

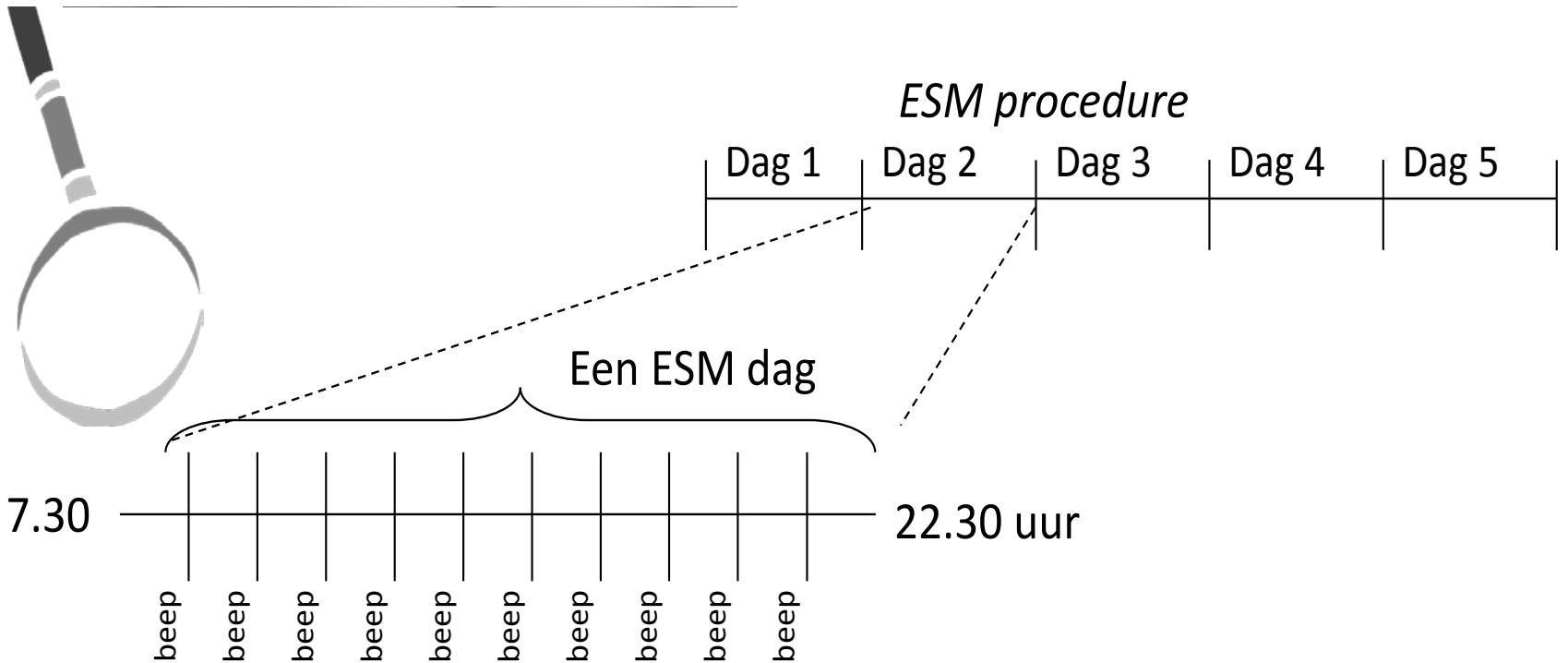
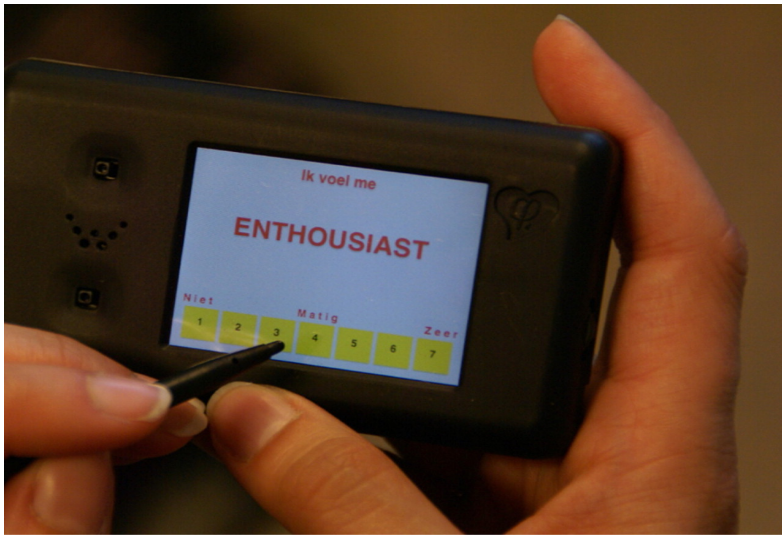
Experience sampling: Assessment met mogelijkheden

