

Relationship between experiential avoidance and its short-term consequence: Using ecological momentary assessment

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■ Highlights

- ◆ Experiential avoidance (EA) in daily life was measured using ecological momentary assessment (EMA).
- ◆ Correlations between EA and short-term consequences of EA were investigated.
- ◆ EA and negative states had significant positive correlation.

■ Background

◆ Measuring experiential avoidance in “daily life”

- ✓ To measure EA in daily life, ecological momentary assessment is employed (e.g., Kashdan et al., 2013; Machell et al., 2015)
- ✓ **Ecological Momentary Assessment** (EMA; Stone & Shiffman, 1994) : EMA is a method of collecting data when events occur in daily life. It requires participant to complete momentary questionnaire repeatedly.
- ✓ **The advantages of using the EMA**: It can avoid recall bias and collect data that has a high ecological validity by momentary record.
- ✓ Previous studies showed EA predict **low positive** or **high negative states** in the mid-to-long term. However, few studies have focused on relations between EA and states of its *short-term consequences*.

◆ Objective

- ✓ To investigate relationship between EA and its short-term consequences.

■ Results

◆ Analysis

- ✓ Correlation analysis between mean score of the sum of the three EA items and mean scores of each state item were performed.

Table. Results of Correlation Analysis.

States	Experiential avoidance	
	ρ	p
Regret	.76	.00
Excited	.44	.04
Weary	.75	.00
Fulfilling	.26	.24
Irritated	.67	.00
Pleasant	.61	.00
Satisfied	-.17	.45

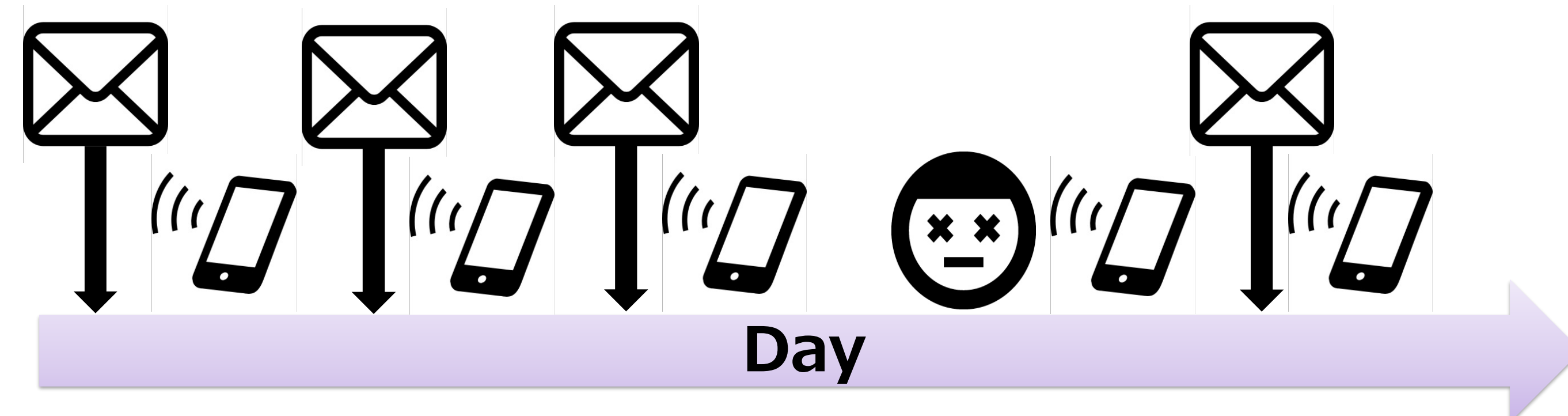
■ Method

◆ Participants

- ✓ Twenty-two undergraduate students.
(male = 4, female = 18, age = 18.82 ± 0.80)

◆ EMA procedure

- ✓ EMA record was conducted for 10 days.
- ✓ Participants were instructed to record when they received cue e-mail (four times par day) or noticed unpleasant experiences.



◆ EMA items

- States (*Short-term consequences of EA*):
7 items (low-high: 1-10).
 - ✓ Regret / Excited / Weary / Fulfilling / Irritated / Pleasant / Satisfied
- Behavior that affected the states.
 - ✓ Free description
- Experiential avoidance: 3 items (low-high: 1-10).
 - ✓ I tried to distract.
 - ✓ I was trapped by that feeling, thought, and sensation.
 - ✓ I made an effort to eliminate this feeling, thought, or sensation.

■ Conclusion

- ◆ Almost all these results were in line with previous study. It is considered **relationships between EA and negative states were robust** especially.
- ◆ However some relationships (EA × positive states) were inconsistent with hypothesis.
- ◆ Measuring method using EMA may has room for improvement (e.g., employing non-reflective questions).