

# Frontiers in Ambulatory Assessment

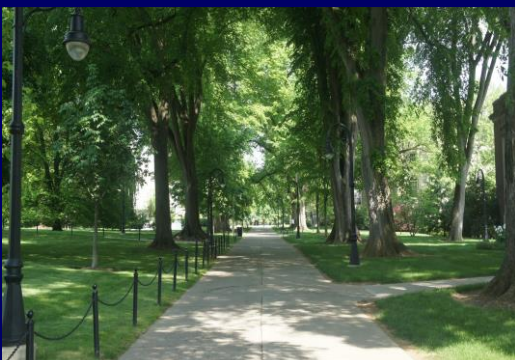
**SOCIETY FOR AMBULATORY ASSESSMENT  
4TH BIENNIAL CONFERENCE**

## CONFERENCE PROGRAM

**JUNE 24TH-27TH, 2015**

**THE PENNSYLVANIA STATE UNIVERSITY**

[saa2015.ssri.psu.edu](http://saa2015.ssri.psu.edu)





# DREAM

DYNAMIC REAL-TIME ECOLOGICAL  
AMBULATORY METHODOLOGIES



DREAM@survey.psu.edu [www.survey.psu.edu/dream](http://www.survey.psu.edu/dream)

**iLUMiVU**  
software for humanity

## mobile Ecological Momentary Assessment

mEMA offers research grade Apple and Android apps to capture:

- ✓ EMA
- ✓ Mobile phone internal sensor data
- ✓ Third party wearable sensor data

[www.mobileEMA.com](http://www.mobileEMA.com)

## **Society for Ambulatory Assessment**

*Ambulatory Assessment* comprises the use of field methods to assess the ongoing behavior, physiology, experience and environmental aspects of people in naturalistic or unconstrained settings. Ambulatory Assessment uses ecologically-valid tools to understand biopsychosocial processes as they unfold naturally in time and in context. The *Society for Ambulatory Assessment* was launched in 2008 to promote and foster research in and on everyday life.

*Ambulatory Assessment* covers a range of real-time data capture methodologies that originate from different scientific disciplines (psychology, medicine, computer science, etc.). These methodologies include but are not limited to experience sampling methods [ESM] and ecological momentary assessment [EMA], repeated-entry diary techniques, monitoring of physiological function, in combination with or without activity/movement, and the acquisition of ambient environmental parameters.



### **Your SAA conference badge:**

Please note that the conference sessions and locations are controlled entry – you will need to wear your badge to get inside. Please be sure to keep it proudly displayed!

**If you misplace your badge, please see one of the registration staff to obtain a replacement.**



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Old Dominion University

Vanessa Juth  
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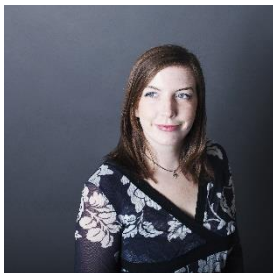
Stephanie Lanza  
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Penn State University

