EARA Preconference 4: Working with diary and experience sampling data

Dr. Eeske van Roekel, Tilburg University
(https://www.tilburguniversity.edu/nl/webwijs/show/g.h.vanroekel/)

The experience sampling method (ESM) is a research tool to study people as they go through their daily lives in more ecologically valid ways than traditional methods. The increased availability and accessibility of methodology that uses experience sampling has contributed to a rapid increase in the incorporation of ESM study designs in adolescent research (see Figure 1). Simultaneously, new techniques are developed to analyze these intensive longitudinal data. Yet,

Figure 1. Number of studies using experience sampling in adolescent samples until November 22, 2017.

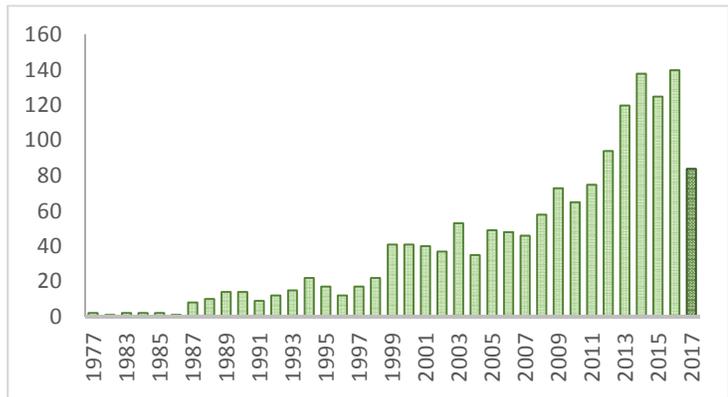due to these rapid developments, it often is difficult to find the appropriate technique for your research question.

The aim of this workshop is help researchers to find the right statistical tool to answer their research question. In the workshop, I will provide an overview of existing statistical techniques to analyse these intensive longitudinal data, such as multilevel analyses, interrupted time series analyses, and network models. By reflecting on their own research question, completing exercises, and engaging in discussion, participants will obtain an integrative framework of the analytical possibilities and learn about the unique weaknesses and strengths. Further, participants will obtain hands-on experience with running these models on their own data (or on data provided in the workshop). Participants do not need specific statistical expertise to take part.

Eeske van Roekel is Assistant Professor at the Department of Developmental Psychology, Tilburg University and an active member of the Tilburg Experience Sampling Center (TESC). Her research focuses on exploring the real-life dynamics of depression and anhedonia (i.e., loss of pleasure) in adolescence. In 2014, she received the EARA Young Scholar Award. She uses innovative methods such as Experience Sampling to (1) uncover the processes that lead to depression and anhedonia, and (2) provide personalized feedback based on these micro-level processes.