



UNIVERSITÀ DEGLI STUDI
DI TRENTO

Dipartimento di Psicologia
e Scienze Cognitive

Doctoral Course of Cognitive Science PHD SEMINAR

Within the MIUR programme framework “Dipartimenti di Eccellenza”

Introduction to Experience Sampling Method

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10h30 – 12h30 and 14h00-16h00

Sala Convegni – Department of Psychology and Cognitive Science

Corso Bettini, 31 – Rovereto

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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