Berber van der Vleugel
13 maart 2015
Oranjewoud



Disclosure

(potentiële) belangenverstremgeling	geen
Voor bijeenkomst mogelijk relevante relaties met bedrijven	geen
<ul style="list-style-type: none">• Sponsoring of onderzoeksgeld• Honorarium of andere (financiële) vergoeding• Aandeelhouder• Andere relatie, namelijk ...	geen



Experience Sampling Method (ESM)

Beeper/diary studies

1. Multiple assessments
2. Real world, no lab
3. In the moment, not retrospective
4. Evaluation of context
5. Unconscious processes may be made explicit
6. Longitudinal character: variation over time

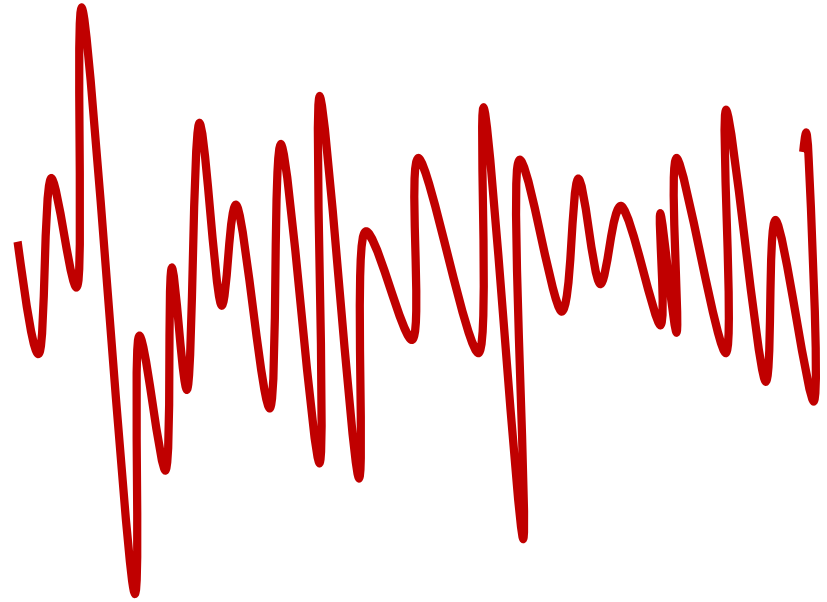
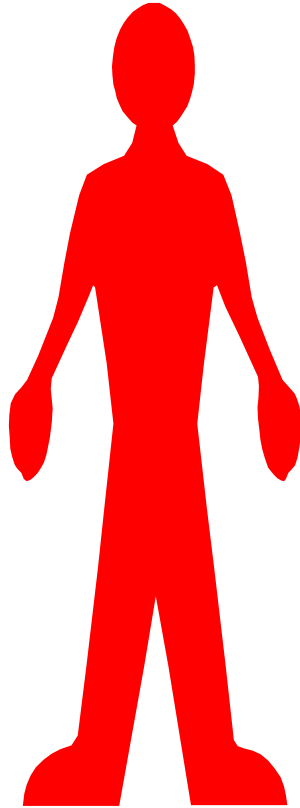
Myin-Germeys et al., Psych Med 2009

