Abstract—Currently a continuously increasing amount of data is generated and processed in a daily basis towards improving decision-making and facilitating the gaining of insights. In this context, current era is characterized as the “Era of Big Data” with data characteristics including high volume, velocity, variety, or veracity, creating multiple chances and challenges. Several Information and Communication Technology (ICT) firms, enterprises and research projects are working upon the overall Big Data challenges with an increasing amount of effort being given to identify the means of effectively and efficiently collecting, storing, retrieving, analyzing and reusing Big Data in order to improve their services, increase their competitive advantage and support competent decisions. Such approaches deal with several sectors including the domains of healthcare, agricultural, environmental, transportation, governance, or insurance. Towards this goal, in order to identify the most efficient and less-time consuming database for using and reusing the stored data, in this paper we contribute into the selection of the most appropriate database for efficiently storing and retrieving Big Data. More specifically, considering the challenges and the nature of Big Data, as well as the main categories of databases that currently exist, three (3) NoSQL document-based databases are being described and compared under different working environments and conditions, namely the ArangoDB, the MongoDB and the CouchDB. These working environments depend on the Diastema platform that provides the ability of the adaptive allocation and management of infrastructures based on the networking, computing, and storing requirements of each database. Consequently, the overall performance and efficiency of these databases is calculated along with the latter platform, and is being based on specific metrics and criteria, which include the average execution time of CRUD operations and the corresponding requirements for resources, thus concluding to the most suitable databases to store Big Data. 

Index Terms—big data, storage, document-based, infrastructure management, ArangoDB, MongoDB, CouchDB

I. INTRODUCTION

Currently, there exists a tremendous amount of data that is either generated and/or processed. For instance, it is estimated that the pieces of content uploaded to Facebook are just about thirty (30) billion while the value of big data for the healthcare industry is about 300 billion [1]. It is also worth mentioning that the Big Data analytics market revenue worldwide is expected to reach 68 billion USD by 2025 [2]. The aforementioned are only some indicative examples that highlight the enormouseness of data currently produced and manipulated. As a matter of fact, according to [3], the volume of data/information created, captured, copied, and consumed worldwide in 2010 was two (2) zettabytes, in 2022 is ninety-seven (97) zettabytes and is expected to reach the number of one hundred and eighty-one (181) zettabytes by the year 2025. This amount of data that is exponentially increased in volume, velocity, and variety, is the so-called Big Data.

Manipulating Big Data in an efficient and effective manner is of great value, because it can enable industries to improve their services by adjusting their decisions that they make based on this data [4]. For that reason, the importance of big data does not revolve around how much data you have, but what you do with it [5]. In general, data can be derived from any source and can be then analyzed to gather insights regarding several aspects such as cost-effective decision making and improvement of provided services. On top of this, especially in the healthcare domain, Big Data can be utilized for performing complex analytics in order to offer personalized healthcare to patients [6] and also lead to the development of effective health policies [7]-[9]. Furthermore, Big Data is utilized in order to improve financial efficiency [10], while it is also exploited to ensure safety in the transportation domain [11]. Nevertheless, it is worth mentioning that there are plenty of challenges that need to be faced when engaging with Big Data. Those challenges mainly refer to aspects like storage, integration, security, and analysis of data, from which Storage is the main challenge that needs to be faced.

The main issue that needs to be addressed is the selection of the most proper database in order to store and then process Big Data. A plethora of databases exist, which serve different purposes and are utilized for different use-cases. The databases that are most commonly utilized are the relational and the non-relational [12]. Each type has its own advantages and weaknesses, while it also consists of several subtypes, with different specifications. As a result, picking the most proper databases to utilize in a system that generates and/or handles Big Data is not an easy task.
Having said that, in this paper we firstly provide a brief description regarding Big Data and databases in general and corresponding research initiatives. Three (3) of the databases that are utilized on these approaches are then selected and compared with each other by measuring the query time of the CRUD operations, which is widely used for comparing databases [12]. The overall experimentation takes place in a specifically designed working environment that provides the ability of the adaptive allocation and management of infrastructures based on the networking, computing, and storing requirements of each database.

The rest of this paper is organized as follows. Section II firstly provides a brief description regarding Big Data and databases in general and corresponding research initiatives. Three (3) of the databases that are utilized in these approaches are then selected and thoroughly presented in Section III. Section IV describes the procedure followed for conducting the experiments of this comparative study and presents the comparison results. Finally, Section V summarizes the overall work of this paper and provides insights regarding the following steps.

