ Interview with Oppenheimer Transcribe your audio and video files and translate them to English Narrative no. 1: The Purpose of the Institute for Advanced Study Your Balance is 8.270 Minutes Drag & Drop your file or Browse .mp3, .mpeg, .mpga, .m4a, .wav, .mp4, .avi, .mov, .mkv, .webm Max Audio Size: 500MB their own work and destiny. Max Video Size: 1GB U = -= 1<u>⊒</u> Ξ = Α ΤÎ Description (Optional) 0 / 500 Relevant quotes: Describe the speech from the file uploaded Interviewer: Dr. Oppenheimer, why don't we begin by your telling me a above to help the AI that, and they can't run away." advanced study, how it began.

Dr. Oppenheimer: Well, I'll try. Of course, it began at a time when it's already a subject for historical research. I'm about to find sor how it began. I've heard you describe it as a decompression chc people. There are no telephones ringing, and you don't have to c and you don't have to meet classes. And especially for the few p

1. Select language, and if you want to auto detect speakers, time stamps, or redact personal names mentioned in the interview. Click browse to select your audio/video file, and then Generate to start transcribing. It can take a few min depending on the length of the interview.

Language (Optional)

Auto Detect

- Once the AI has finished, read the transcript and correct any mistakes. Name your text & click save to save it in Avidnote. 2.
- Copy the transcript and go to the AI Snippets (Templates) and under the Data category, choose how to analyze. See next page.

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Analysis: In this narrative, Dr. Oppenheimer describes the purpose of the Instit place for creative and struggling scholars and scientists to work without distract importance of intimacy, understanding, and comradeship in a smaller institution discusses the idea of taking away the normal cares and pleasures of life to allo

- "They're used to having to go to attend to other people's business. When they

- "We suffer from limits of money, of wisdom, of space, and we know that if we everything because the kind of intimacy, the kind of understanding, the kind of possible in a place of this size is hard to maintain in a place ten times as big." - "We are here as an institution...to take away from men the cares, the pleasure excuse for not following the rugged road of their own life and need and destiny

Narrative no. 2: The Faculty and Fields of Study at the Institute



## Analyze interview: choose how

 First make sure to that you have copied the interview transcript that was generated in the previous step.

2. Go to AI snippets (templates) in the menu.

3. Choose one of the options to analyze your interview. We recommend "**Narrative analysis**" but you have several options, or you can choose "Analyze data with framework" and define whichever framework you want to use to analyze your interview.

You can also code the interview.

### The interview data stays private in your account, in GDPR-certified servers.

8	My Profile >									
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## Analyze interview: narrative analysis

- 1. Paste the whole transcript of your interview where the yellow arrow is pointing.
- 2. Click Generate text

The AI will now analyze your entire interview using this template. You can edit / modify the output on the right.

The narrative analysis will divide the interview into each narrative that was identified by the AI, followed by an analysis and relevant quotes from the interviewee.

You can save this in Avidnote, or download it to your computer. See options at the top-right.



- "The trouble with secrecy isn't that it doesn't give the public a sense of participation. The trouble with secrecy is that it

Analysis: This narrative addresses the potential dangers of scientific discoveries, specifically focusing on the fear of communication, responsible planning, and public awareness of scientific knowledge and uncertainties. The narrative

- "I only get frightened when... I think I have an idea. That is what people find isn't frightening, but the understanding of

### How to go there



In order to open the AI snippets/templates, go to the menu, and click on AI snippets.

## **AI Snippets /** Templates

With Avidnote, you can use custom templates (snippets)  $\overset{\circ}{\sim}$ My Profile to perform a variety of research related tasks. The AI Home Home ഫി What do you want to do? helps you when it comes to reading, writing, analyzing as ſ Read well as tasks relating to methodology or teaching. Work with documents Al Research » Upload paper PDF, Word, Powerpoint, Excel Increase your » My library Writing Reading • Write with World-class document editor » Trash Write notes for the document Transcribe D Write Use AI to explore papers & documents Code with Helps you read papers, interpret A writing aid, rewrite Organize your research projects • Al chat » Write new paper text, peer-review, simplify text, summarize, write » Al snippets Upload paper(s) complex topics, etc. text, modify text, etc » Saved documents **AI Modules** Ai ] Analysis More » Al Transcribe Storage status Get more free s » Al Code » Al Chat 276.25 / 20000 MB Analyze data, find insights, Suggest research **Missing a featu** » Saved Transcripts methods, theoretical suggest interview/survey Manage plan » Saved Codes framework, research gaps, questions etc lesson plans etc О Find papers

# Al Snippets – Al Templates

With the templates, you can perform a variety of tasks with AI. For example: analyze data, plan lessons, extract data, write text, academic critique, answer emails and more.