Myin-Germeys I et al., Schizophr Bull 2011; schbul.sbg164

Kind of questions that can be addressed with ESM data

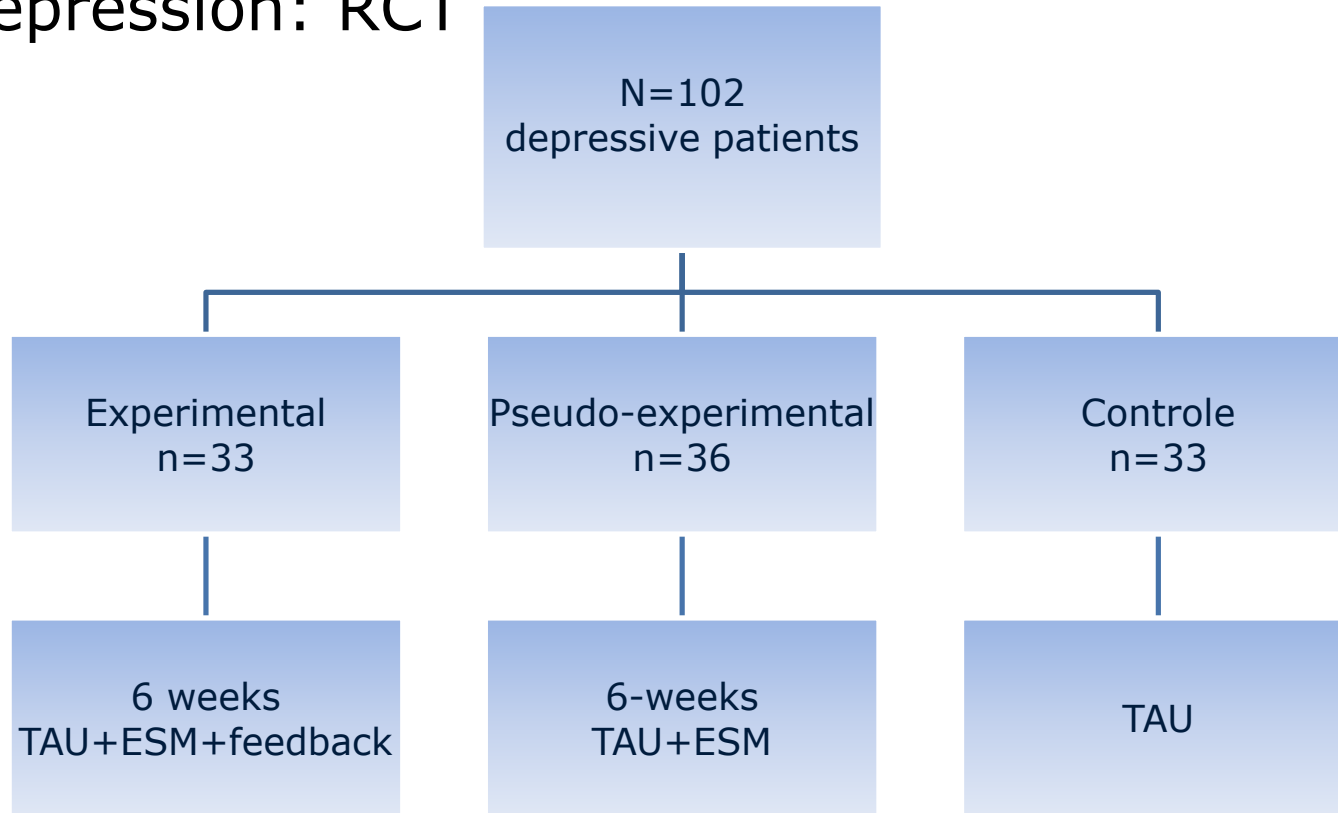
1. Do individual characteristics (between person factors) predict differences in mean level of outcome?
2. Do situational characteristics (within-person factors) predict fluctuations among assessments?
3. Do participant characteristics predict differences in within-person associations?
4. Cross-sectional longitudinal approaches