Matthew Zawadzki  
UC Merced

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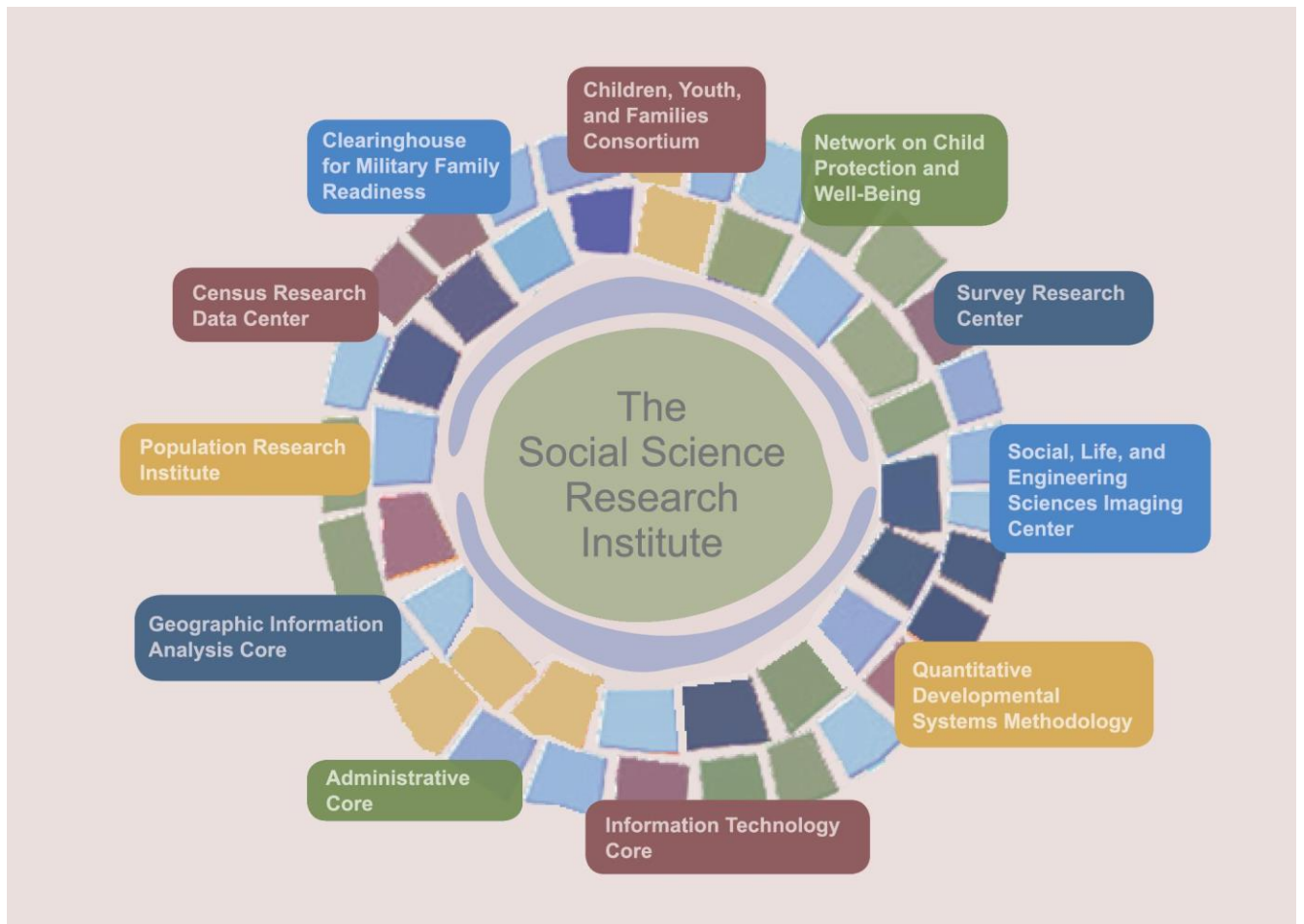


Heather Costigan  
Penn State University

## Social Science Research Institute (SSRI)

The 4<sup>th</sup> Biennial conference is being sponsored by the *Social Science Research Institute* at the Pennsylvania State University. The Institute's mission is to foster novel, interdisciplinary collaborations by investigators who aim to address critical human and social problems at the local, national, and international levels, and to translate and disseminate this knowledge into measurable outcomes for human behavior, health, and development.

