Free lecture series on Ecological Momentary Assessment

Ecological Momentary Assessment (EMA) is a method of data collection where participants are studied in daily life by repeatedly measuring feelings, thoughts, and behaviors in an individual's natural environment. EMA aims to minimize recall bias, maximize ecological validity, and allows us to study dynamical processes underlying psychology and behavior. In *active EMA*, participants receive a short questionnaire on their smartphone, typically several times a day for multiple days; *passive EMA* aims to monitor the behavior of participants using sensors, typically from smartphones and/or smartwatches.

The number of studies using EMA has increased exponentially as researchers have started to realize the potential of this methodology. However, setting up an EMA study and analyzing EMA data can be challenging and requires numerous difficult choices. We are organizing three free lectures on EMA in healthcare research as part of a grant that was awarded by APH to facilitate knowledge exchange for inexperienced EMA researchers, experienced EMA researchers, and clinicians.

Lecture 1: Formulating your research question, setting up your study, and gathering active EMA data
Lecture 2: Analyzing and interpreting active EMA data
Lecture 3: Passive EMA data

Lecture 1 will take place November 7th from 13:30 to 16:30 at the NU building room 02A65.

Topics we'll discuss are:
- Research questions that can be answered using EMA data
- Questionnaire design and evaluation
- Methodological choices regarding the design of the study
- Practical and ethical issues

Afterwards there will be drinks from 16:30 to 17:30, where there will also be the possibility for discussing specific research designs with the EMA experts who provided the lecture.

Please register here.

If you would like to stay informed on lectures 2 and 3, or have any questions regarding these lectures, please e-mail Arnout C. Smit: a.c.smit2@vu.nl

Kind regards,
Arnout C. Smit, Claire van Genugten, and Wouter van Ballegooijen.