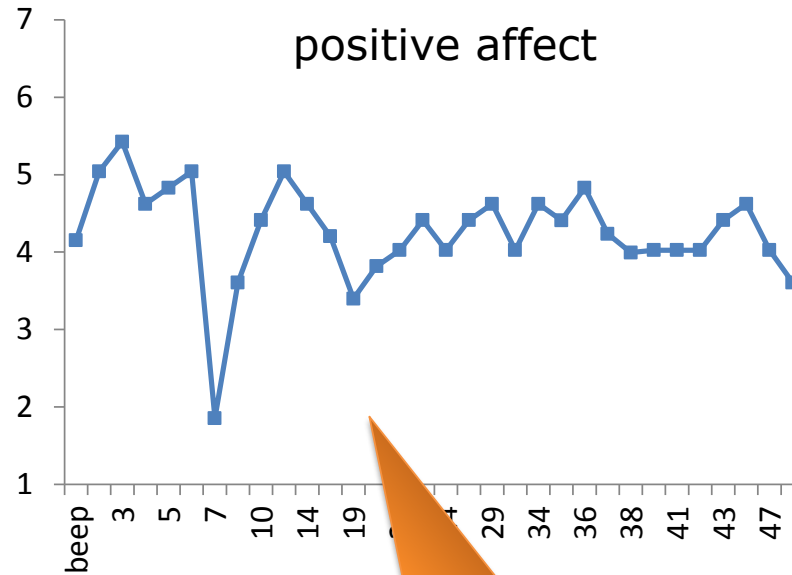
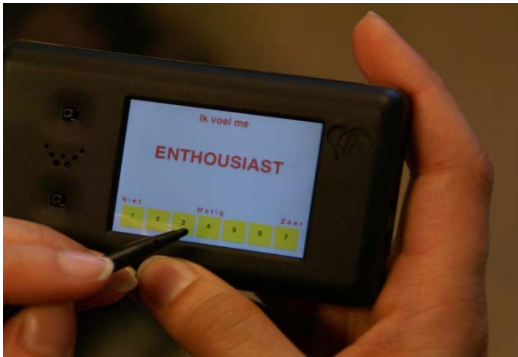


ESM intervention in depression: RCT



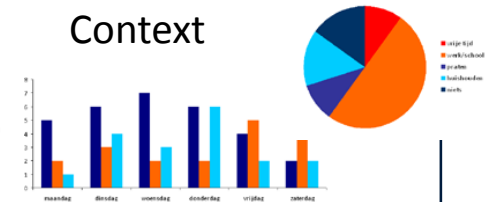
Depressive Symptoms
@ 1 week, 1,2,3 & 6 months

Therapeutic application of ESM



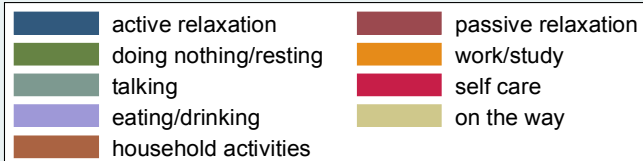
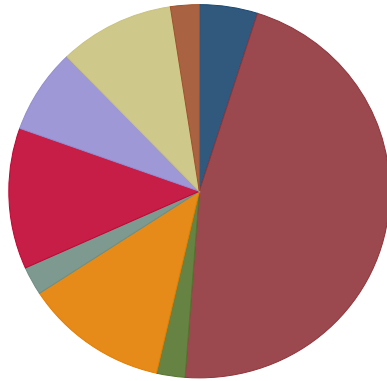
Moments of resilience against depression?