Begin by selecting a template that you want to use. You can also navigate by clicking on the categories at the top to filter by certain categories (data, reading, writing etc).

You can also save snippets/templates that you like by clicking on the star symbol. To search for a template, use the search bar at the top.

To begin, click on the template that you want to use.





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What's the opposite view?

Paste in text -> Al gives you the opposite view

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### Critique this

Al generates an academic critique of your text.

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### Write anything

Write academic text. Specify what you want to write.

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### Write Literature review

Al writes a literature review based on your input.

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### Write Results

Al generates a results section based on your input.

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### ☆

### Write Conclusion

Al generates a conclusions section based on your input.

# Al Snippets – One example

In this example, we chose the template/snippet called "**Proofread this**". Here you can paste any text that you have, and let the AI provide a revised version of the text.

You always write the input (or paste) in the left side, and the AI will give you the output on the right side.

Click Generate text to generate the response. You can also change the language before generating the text.

In this example, the AI delivered the text you see on the right, and we bolded the headers for clarity.

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### ersion:

of electrical phenomena dates back to antiquity, with theoretical understanding progressing slowly until the oth centuries. The development of the theory of electromagnetism in the 19th century marked significant ading to the industrial and residential application of electricity by electrical engineers by the century's end.

### ections:

- should be "antiquity"
- e duplicate word "the" before "development"
- before "19th century"
- ppliation" with "application"
- ne extra "the" before "century's end"

text is well-written and does not contain any serious grammar or spelling mistakes. However, it is quite cks detailed information. To expand it, you could include examples of important discoveries or inventions in electrical phenomena throughout history. Additionally, you may consider discussing the impact of electricity ndustries and the everyday lives of people. This would provide a more comprehensive overview of the topic e the reader further.

# Al Snippets – Second example

This is another example of using a snippet / template.

In this example, we want to **rewrite** some text completely. With the rewrite template, the AI will change the text you wish to rewrite but keep the meaning.

In the previous example, we wanted to simply make grammar/spelling corrections. Here, we're rewriting the text instead.

This could be useful for many reasons, for example, if you want to rephrase something that you have written, because you were not happy with how it sounded.



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The exploration of electrical phenomena can be traced back to ancient times, wherein the comprehension of these phenomena advanced gradually until the 17th and 18th centuries. However, it was not until the 19th century that the theory of electromagnetism emerged, signifying noteworthy advancements in this field. Consequently, electrical engineers were able to utilize this newfound understanding to apply electricity in both industrial and residential settings by the conclusion of the 19th century.

## Analyze quantitative data

1. Select & copy data (CTRL+C) from a table/excel file or other source.

2. Go to the snippet/template called Analyze data  $\rightarrow$  paste the data in the left side, and (optional) ask any specific questions about the data for the AI to answer.

### 3. Click generate.

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3	Amazon	Retail	Increase \$	\$30,425	1,525,000	United S	No	[5]	\$376,908.	20
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6	China Nati	Oil and gas	Increase \$	\$21,080	1,087,049	China C	Yes	[9]	\$444,339.	68
7	China Petr	Oil and gas	Increase \$	\$9,657	527,487	China C	Yes	[10]	\$893,204.	95
8	ExxonMobi	Oil and gas	Increase \$	\$55,740	63,000	United S	No	[11]	\$6,566,34	9.21
9	Apple	Electronic	Increase \$	\$99,803	164,000	United S	No	[12]	\$2,404,43	9.02
10	Shell	Oil and gas	Increase \$	\$20,120	93,000	United <b>k</b>	No	[13]	\$4,152,69	8.92
11	UnitedHea	Healthcare	Increase \$	\$20,120	400,000	United S	No	[14]	\$810,405.	00
12	CVS Healt	Healthcare	Increase \$	\$4,149	259,500	United S	No	[15]	\$1,242,64	7.40
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15	Berkshire I	Financials	Increase \$	-\$22,819	383,000	United S	No	[18]	\$788,744.	13
16	Volkswage	Automotiv	Decrease	\$15,233	675,805	German	No	[19]	\$434,570.	62
17	Uniper	Electricity	Increase \$	-\$19,961	7,008	German	Yes	[20]	\$41,139,9	82.88
18	Alphabet	Informatio	Increase \$	\$59,972	190,234	United S	No	[21]	\$1,486,77	9.44



### Question 2

Ask a question or leave blank.