II. RELATED WORK

A. Big Data

The current age is known as the Big Data era since a tremendous amount of data that are complex are exponentially generated [13]. Based on [14], successfully handling Big Data leads to the improvement of provided services and the efficiency of the decisions that are made. The first reason for the enormousness of the Big Data’s impact to the daily life is the fact that there exist many devices which are connected to the internet and generate real time data, due to the growth of IoT [15], [16]. Secondly, users are now capable of generating data. Indicative example of such kind of data is data that originates from social networks or website searches [17]. There exist certain characteristics that are highly correlated with Big Data, from which three (3) are thought to be the most important [18]. Big Data includes data of high Volume, Variety and Velocity [19]. The above properties highlight the need for handling Big Data in most proper way, in order to extract knowledge from it and improve provided services.

B. Databases

First of all, a structure that is capable of storing data in an organized manner is called “Database”. Databases rely on a set of principles that derive from the CAP theorem [20]. This theorem defines three (3) guarantees, named Consistency, Availability and Partition tolerance [21]. There exist two (2) principles that have been developed based on the aforementioned theorem. The first one ensures the consistency of data, is named ACID and consists of four (4) guarantees titled Atomicity, Consistency, Isolation and Durability. The second one ensures the availability of data and is called BASE [22]. It consists of three (3) guarantees, namely Basic Availability, Soft state, and Eventual consistency [23], [24].

As stated in Section I, databases are split into two (2) categories. Relational databases are part of the first category and rely on the ACID principle [25]. In relational databases data is stored and presented in tables that have rows and columns, as shown in Fig. 1 [26]. Non-relational databases are part of the second category. This one consists of four (4) subcategories [27], as depicted in Fig. 1, and mainly focuses on the BASE principle [28]. The first subcategory is the key/value pair-based, where every value corresponds to a key. The second subcategory is the column-based where every column of a dataset is stored separately [29]. The third one is the graph-based, where data is stored and represented as a graph [30], [31]. Finally, there are the document-based databases where the data are stored in the form of documents that consist of many different key-value pairs [32].

C. Big Data Storage

Finding the most proper database in order to manage Big Data has always puzzled the research community. In [33], the authors made use of MongoDB and MySQL in order achieve handling Big Data in an efficient manner. Moreover, the approach proposed in [34] makes use of MongoDB in order to store data regarding the management of national election data, as it has outstanding performance in comparison with other databases. The authors in [35], conclude that MongoDB is a suitable choice for when handling tremendous amount of unstructured data. In another interesting research [36], the authors make use of MongoDB, on top of which they develop an automated MapReduce framework classifying crime news. Regarding the domain of healthcare, the authors in [37] utilize another NoSQL database named ArangoDB for storing Big Data regarding diabetic children. ArangoDB is also used in [38] storing data from the Italian Business Register, outperforming other databases that were tested during this research. Regarding data that originate from social media, ArangoDB is a great choice when is being used as a graph-based database [39]. CouchDB, which is another document-based database, has also been used for storing Big Data. In [40], the authors integrate this database into a real-time wireless communication system for clinical
simulation, as it overcomes latency issues that other tested databases have. The authors in [41] also used the above database for developing a high-performance and flexible chemical structure and data search engine.

Based on the aforementioned approaches, it appears that NoSQL databases are more preferrable for handling Big Data. In deeper detail, the document-based databases are generally preferred over other types [35]. From a plethora of databases that belong to this subtype, we chose MongoDB, ArangoDB and CouchDB because they are open source and well documented. As a result, the performances of those three (3) databases are examined in terms of CRUD operations, by utilizing a dataset from the healthcare domain, in order to conclude which is the most suitable one for handling Big Data. A thorough description of the aforementioned databases is available in Section III.

D. Resources Management

1) Network management

With the ever-increasing network traffic, managing a network faces several new challenges, some of which are highlighted in [42]: complex networks, high costs, slow network construction, slow installation of new services on existing networks, insufficient flexibility in managing network traffic. Due to the aforementioned problems, there is a need for network management, as Software Defined Networks [43]. These types of networks allow applications to directly address such problems by building virtual resources, networks (routers, switches, etc.) but also virtual connections among them and various virtual machines.