Context



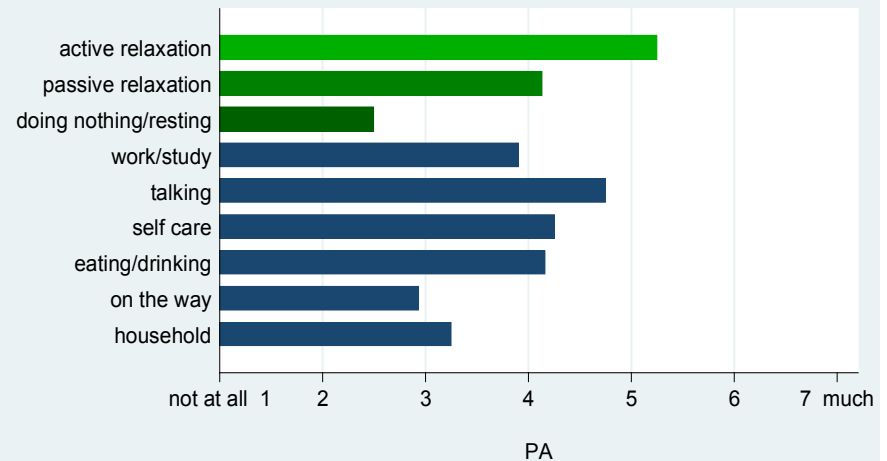
ESM intervention: Feedback protocol

Type of Activities

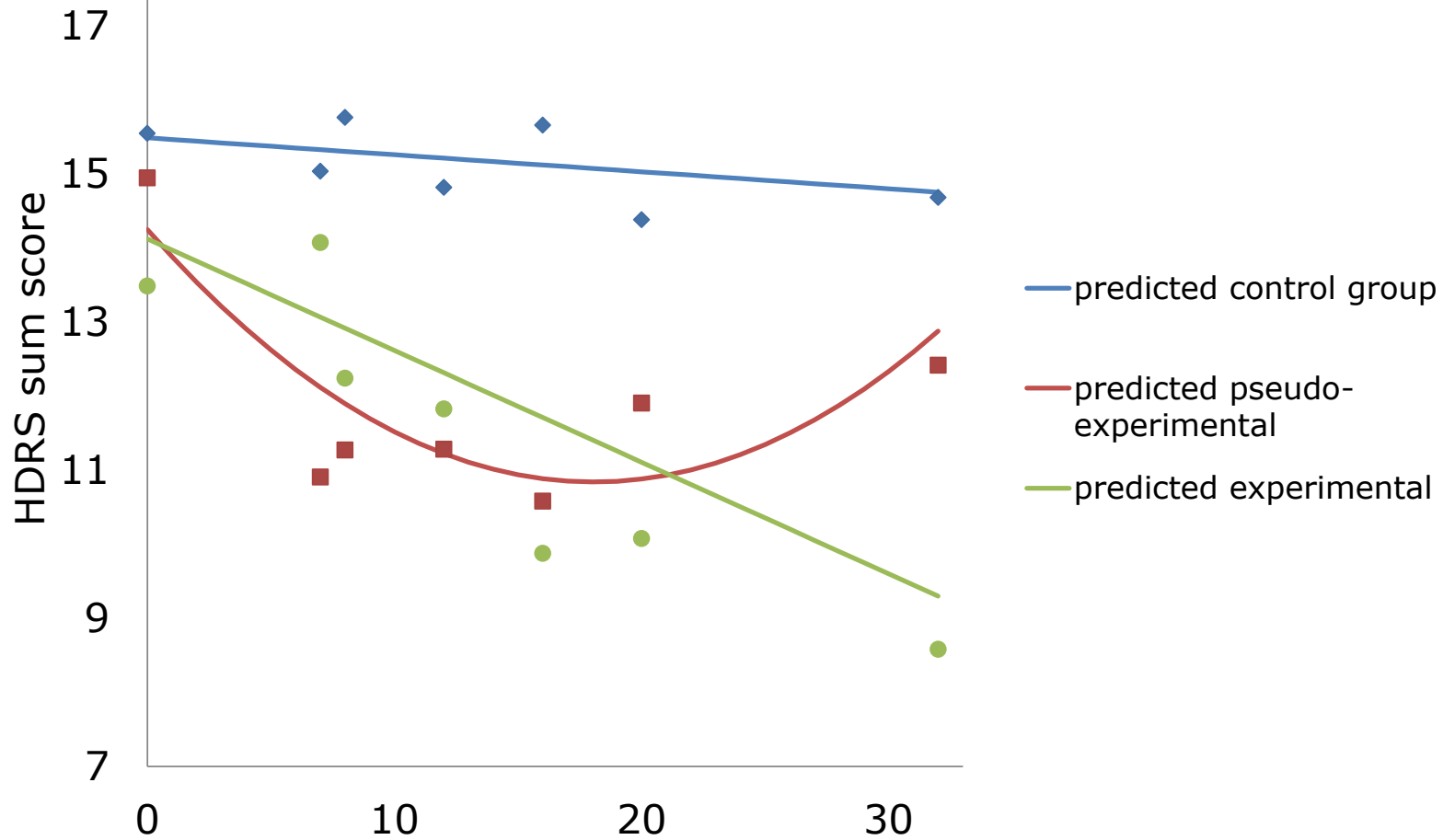


Activity & Positive Affect

PA per type of activity



ESM intervention in depression: RCT



Time since pre-assessment (weeks)

Kramer, Simons, et al, World Psychiatry, 2014

kansen

- Patient verzamelt en beheert eigen gegevens
engagement & empowerment
- Impliciete patronen worden expliciet gemaakt
- Leren over welbevinden in relatie tot
dagelijkse omstandigheden

Briefing

1. Informatie over ESM
2. Gebruik van de PsyMate
3. De vragenlijst zelf

Debriefing

Evaluatie:

- **General**
 - Did ESM influence you?
 - Did ESM disturb you?
 - Was it an ordinary week?
- **Use**
 - Usability / readability
 - (Technical) problems
- **Beeps**
 - Number of responses
 - In the moment?

Dank voor uw aandacht

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Met dank aan:

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