- Analyze the profitability of the companies to understand the relationship between revenue and profit. - Compare the revenue growth rates of different industries to identify trends and potential opportunities. - Conduct a geographic analysis to understand the distribution of companies across countries and regions. Evalure the impact of industry regulations and government policies on the performance of state owned

This is showing one way to analyze data. There are more options, go to AI snippets (templates) and choose any relevant option under the data header.

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### How to go there

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Storage status



In order to open your library, go to the menu, and click on My library



Here you can find all of your papers, notes, references and research projects in ONE place.



8 Home r Read » Upload pape » My library » Trash Write » Write new paper » Al snippets » Saved documents **AI Modules** Ai » Al Transcribe » Al Code » Al Chat » Saved Transcripts

My Profile

» Saved Codes

**Find papers** 



### Find your notes

Search across all of your papers for notes that you have written.

### Organize your research

Organize your research projects and associated papers, essays, files, lecture material, research data and more.

### Save tags, references and more

You can create and use tags to organize your reading material. You can also save your references and export them to other tools such as Zotero or Endnote.

# My library – Folder view

### Where your papers are stored.

A

- To upload a paper, click on Upload paper(s), and select a document from your computer.
- When it has finished processing, you can choose to open the file and start reading.
- You can organize your files into folders. To open a folder click on "View" button to the right, or click on the actual folder.

õ	My Profile
ഹ	Home
Ó	Read
	» Upload paper
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0	Write
	» Write new paper
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My Library		Files Folders	+ Add Folder ① Upload paper(s)
FOLDER NAME	CREATED	MODIFIED	ACTION
Uncategorised documents			© View
Applied linguistics	26/08/2024	26/08/2024	© View ••••
🗋 Clinical data	29/05/2024	29/05/2024	⊘ View ••••
> 🗅 CSU	28/05/2024	28/05/2024	© View ••••
Chemical reactions	13/05/2024	13/05/2024	© View ••••
🗅 projek	16/06/2022	16/06/2022	© View ••••
Supervision (thesis)	25/04/2022	25/04/2022	© View ••••
> 🗋 Computer Science 101 (Course)	25/04/2022	25/04/2022	⊘ View ••••
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### You can switch between viewing Folders and Files.

You can create a new folder or upload a paper

# My library – Files view

- We are now inside Files view. You can toggle between this view and the Folder view. See arrow.

A

- Here, you can search across all your papers. It will search your notes and papers.

Ai

- You can view a note by clicking the dropdown button to the right. Or you can click on the note to go view the document and notes.

My Profile > Home	My Library	⊥ Upload paper(s)
» Upload paper	Search documents and notes	Q Filter by tags $\checkmark$
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	Observations on the use of statistical methods in food science and technology My folders > Uncategorised	AI 🛞
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# My library – Tags

 You can also filter by tags if you have created any tags. Tags can be created inside the paper view (open any paper, see top right).

When you select a tag, the system will only show papers/notes that have that tag.

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# My library – Reference info

 You can rename your documents or change their reference info by clicking on the gear symbol. See arrow.

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It is not required to change reference info. You will still be able to work with the documents regardless of what you name them.

My Profile >		
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» Al Chat	Why do people Migrate - A Review of the Theoretical Literature	(3) Australian College of Nursing (ACN)
<ul><li>» Saved Transcripts</li><li>» Saved Codes</li></ul>	Economic migration theories compare and contrast with each other in	V Year
Q Find papers	what does this paper say about migration theory?	Folder
	The nuclear power debate after Fukushima a text-mining analysis of Japanese newspapers	(3) Nurse-led clinics
	Abstract	Institution
	Observations on the use of statistical methods in food science and technology	City
	Abstract	
	Intro till statistics	Delete document Cancel Save
	Other literature - my notes	$\sim$



## Trash can

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- Inside of My library, you can select
  papers and click
  delete. This will take
  them to the trash
  can.
- Inside the trash can, you can delete them forever, or restore them. See the buttons on the right.

My Profile > Home	Deleted files						
Read	Search documents						
» Upload paper » My library							
» Trash Write	paper1	Journal Article					
<ul> <li>» Write new paper</li> <li>» AI snippets</li> </ul>	🗌 i33	Journal Article					
» Saved documents	total-quality-article	Journal Article					
» Al Transcribe	The life and legacy of Marie Curie.	Journal Article					
» Al Code » Al Chat	🗌 i33	Journal Article					
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Farah Qureshi, Meir Stampfer, Laura D. Kubzansky, Claudia Trudel-Fitzgerald	2022	<b>a</b>
Steffen, Andersen, Bahr	2006	<b>7</b> =
David Arditi, Hüsnü Murat Günaydın	1997	<b>7</b> =
Rockwell	Published at: N/A	E 1
Steffen, Andersen, Bahr	2005	<b>7</b> =
J. M. Swales	1990	<b>7</b> =
Authors: N/A	Published at: N/A	<b>7</b> =
David Arditi, Hüsnü Murat Günaydın	1997	ē =

### How to go there



To go there, click on AI Chat. You can then select a custom chat bot, or select the generic ChatGPT chatbot.



