

An Attempt to Measure Experiential Avoidance in Daily Life Using Ecological Momentary Assessment

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Introduction

◆ Experiential avoidance (EA)

- ✓ This behavioral process occurs when a person is unwilling to remain contact with particular private experiences (e. g., bodily sensations, emotions, thoughts memories, behavioral predispositions) and takes steps to alter the form, frequency, or situational sensitivity of these experience (Hayes et al., 2012).
- ✓ EA sometimes brings relief in the short term, but in the long-term it reduces behavioral repertoires.

◆ Measuring experiential avoidance

- ✓ Using Likert-type questionnaire: Acceptance and Action Questionnaire-II (Bond et al., 2011)
- ✓ Limitation: It is difficult to collect individual events, behaviors, or contexts.

◆ Another method to measuring experiential avoidance

- ✓ Ecological Momentary Assessment (EMA; Stone & Shiffman, 1994) : EMA is a method of collecting data when events occur in daily life.
- ✓ The advantages of using the EMA: It can avoid recall bias and collect data that has a high ecological validity by immediate record.

◆ Aim

- ✓ To examines whether EMA can be used to measure experiential avoidance in daily life.

Method

◆ Participants

- ✓ 24 undergraduate students
(male = 6, female = 18, age = 19.88 ± 1.45)

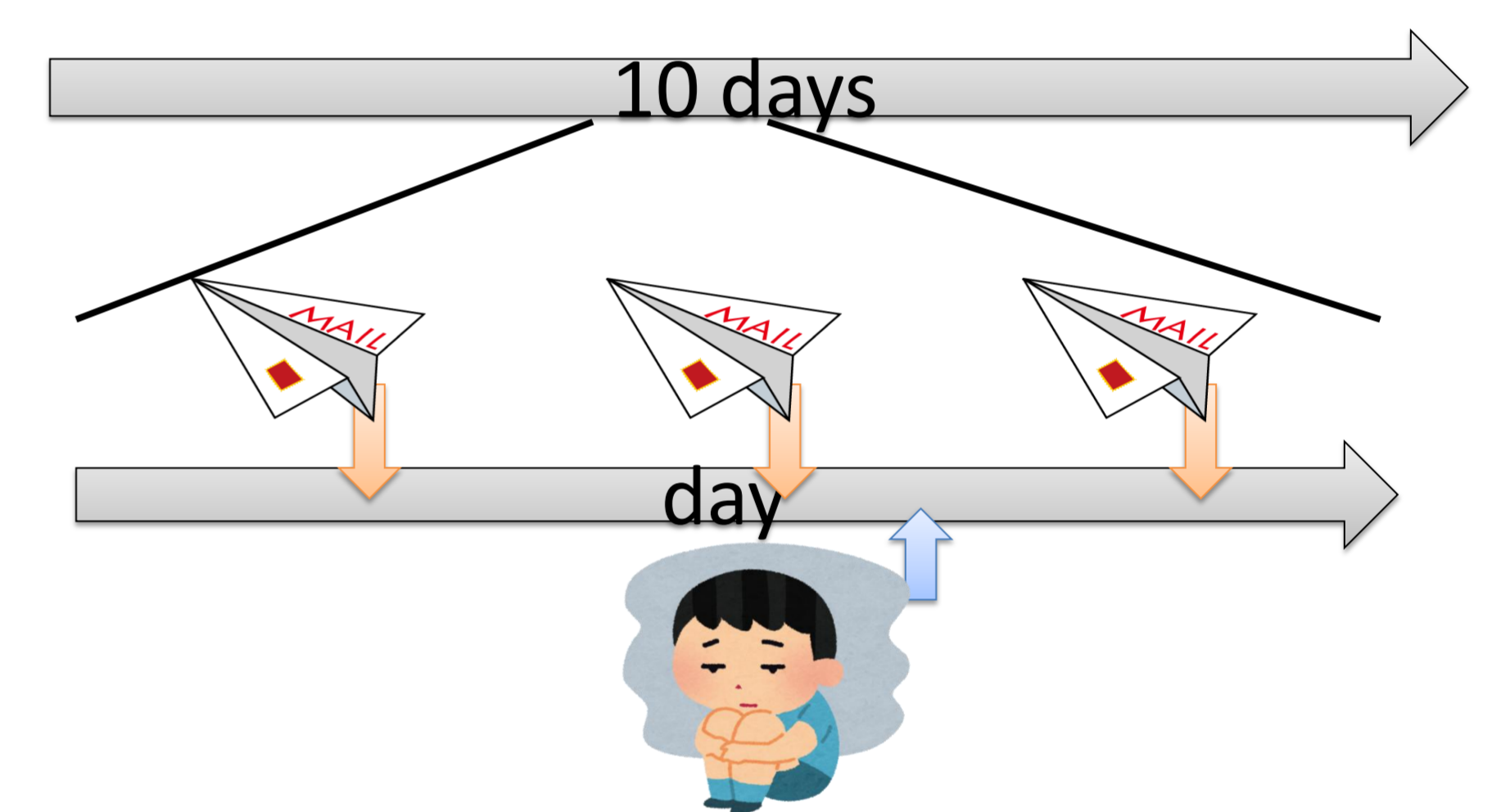
◆ EMA measures

1	pre-behavior mood	unpleasant:1 – pleasant:7
2	behavior	
3	content of thought	
4	post-behavior mood	unpleasant:1 – pleasant:7

- ✓ Experiential avoidance response:
post-behavior mood > pre-behavior mood

◆ EMA

- ✓ Participants completed a questionnaire (sent via e-mail) three times a day and when they feel unpleasant.