<http://www.ssri.psu.edu/>



# PROGRAM AT A GLANCE

## Wednesday, June 24<sup>th</sup>

**8:30 am- 9:00am**

Willard 260

Pre-Conference Registration

**9:00am-12:30pm**

Willard 073

Pre-Conference Workshop: *EMA Boot Camp*

**12:30pm-1:00pm**

Willard 260

Lunch Break & Pre-Conference Registration

**1:00pm-4:30pm**

Willard 073

Pre-Conference Workshop: *Statistical Power Analysis*

**1:00pm-4:30pm**

Willard 075

Pre-Conference Workshop: *Advanced Analytics for Intensive Longitudinal Data*

**4:30pm-5:00pm**

Willard 260

Pre-Conference Registration

**5:00pm-6:00pm**

Nittany Lion Inn

Pre-Conference Workshop Reception  
(Pre-Conference Participants Only)

## Thursday, June 25<sup>th</sup>

**7:00am-8:00am**

BBH Basement Lobby & 1<sup>st</sup> Floor  
Lobby

Breakfast & Conference Registration

**8:00am-9:00am**

Pike Auditorium – BBH 022

Welcome Ceremony/Opening Remarks

**9:00am-10:15am**

Pike Auditorium – BBH 022

Keynote Address: **Rosalind Picard**  
*Surprise Findings from a Wrist-Wearable Sensor*

**10:30am-12:30pm**

Pike Auditorium – BBH 022

Invited Symposium: *Identifying, Explicating, and Diagnosing Mental Disorders:  
Applying Ambulatory Assessments to Improve Clinical Care*

**12:30pm-2:00pm**

HHD-East 211

Lunch Break (On your own)

HHD-East 323

HHD-East 322

**Paper sessions**

Paper Session #1: *Clinically Relevant Health Behaviors*

Paper Session #2: *Analytic Approaches to Ambulatory Assessment*

Paper Session #3: *Ambulatory Assessment in Family and Developmental  
Contexts*

**3:45pm-5:00pm**

HHD-East 211

HHD-East 323

HHD-East 322

**Paper sessions**

Paper Session #4: *Psychophysiology in Field Settings*

Paper Session #5: *Stress and Coping*

Paper Session #6: *Sleep*

**5:15pm-6:30pm**

Pike Auditorium – BBH 022

Invited Session: *New Approaches in Ambulatory Assessment: Assessing Brain  
Activity and Cognition in Everyday Life*

**Stefan Debener** – *EEG to Take Away: Towards Truly Mobile Brain Activity  
Monitoring*

**Martin Sliwinski** – *The Feasibility and Utility of Using Ambulatory Methods to  
Assess Cognitive Function in Daily Life*

## **Friday, June 26<sup>th</sup>**

**7:00am-9:00am**

BBH Basement & 1<sup>st</sup> Floor Lobby

**9:00am-10:30am**

Pike Auditorium – BBH 022

**10:45am-12:15pm**

Henderson 108

Henderson 117

**12:30pm-2:00pm**

**2:15pm-3:30pm**

Pike Auditorium – BBH 022

**3:45pm-5:00pm**

HHD-East 211

HHD-East 323

HHD-East 322

**5:15pm-7:00pm**

HUB Room 129 ABC

**7:30pm-10:30pm**

Nittany Lion Inn

Breakfast & Conference Registration

Symposium: *Assessing Dyadic Processes in Daily Life*

### ***Paper sessions***

Paper Session #7: *Time and Variability Based Analyses in Ambulatory Assessment*

Paper Session #8: *New Approaches in Assessment and Intervention*

Lunch Break (On your own)

Keynote Address: **Santosh Kumar**

*Towards Sensor-Triggered Just-In-Time Mobile Health Interventions*

### ***Paper sessions***

Paper Session #9: *New Approaches in Ambulatory Assessment*

Paper Session #10: *Physical Activity*

Paper Session #11: *Ambulatory Assessment in Psychotherapy*

Ambulatory Assessment **Poster Session**

Conference Reception, Refreshments, and Socializing

## **Saturday, June 27<sup>th</sup>**

**7:00am-9:00am**

BBH Basement & 1<sup>st</sup> Floor Lobby

**9:00am-10:15am**

Pike Auditorium – BBH 022

**10:30am-12:15pm**

HHD-East 211

**10:30am-12:15pm**

HHD-East 323

HHD-East 322

**12:30pm-2:00pm**

Pike Auditorium – BBH 022

**2:00pm-4:00pm**

Breakfast & Conference Registration

Keynote Address: **David Mohr**

*Behavioral Intervention Technologies: Into the Fabric of Our Lives*

Symposium: *Ambulatory Assessment of Supportive Relationships with Close others and Digital Support Systems: Lessons Learned for Well-being and Health*