Read

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- » Trash

### Write

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Use the familiar chat assistant that you find with ChatGPT, with privacy included for all users.



## **AI Modules:** Chat assistant

### Chat with AI

Ask any questions to the AI, it answers. All of the data stays private and is never used to train the AI. This is true for **all** the functionalities in Avidnote.

### Save your chats

You can save your chats in Avidnote or download them as Word-files.

## **AI chatbots**

21

Now

2 months ago

You have the option to have a chat without connecting PDFs. This is the familiar AI chat. You can download the chat as Word/PDF, and create new chats. If the AI gets stuck, try to create a new chat and refresh the page.



0 messages

### My first draft

2 messages

Proofreader

Paste text -> Ai proofread it

Nuclear power is the use of nuclear reactions to produce electricity. Nuclear power can be obtained from nuclear fission, nuclear decay and nuclear fusion reactions. Presently, the vast majority of electricity from nuclear power is produced by nuclear fission of uranium and plutonium in nuclear power plants. Nuclear decay processes are used in niche applications such as radioisotope thermoelectrics generator in some space probes such as Voyager 2. generating electricity from fusion power remains the focus of international research.

### **Revised version:**

Nuclear power is the use of nuclear reactions to produce electricity. It can be obtained through nuclear fission, nuclear decay, and nuclear fusion reactions. Currently, the majority of electricity is generated through the nuclear fission of uranium and plutonium in nuclear power plants. Nuclear decay processes are used in specialized applications such as radioisotope thermoelectric generators for space probes like Voyager 2. Generating electricity through fusion power is still the main focus of international research.

Some corrections (all changes may not be displayed):

- Deleted "Presently" before "the vast majority"
- Changed "from nuclear fission" to "through nuclear fission" and "of uranium and plutonium" to "from uranium and plutonium"
- Deleted "generating" in "generating electricity from"
- Added "is still" before "the focus of international research"

### Suggestions:

The revised version of the text is clear and concise. It provides a brief explanation of nuclear power and mentions the different types of nuclear reactions used. However, it would be beneficial to expand on the advantages and disadvantages of nuclear power, as well as mention any potential risks and safety measures. Additionally, more information on the progress and challenges in achieving fusion power could be included to provide a well-rounded overview of the topic.

NEW CHAT

Enter your question here..

📼 Al Chat Assistants





Begin by selecting a chat bot. For custom bots, they only do one job, e.g. rewrite text.

For a generic chatbot, choose ChatGPT. This will give you the same functionalities as ChatGPT but with privacy enabled. All of the data stays **private** and is never used to train the AI. The data is hosted on GDPR-certified servers in the EU

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### How to go there



### To go there, click on **AI Code** in the menu.

### 8 My Profile

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**AI Code** 

Write and edit your computer code in different languages.

Ø



You can also save and organize your generated scripts / codes. These are saved under "Saved codes"

### Write code

With the AI Coder you can write or modify your code in many different languages.

### Save your code

## Al Code / Programming

The AI Coder can be used by researchers who need to write or test computer code. (If you are looking to "code" qualitative interviews, please refer to the AI Snippets instead under the category of Data)

- 1. Choose which programming language you want. Here, I chose Python.
- 2. Provide the instructions on what code you want the AI to generate.
- 3. Click generate. The AI outputs the code which you can then copy and use for your own purposes.

You can also save the code snippet in Avidnote.

oC	My Profile	>	
G	Home		
G	Read		Al Code Generator
	» Upload paper		create a various code by asing only text command
	» My library		Your Balance is 286971 Words
	» Trash		Programming Language *
0	Write		Python
	» Write new paper		Provide Instructions *
	» Al snippets		write a script to calculate the spearmen correlati
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	» Al Transcribe		
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	» Al Chat		
	» Saved Transcripts	_	
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			Generate Code
ADMIN PANEL			
	Dashboard		

Certainly! Here's a script that calculates the Spearman correlation coefficient in Python:	
import numpy as np	Cop
# Sample data	
y = [5, 4, 3, 2, 1]	
# Calculate Spearman correlation	
correlation, p_value = spearmanr(x, y)	
print/f"Spearman correlation coefficient: {correlation}")	
plinit() spectral considered to the considered t	

Next, we use the spearmanr function from scipy.stats to calculate the Spearman correlation coefficient. The function takes the two data arrays as input and returns the correlation coefficient as well as the

corresponding p-value.

arrays x and y.