◆ Analysis

1. The responses when they felt unpleasant (pre-behavior mood < 4 or when they had negative thoughts) were selected from the collected data.
2. Each participant's experiential avoidance percentage (the response which their mood improved/the response when they felt unpleasant) was calculated.
3. The long-term mood (the average of pre-behavior mood in all responses) of each participant was calculated.
4. Spearman's rank correlation was performed.

Results

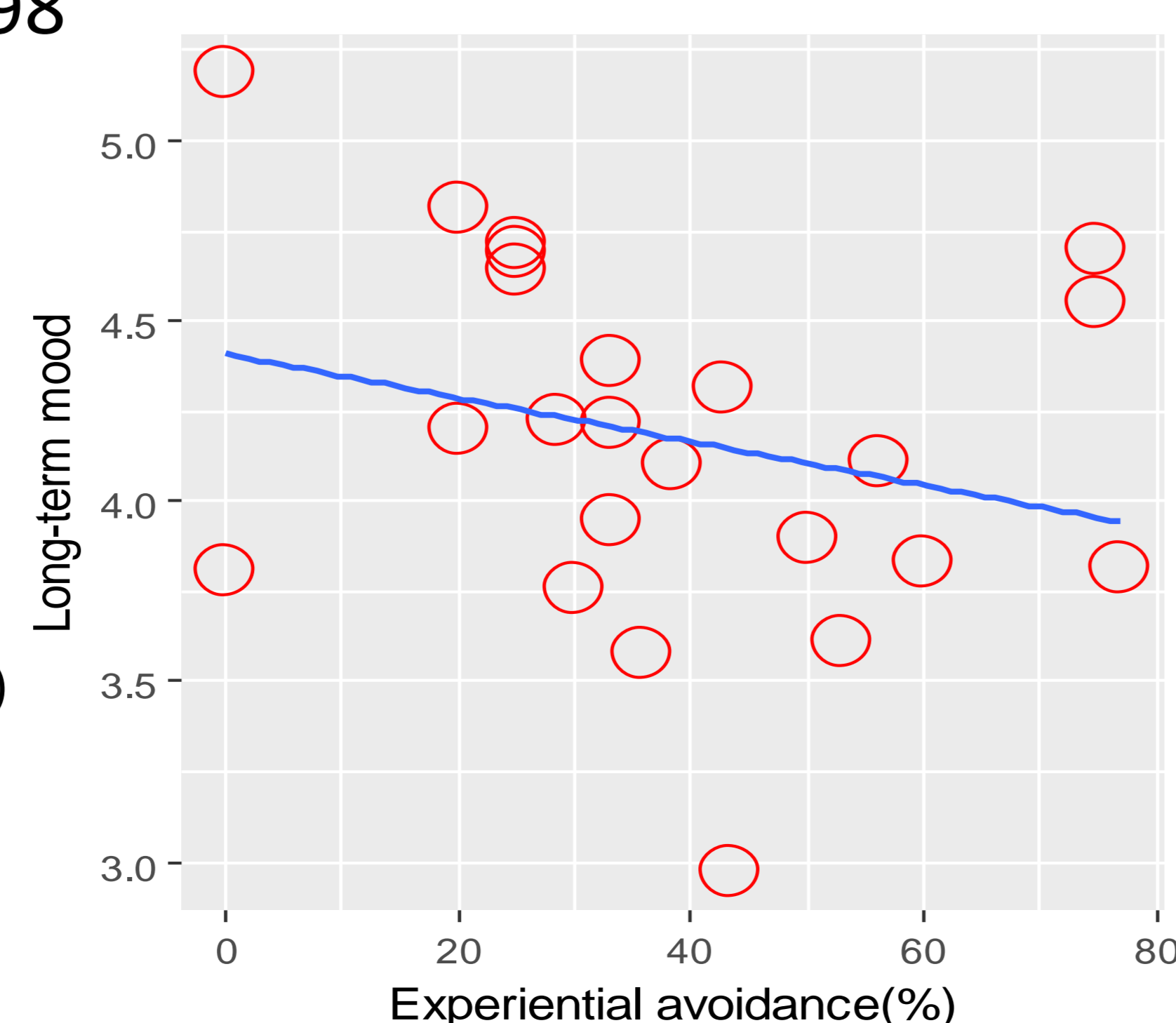
- ✓ One participant was excluded because responses when unpleasant were small.
- ✓ Total response | 696
- ✓ response when they felt unpleasant | 238
- ✓ experiential avoidance | 98

$$\rho = -.354$$

$$95\%CI[-.669, .068]$$

$$p = .097$$

$$N = 23 \quad (F = 17, 19.87 \pm 1.45)$$



Conclusion

- ◆ Long-term mood may deteriorate if experiential avoidance is increased.
- ◆ EMA may be used to measure experiential avoidance in daily life.
- ◆ measuring procedure used in this study can be improved and refined to measure experiential avoidance based on contingency.

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