Introduction to Experience Sampling Method

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Abstract:
In the recent years, an increased number of psychology studies have used Experience Sampling Methods or Ecological Momentary Assessments to study human behavior and human experience. EMS includes among others, event- or time-contingent sampling of experience, behavioral sampling, activity sampling, neuroendocrine sampling, and physiological sampling. I will review some of the advantages of using ESM, some examples of what can be studied in different domains, some issues to which one should pay attention when building an EMA study, as well as some of the tools (software/apps) available for experience sampling.

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