ESM COURSE

Opening the black box of daily life

Introduction and Background

A journey through 30 years of research using ESM resulting in the possibilities and gained knowledge you can use today for further studies or in your practice where you only have a limited number of participants.

Design and Methodology

Everything you need to know when you think about using ESM to gain insight in the participants' life. Developing a questionnaire can seem straightforward but translating your ideas into valid momentary questions is not necessarily easy and there are limits to what a participant deems possible and is prepared to do when starting ESM. In this part of the course, you will learn about the do's and don'ts when developing ESM- questionnaires, with the participant in mind.

Briefing

A crucial, but underestimated, part of conducting ESM in your study or practice. Time after time research shows that a proper briefing elevates your ESM-implementation from something which gives you an idea to something that shows in black and white what a participant experiences during his or her collection period. The more data you have the more you know and giving a good briefing makes the difference between 25% of measuring moments answered to 60% on average.

ESM in Psychopathology

The study of persons in the context of normal daily life may provide a powerful and necessary addition to more conventional and cross-sectional research strategies in psychopathology. The Experience Sampling Method (ESM), also known as Ecological Momentary Assessment (EMA), is a mobile assessment approach designed to measure thoughts, mood, symptoms, and contextual information in the flow of daily life.

ESM allows you to capture the film rather than a snapshot of daily life reality of patients or research subjects. ESM has been proven to be feasible in patients with a wide range of psychopathology, including schizophrenia, major depression, bipolar disorder, eating disorder, and personality disorders. The availability of mobile technology like the PsyMate™ allows easy implementation of (statistical methods for analyzing) ESM data in your practice. This course aims to give you a full overview of all aspects related to the use of the Experience Sampling Method: background, techniques, questionnaires, statistics, and implementation in your study.

I feel **relaxed**

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Not at all   Moderate   Very

Course Program

Day 1

• Introduction and background
• Briefing: how to instruct the participants

Day 2

• Design & Methodology
• ESM research examples

An overview of statistics

Even with only a few participants, you'll want to know what you've learned and what you can see in your collected data. This course zooms in on some of the things you can learn from your data. Obviously, this gets more interesting when you have more participants and you will see the magic happen when looking at data of a lot of participants. If you try out a new idea for a certain population of patients in your clinical practice, this will help you see if the effect is a lucky shot or something that works for everyone.

Workshop

In this workshop, you will have the opportunity to pitch your own ideas and get feedback from the group on your research proposal or clinical application. You have an idea and you think ESM is the best way to test it or to present it to your patients. How do you start making your own questionnaires? What do you want to know and what is the best way to ask this during the intervention/measuring period? You want to make sure everybody interprets your questions as you envision, without making it boring and a real rut for your participants.

PsyMate™ workshop

PsyMate™ is an app for iPhone and Android smartphones. During this part of the course, you will learn more about the possibilities of using the PsyMate™ as a tool for ESM data collection and how you can customise it to fit your needs.

Course venue

Since the current situation our course will be held online. This way we can give all speakers a stage and you the opportunity to interrupt and ask questions real-time.

Day 3

- An overview of statistics
- ESM workshop

Day 4

- Statistics exercises
- Debriefing + PsyMate workshop

Course Leader

Philippe Delespaul, is a clinical psychologist and professor for innovations in Mental Health Care at the Department of Psychiatry and Neuropsychology, Maastricht University.

He worked with leading experts in the field and has applied the Experience Sampling Method to research in psychopathology. He has over 30 years of experience in applying the ESM both in research and clinical practice and developed the Psymate™.

During this course he and his team will help you immerse yourself into the varied world of ESM and to open the black box of daily life.

Interested?

The "Experience Sampling Method" course is organized 2-3 times per year. The course fee, including course-material is €400 (€200 student fee). An application form can be found here: https://redcap.maastrichtuniversity.nl/surveys/?s=L7HLFAMHA9FH9DKL

For more information, please contact Nele Volbragt:

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