### ***Paper sessions***

Paper Session #12: *Health Behaviors in Daily Life*

Paper Session #13: *Ambulatory Assessment of Mood and Health*

General Assembly & Awards Ceremony

Executive Committee Meeting (*by invitation only*)

*We apologize in advance for the on-campus construction!*

Campus map available at:

[http://www.geog.psu.edu/sites/default/files/2015%20VisGuide%209\\_24\\_14.pdf](http://www.geog.psu.edu/sites/default/files/2015%20VisGuide%209_24_14.pdf)

**BBH [BBH]:**

**HHD-East [HHD]:**

**Henderson [HND]:**

**HUB [HUB]:**

**Willard [WLD]:**

**Biobehavioral Health**

**Health & Human Development East**

**Henderson (or Henderson North)**

**Hetzl Union Building**

**Willard**

**Nittany Lion Inn [NLI]:**

**Nittany Lion Inn**

**Wednesday, June 24<sup>th</sup> 2015**

**Preconference workshops** *(by registration only)*

**8:00am-9:00am**            **Willard 260**

**Conference Registration**

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**9:00am – 12:30pm**        **Willard 073**

**Ecological Momentary Assessment Boot Camp**

Presented by: Kristin E. Heron

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**11:30pm -- 1:00pm**        **Willard 260**

**Conference Registration & Lunch**

**A boxed lunch will be provided to registered workshop attendees courtesy of:**

**The  
Methodology  
Center**

For information about the Methodology center, go to <http://methodology.psu.edu>

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**1:00pm – 4:30pm**            **Willard 073**

**Statistical Power Analysis for Ambulatory Assessment Studies**

Presented by: Niall Bolger & Jean-Philippe Laurenceau

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**1:00pm – 4:30pm**            **Willard 075**

**Advanced Analytics for Intensive Longitudinal Data Analysis**

Presented by: Stephanie T. Lanza & Michael A. Russell

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**5:00pm-6:00pm**            **Nittany Lion Inn – Faculty Staff Club**

**Pre-Conference Workshop Attendee Reception**



# Thursday, June 25<sup>th</sup> 2015

**7:00am – 9:00am**            **BBH 1<sup>st</sup> Floor Lobby**

## **Conference Registration**

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**7:00am – 8:00am**            **BBH Basement Lobby**

## **Breakfast**

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**8:00am-9:00am**            **Pike Auditorium - BBH 022**

## **Welcome Ceremony and Opening Remarks**

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**9:00am-10:15am**            **Pike Auditorium - BBH 022**



**Keynote Address: Dr. Rosalind Picard**  
*Surprise Findings from a Wrist-Wearable Sensor*

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**10:30am-12:30pm**            **Pike Auditorium - BBH 022**

### **Invited Symposium:**

***Identifying, Explicating, and Diagnosing Mental Disorders: Applying Ambulatory Assessments to Improve Clinical Care***

**Session Chair: Matthew Zawadzki**

**Discussant: David Mohr**

*Mental disorders are often diagnosed using relatively static criteria, with diagnoses made in an all-or-nothing fashion. Moreover, the tracking and reporting of symptoms used to make diagnoses typically occur in neutral or clinical environments that are separate from patients' everyday lives. Yet with the increasing accessibility of ambulatory methodologies and their rising prevalence in tracking mood, behaviors, and symptoms in patients, research has demonstrated that great variability can exist for a particular mental disorder across not only individuals but within any patient over time. This symposium brings together cutting edge research that challenges and expands traditional notions of how to identify, explicate, and diagnose mental disorders, highlighting the many ways that ambulatory assessments can be utilized to improve clinical care. Presentations range from discussing different methodologies to measure and track mental illness to better characterizing a range of disorders to rethinking these traditional classifications all together; all results are discussed in terms of the implications for advancing our current understanding on mental illness.*

