



EXPERIENCE SAMPLING METHODOLOGY IN CLINICAL PRACTICE: Implementation experiments

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QUALITATIVE RESEARCH

Necessary to understand:

**How ESM could be useful to
patients and clinicians**

**What the ESM-protocol should
look like in practice**

**How ESM-derived feedback is
interpreted**

IMPLEMENTATION EXPERIMENTS

resulting in an ESM flexible interface for clinical practice

1

Potential of ESM for clinical practice

What are **applications**, **advantages**, and **downsides** of ESM for clinical practice, identified by patients and clinicians?

Focusgroups and interviews

2

ESM in treatment of bipolar disorder

Does it offer patients and clinicians **insight** and does it help patients towards **behavioral change**?

ESM for 4 months, 5x a day
Personalized feedback

Interviews and observations

3

ESM in diagnosis of first psychosis

Does it offer **insight** and **targets for treatment** over and above standard diagnostic procedures?

ESM for 10 days, 10x a day
Personalized feedback

Interviews and observations



PRELIMINARY FINDINGS

ESM offers unique insights and motivations to change behavior

BUT

Sometimes strong reactivity to ESM questions

Shared interpretation of feedback is necessary

Their interpretation often differs from yours

Graphs not always easy to understand

CONCLUSION



**ESM has great potential for clinical practice...
...but deeper understanding of how it plays out is necessary**

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