Finally, we print the calculated Spearman correlation coefficient and p-value to the console

### How to go there



To go there, click on My Profile. From there, you can select Settings or Premium plan to upgrade or cancel your plan.



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## Settings

Here you can change your settings. Go to My profile > and then Settings or Premium Plans.

### Upgrade / cancel plan

Upgrade to a premium plan to get access to more credits, AI usage and more. Or downgrade/cancel your current plan for current subscribers.

### Edit your profile settings

Change your name or password.

### **Export or import data**

Export all your notes and references. You can also choose to import references, although this is not recommended, because it is easier to work on your papers in Avidnote and export the references to your reference manager.



## Settings: change name/password

You can change your name or password.

For password changes, please select a strong password. Longer passwords are more secure.

If you need to change your email or organization, let us know by email and we can do it for you. Use the contact form on **avidnote.com** 

### **Profile settings**

Go back to Avidnote

റ്	Account settings
ଞ	Manage my data
API	Advanced settings
	Billing

Α	Y

YOUR PROFILE INFORMAT

### Full Name

Adam

You can change your display name h

### Organization

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The registered e-mail (hello@avid registered e-mail, please contact

PASSWORD SETTINGS

### Change Password

Enter your old password

New password

Confirm new password

Update Profile

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ere.
<b>Inote.com</b> ) cannot be changed here. If you need to change your us through our contact form.



## Settings: manage your data

Click on Manage my date to export your data. You can export your notes or your references.

If you export your references, you can open the download .bib file in your reference manager, for example Zotero. Make sure that Zotero is open before you click on the reference file.

We recommend that you do not import references, but instead work with your papers in Avidnote and export your references to your reference manager, e.g. Zotero or Endnote.





### DATA SETTINGS

Import Bibtex type file with references

mport references

If you want to export your data, you can click on the button below and choose to export either your notes or your references. References are exported as a BibTeX file and can be imported into any reference management software (e.g. Zotero/Mendeley). Make sure that you have added the correct citation info to your documents

### Export data

Please be aware that deleting your account cannot be reversed! If you have an active plan and wish to paus or cancel your subscription, you can do so by going to the billing setting and update your payment plan. If you are certain that you want to delete your account, you can do so by clicking here.

### \*If you decide to delete your account, you can do that here as well. Make sure to first export your data as a deletion will delete *everything* in your account.



## Settings: upgrade account

To use Avidnote properly, you will need to upgrade your account. We offer two plans. You can read more about the plans on **avidnote.com** 

If you buy a yearly account, you will save 2 extra months. For group purchases, we offer bigger discounts, please contact us at: **avidnote.com/contact-us** 

You can cancel your plan anytime.

<u>Select a plan by clicking on it and fill out</u> the details. For yearly accounts, click on the tab "**Year**" first to see the yearly plans (see arrow).

To see your receipts, click on **Details**, or send us an email.



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- ✓ 20 GB storage
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## Advanced settings

In advanced settings we test out new functionalities. Currently, you have the ability to choose to add papers directly from a research database. Please note that this is a **beta feature**, and it may not always work.

Once you have enabled it, you go back to the menu by clicking on the link at the top. You will then see a new search bar at the bottom (left sidebar).

Here you can search for papers to import them directly (papers with pdf-symbol). Please note that not all papers are available, and the system sometimes does not import the paper. If it does not work, upload the paper manually instead.

### **Profile settings**

» Saved Transcripts

» Saved Codes

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### ADVANCED SETTINGS

### Add documents directly from database search

Enable or disable a search bar that connects to a research database. If enabled, this will display a search bar in the left sidebar that allows you to import documents directly from a research database. Check out the help guide for more info.

💽 Enabled

Search Documents Online		
Search		
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Enterprise licenses include a standard DPA agreement that ensures that your data stays private and secure.

The data that you put up on Avidnote is stored in secure GDPR-certified servers. Avidnote is developed by a Swedish company, Avidemic AB, and is regulated by GDPR regulations.

### You own it

The data you put up on the platform is owned by you. We do not take ownership of any data.

### **Private**

Your data is private. We do not share it with other users. The data is never used to train the AI.

# With focus on data privacy

## Retrievable

You can retrieve, edit or delete your data any time.

## Security

We use industry-standard security measures to keep your data secure.



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