The OpenStack tool is available for delivering IaaS (i.e., Infrastructure as a Service) solutions, as a cloud build and management tool. It can manage a large number of resources within the entire data center in which it is located, including processing, storage and network resources. In this context, the authors in [44] have extended the use of the Neutron service (one of the services that builds OpenStack as a whole, which is the networking management service within the virtual cloud that is being built) to the ends of the network that has been built to use this service from IoT devices remote from the existing cloud. In this way, the devices themselves can dynamically manage the cloud through some data-driven decisions. Eventually the above research managed to build a Network as a Service which is hosted within the cloud that has been created and is managed by the devices that exist at its ends (in the Edge Cloud part).

Furthermore, there are three types of networking that occur in digital cloud environments [45]:

- Private clouds: A Cloud Computing environment that exists only for a specific subject (Organization, business, etc.) and is not accessed by external subjects.
- Public clouds: A Cloud Computing environment that can be used by many subjects for the same or different purposes at the same time. It is dangerous to use when data is stored on it, which a subject should not see.
- Hybrid clouds: Combination of Private and Public Clouds. It is a Cloud Computing environment that contains resources that can be used by many subjects, but also resources that exist only for specific subjects from the above.

According to [45], the combination of Private and Public Clouds as Hybrid Clouds, is the solution in terms of data security and speed of processing. Managing data in Private Clouds is a more time-consuming process due to the need to transfer them to and from the cloud in which they are located. The research continues, proposing a data entry solution based on the metadata of their security needs in similar Hybrid Clouds.

2) Storage management

According to [46], Big Data processing is now mostly based on Non-Relational Databases, such as MongoDB, but in addition to these, the use of MySQL is also very common, for greater security and data forecasting. Non-Relational Databases provide ease in scaling the processes that need to be performed to execute the queries they receive. After all, this is main reason why they are often chosen over Relational Databases.

The types of different storage techniques that can be used for different data are as follows [47]:

- Network File System Storage: The placement of data in a hierarchical format, just like the way a computer stores files on its disk, so that the user can easily access this data.
- Block Storage: The placement of data in different blocks, where each block has its own key (identifier). This placement is done in such a way that some pieces of data can be stored even in environments with different operating systems. So instead of having to find an entire path for the stored data, simply referring to the correct identifier is enough to get the data back quickly.
- Object Storage: This storage technique is also the most common for general type (abstract) data (videos, images, etc.). The files given for storage are fragmented and stored within all available hardware. The return of data is done through very specific metadata (metadata) given in the corresponding programming interface (API) (which supports the Object Storage System).

Each different technique has its own advantages but also its own limitations. Although Object Storages cannot update their data, they have low costs in writing and reading their data and are therefore often used by administrators in cloud-centric environments. In the framework "Skedulix" [48] an attempt is made to build a hybrid cloud with the help of Object Storage of MinIO. In this effort, a functional hybrid network was built, as well as the algorithms that run to accelerate workloads from the analysis of the data performed.

It is now advantageous to have a cloud-centric environment in Big Data analytics environments. In [49], an attempt is made to explain a cloud-centric system, for the ideal storage of Big Data, citing and analyzing
modern methodologies on the management of this data. Finally, this research addresses several current challenges in the industries:

- Data lifecycle management: Modern Big Data that is generated daily, should be able to each system that manages them to decide whether they will be stored in a private or a public cloud through decisions on the data.
- Data storage: Non-Relational Databases support many advantages for Big Data storage. However, such Databases do not support common SQL queries, and this makes them more difficult than Relational Databases in restoring their data. Automatically selecting and translating non-relational queries into relational queries and vice versa is a modern challenge in the field of Storage Management.
- Data placement: The separation of the data storage part (in which database, in which country, in which continent, in which replica) is a query that can be executed in static ways. However, it is important that this process can be dynamically selected by the respective system that manages the respective data, through criteria that will optimize the needs of this system.

In [50], reference is made to the most real need for more software-defined storage space - hence in virtual computing clouds, explaining that it is now interesting to be able to allocate only the resources required for processing certain data, to maximize the efficiency in the use of all storage and processing resources of a cloud. It focuses on resolving the reliability of big data and reducing the cost of storing it in a cloud database. The proposed technique is predictive and therefore tries to make as few replicas as possible with data that is more likely to be destroyed in the future. The ability to reduce the number and size of replicas on data sets is critical as it saves useful space for the application running this process. Although this research yields an innovative algorithm in the field of Storage Management, no data security techniques are identified.

