Ecological, momentary assessment of behavior and its context

a conceptual presentation


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Background
Acceptance and Commitment Therapy teaches us to deal with all our experiences in the present moment, in such a way that we can behave according to our values. However, clients do have to get out of their lives and into our therapy-office to learn to work with ACT.

Objective
Introducing momentary behavioral assessment technology in the field of CBS, to provide a reliable method of assessing experience in its context. This assessment method is also usable on the level of clinical-intervention; getting ACT-training into clients daily life.

Momentary Assessment
Momentary assessment methodology includes multiple repeated (within-subject) mini-measurements of experience (mood, motivation, salience, self-esteem, stress) and context (stressors, situations, activities) at unselected random moments in the flow of daily life.

Results Momentary Assessment
Psychosis (Myin-Germeyss et al., 2011)
Self-monitoring of both positive and negative psychotic symptoms is feasible, provides a much more detailed and fine-grained picture of symptoms, and reveals patterns of behavior that may be relevant for treatment.

Depression (Wichers et al., 2011)
Momentary assessment may expose manageable pieces of daily life behavior contributing to the depressive experience that patients can influence. The clinical application may stimulate a shift from passive consumption of treatment to an active role for patients.

References