3) Computing management

The management of Big Data processing has now been directed to a more dynamic way of processing it through the computer cloud that manages them. The world belongs to the age of Cloud Computing, due to the ability of cloud computing to easily scale and de-scale the resources they have. In addition, the term Cloud Computing is beneficial to the business sector, as it has the ability through it a business to have on demand storage space, processing power, networks, servers, databases, etc., without owning any of them.

In the model developed in [51], an attempt is made to optimize the production of virtual machines within the built-in cloud, to better process health data from devices connected to the Internet (Internet of Things - IoT). The above effort exploits three optimization algorithms (GA, PSO, PPSO) and manages to surpass existing methodologies by 50% in terms of performing the experiments set in the mentioned model. However, the system that has been designed assumes an infinite number of processing units and is therefore difficult to implement in real environments.

At the same time, the authors in [52] present a set of architectures for creating a private computer network for each user for the purpose of data processing through the OpenStack platform. More specifically, the idea of the architecture is to create a map-graph on which each node is one of the necessary services that must be performed. This set of architectures, which in research are called “Portfolios” and are identified by a code that corresponds to each user, differ in the way that exists in the execution. That is, a service may lead to another, a service may lead to many others, or a service may require the execution of one or more other services for its successful execution.

Finally, the authors in [53] discuss a new resource management system for Infrastructure-as-a-Service (IaaS) platforms and OpenStack software. More specifically, one of the main problems in managing virtual machines for demanding applications is that in a scenario where many users require multiple resources at the same time, the total execution time of the tasks can be significantly delayed. This is obviously not desirable as it only degrades the user experience. The research presents a resource and virtual machine scheduling system called EJM-CS. In this system idle virtual machines are used to speed up the processes of other tasks in a distributed way and describe in detail the ways to deal with problems such as the different computing power of each virtual machine and the order of selection of systems to create the distributed execution network.

III. DOCUMENT-BASED DATABASES

MongoDB is a document-based database [26] that stores data as JSON-like documents with dynamic schemas. It focuses on flexibility, speed, power, and ease of use [54]. The indexing of the documents takes place by any field while there is also the possibility to run MongoDB on multiple hosts. It can also support several MapReduce and aggregation tools [55]. However, the retrieval of data from a MongoDB is not an easy task because there is a high probability that queries of excessive complexity should be executed in order to succeed in retrieving the desired documents from the database.

A well-known multi-model database is ArangoDB [56]. It supports both vertical and horizontal scaling, making it suitable for application that need to be scalable [46]. Furthermore, it is less operationally complex because, by being a multi-model database, it allows the users to choose the storage technology that fits the best to the data that they need to manipulate [57]. ArangoDB can be operated as a key/value pair-based, document-based and graph-based database.

CouchDB is also a document-based database. It utilizes the HTTP protocol and the JSON data format, while it also capable of running in a single machine or in a cluster of hosts, depending on the needs of the corresponding application [38], [59]. It also contains some ACID properties as part of its features. A
The overall goal of Diastema is to solve the needs that arise when one manages large volumes of data, providing "Data as a Service". With the primary goal of intelligent and efficient use of resources for the needs of its services, Diastema turns raw data into valuable knowledge. All this is achieved through a series of actions which are formulated and implemented according to the needs of each case. In particular, it provides a complete infrastructure management system on how best to carry out these analyzes.

Flexible process modeling to execute. It allows flexible modeling of processes based on functionality, which are mapped in an automated way. The results of the analysis provide feedback to business analysts with specific suggestions for optimizing and customizing the overall process.

Data-centric application sizing. It facilitates the analysis of data-focused applications in terms of predicting the required data services, their interdependencies with the application microservices, and the required key resources. Thus, by allowing the identification of application data-related properties and their data needs, it is able to provide specific performance and quality guarantees.

Fig. 2 depicts a high-level architecture of the Diastema platform, including the different layers of the Infrastructure, the API, and the User Interaction.
corresponding technologies needed for data processing. It also includes tools for machine learning as well as functions such as modeling, cleaning, and data analysis.

- In the middle layer (Programming Interface Layer - API) is the central API that is responsible for the interconnection of all services. It is the “brain” of the application, as it has the role of the central flow management unit, performing the corresponding action at any time.

- Finally, in the higher layer (User Interaction layer) there is the point of contact with the user and her data needs. At the beginning there exists the modeling and at the same time the multi-tool (Toolkit) which are the initial interface that the user encounters, defining her needs and possible limitations.

Modeling mainly concerns the user with the role of Business Analyst, who gives an overview of the needs and requirements of her data. This information continues at the Toolkit level. The Toolkit concerns the user with the role of Data Scientist. It takes the information provided by the Business Analyst and builds on it, the technical data requirements. It is able to set limits on both the time and the efficiency of the whole process. Between these two interfaces, there is process mapping, which uses automated machine learning to automate the needs of the Business Analyst and the requirements needed, if the user does not have the necessary know-how or time for extensive research to select the most appropriate algorithm. The Dimensioning Workbench is used in the dimensioning of services to predict the required resources, so that they can then be sent to the infrastructure management service. Finally, in the Dashboard the user can see the result of the whole process, using data visualization technologies to better understand them. This is an Environment for the display of data and resources needed for each process. It displays the result of the data processing as it simultaneously receives data from the containers management service.

B. Databases Setup

Based on the aforementioned, the three databases (i.e., MongoDB, ArangoDB and CouchDB) have been installed within a virtual machine deployed in the infrastructure layer, in order for the further analysis of different CRUD operations along with the other involved layers of the Diastema platform. The virtual machine’s operating system was Ubuntu 20.04.2.0 LTS, while the RAM size was altered during the experimentations. More specifically, the RAM sizes were 8GB, 16GB and 32GB, thus examining the databases’ requirements for resources.

C. Overall Experiment

The evaluation of the databases’ performance was carried out by performing CRUD operations of different complexity and measuring the average corresponding response time. In order to perform the aforementioned task, the Python programming language and the corresponding databases’ drivers were utilized. The above approach was selected in order simulate a real use-case scenario, were a third-party application makes use of a database. It is worth mentioning that each database provides its own tools in order to evaluate its performance. However, the results would not be as objective as possible, given that these tools were utilized for the evaluation of the database’s performance. Furthermore, in each database the same dataset was stored. The size of this dataset is almost one (1) TB and consists of one hundred and seventeen (117) unique features and roughly seventy-four million (74,000,000) records. Each record represents a specific encounter (i.e., visit to hospital), while the dataset originates from the Health Facts database [61] that consists of electronic medical records and includes information such as encounter data, provider specialty, demographics, diagnoses laboratory data and pharmacy data. An instance of this data is depicted in Fig. 3, where a subset of the features and the records is available. For example, the first record shown in Fig. 3 refers to a hospital visit (i.e., encounter) of a patient with a unique identifier (i.e., “patient_nbr”), who is Caucasian, female and her age is between ten (10) and twenty (20) years old.}

![Dataset Example](image1)

Figure 3. Dataset example.

1) Operation of Create

As for the first implemented operation (i.e., Create), the execution times for a corresponding query in the chosen databases and for different amounts of RAM are shown in Fig. 4, while a query instance for every database using Python, in order to add a patient into the database, is shown in Table II. It appears that, in this case, CouchDB is not able to compete with the other two (2) databases.

![Average Execution Time](image2)

Figure 4. Average execution time in seconds of Create operations.

<table>
<thead>
<tr>
<th>Database</th>
<th>Query</th>
</tr>
</thead>
<tbody>
<tr>
<td>ArangoDB</td>
<td>doc1[&quot;id &quot;] = &quot;12345&quot;, doc1.save()</td>
</tr>
<tr>
<td>MongoDB</td>
<td>data.insert_one( {&quot;id&quot;: &quot;12345&quot;, &quot;race&quot;: &quot;Caucasian&quot;} )</td>
</tr>
<tr>
<td>CouchDB</td>
<td>doc_id, doc_rev = couch_db.save(doc1)</td>
</tr>
</tbody>
</table>

**TABLE II. INDICATIVE CREATE QUERIES**

2) Operation of Read

As for the second implemented operation (i.e., Read), the execution times for a corresponding query in the chosen databases and for different amounts of RAM are shown in Fig. 5. Based on the results, MongoDB performs the best in Read operations. An example of a read (i.e., select) query in every database using Python, for retrieving patients based on their unique identifier, is shown in Table III.

![Figure 5. Average execution time in seconds of Read operations.](image1)

**TABLE III. INDICATIVE READ QUERIES**

<table>
<thead>
<tr>
<th>Database</th>
<th>Query</th>
</tr>
</thead>
<tbody>
<tr>
<td>ArangoDB</td>
<td>test_patient = diabetic_collection['2790']</td>
</tr>
<tr>
<td>MongoDB</td>
<td>patient = data.find_one( {'encounter_id': '2790'} )</td>
</tr>
<tr>
<td>CouchDB</td>
<td>db.get('2790')</td>
</tr>
</tbody>
</table>

3) Operation of Update

As for the third implemented operation (i.e., Update), the execution times for a corresponding query in the chosen databases and for different amounts of RAM are shown in Fig. 6, whilst an example of those queries, for updating the ‘race’ feature of a patient, is shown in Table IV. According to the below graph, ArangoDB’s performance is outstanding when it comes to updating a record in the database.

![Figure 6. Average execution time in seconds of Update operations.](image2)

**TABLE IV. INDICATIVE UPDATE QUERIES**

<table>
<thead>
<tr>
<th>Database</th>
<th>Query</th>
</tr>
</thead>
<tbody>
<tr>
<td>ArangoDB</td>
<td>diabetic_collection()['test_subject']['race'] = 'Caucasian'</td>
</tr>
<tr>
<td>MongoDB</td>
<td>raw_data.update_one( {'encount_id': '12345' }, { &quot;$set&quot; : {'race' : 'Caucasian'} } )</td>
</tr>
<tr>
<td>CouchDB</td>
<td>self.db.get(12345)['race'] = json['Caucasian']</td>
</tr>
</tbody>
</table>

4) Operation of Delete

Concerning the fourth implemented operation (i.e., Delete), the execution times for a corresponding query in the chosen databases and for different sizes of RAM are depicted in Fig. 7. In that case, ArangoDB outperforms the other databases.

![Figure 7. Average execution time in seconds of Delete operations.](image3)

**TABLE V. INDICATIVE DELETE QUERIES**

<table>
<thead>
<tr>
<th>Database</th>
<th>Query</th>
</tr>
</thead>
<tbody>
<tr>
<td>ArangoDB</td>
<td>diabetic_collection()['12345'].delete()</td>
</tr>
<tr>
<td>MongoDB</td>
<td>aw_data.delete_one( {'encount_id': '12345' } )</td>
</tr>
<tr>
<td>CouchDB</td>
<td>db.delete(dict(type=patient, encounter_id='12345'))</td>
</tr>
</tbody>
</table>

D. Discussion of Comparative Study

The findings of this study suggest that, as for the Create and Read operations, MongoDB achieved the best performance. This means that, in a corresponding application where the insertion of data is a priority, MongoDB should be chosen. Regarding the Update and Delete operations, ArangoDB outperformed the other databases, meaning that in a corresponding application where altering the stored data is a must, ArangoDB should be utilized. As for CouchDB, its performance can be explained by the fact that it depends on the HTTP, that is thought to be a high latency protocol. (Table V)

V. CONCLUSION

In this day and age there is a colossal amount of data that is generated and/or processed in a daily basis. This amount of data has led to the introduction of the term of Big Data. Data is valuable because, if manipulated correctly, knowledge can be extracted from it and as a result, provide useful insight and improve decision making. However, before reaching the point of extracting useful knowledge from data, a number of steps should be followed. Among these steps, the is one called Data Storage that refers to the process of selecting the most proper database in order to store the data in the most efficient manner possible. This paper presented the main principles of Big Data and Data Storage in general, focusing on the databases that are currently in use in order to address the problem. Three (3) of those were chosen and compared in this study. The results showed that MongoDB achieved the best performance in the Create and Read operations while ArangoDB
outperformed the other databases in the Update and Delete operations.

Based on all the above, we plan to expand our research by testing those databases in real time situations, where streaming data are stored and processed. We also hope to add more databases in our trials, especially those that have recently been introduced and, as a result, have not been thoroughly examined by the research community.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

AUTHOR CONTRIBUTIONS

Konstantinos Mavrogiorgos conducted the research; Athanasios Kiourtis and Argyro Mavrogiorgou analyzed the data; Argyro Mavrogiorgou conducted the experiments and the evaluation study; Konstantinos Mavrogiorgos, Athanasios Kiourtis and Argyro Mavrogiorgou wrote the paper; Athanasios Kiourtis proofread the manuscript; Dimosthenis Kyriazis supervised the overall research; All authors had approved the final version.

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