**1. *Making the Most of Your Rich EMA Data: Innovative Outcomes***

Abstract #: A91

Author(s): Arthur A. Stone & Stefan Schneider

**2. *Using ambulatory assessments for precision diagnostics: HowNutsAreTheDutch***

Abstract #: A90

Author(s): Elisabeth H. Bos, Lian van der Krieken, Ando Emerencia, & Peter de Jonge

**3. *(Innovative) Sampling strategies to investigate real-life psychopathology***

Abstract #: A92

Author: Ulrich Ebner-Priemer

**4. *Mental disorders as complex dynamical systems: Empirical support from ESM studies***

Abstract #: A93

Author(s): Marieke Wichers, Marten Scheffer, Hanneke Wigman, & Denny Borsboom

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**12:30pm-2:00pm**

**Lunch Break (On your own)**

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**2:15pm-3:30pm**

**HHD-East 211**

**Paper Session #1: *Clinically Relevant Behaviors***

**1. *Is changing one's daily life behavior valuable in depression? Prospective long-term and day-level associations***

Abstract #: A2

Author(s): Evelien Snippe, Claudia J.P. Simons, Jessica A. Hartmann, Claudia Lothmann, Ingrid M. A. Kramer, Sanne Booij, Wolfgang Viechtbauer, Philippe Delespaul, Inez Myin-Germeys, & Marieke Wichers

**2. *Alcohol Craving and Consumption in Everyday Life***

Abstract #: A33

Author(s): Timothy J. Trull, Sean P. Lane, Ryan W. Carpenter, & Kenneth J. Sher

**3. *Ecological Momentary Assessment of PTSD symptoms and Sexual Risk-taking among OEF/OIF Veterans: A Pilot Study***

Abstract #: A68

Author(s): Anne C. Black, Marc I. Rosen, & Ned L. Cooney

**4. *Prospective measurement of daily health behaviors: Patterns of missing data, periodicity and reactivity in an online daily diary study of gay and bisexual men***

Abstract #: A25

Author(s): H. Jonathon Rendina, Ana Ventuneac, Christian Grov, Brian Mustanski, & Jeffrey T. Parsons

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**2:15pm – 3:30pm      HHD-East 323**

**Paper Session #2: *Analytic Approaches to Ambulatory Assessment Data***

**1. *Using multilevel modeling to examine the effectiveness of Ecological Momentary Interventions***

Abstract #: A19

Author(s): Tanja Lischetzke, Dorota Reis, & Charlotte Arndt

**2. *The Differential Time-Varying Effect Model (DTVEM): Identifying Optimal Time Lags in Intensive Longitudinal Data***

Abstract #: A67

Author(s): Nicholas C. Jacobson, Sy-Miin Chow, & Michelle G. Newman

**3. *Handling Missing-data in the Modeling of Ambulatory Assessment Data***

Abstract #: A59

Author(s): Linying Ji, Sy-Miin Chow, & Nicholas C. Jacobson

**4. *Functional Data Analysis of Electrodermal Activity Data Collected via a Biosensor***

Abstract #: A56

Author(s): Donna L. Coffman, Noelle Leonard, Rich Fletcher, Chuck Cleland, Rasheeda Salaam, & Marya Gwadz

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**2:15pm – 3:30pm      HHD-East 322**

**Paper Session #3: *Ambulatory Assessment in Family and Developmental Contexts***

**1. *The Correlates and Predictive Validity of Automatic Behaviors and Coping Strategies among Couples Coping with Breast Cancer***

Abstract #: A10

Author(s): Megan L. Robbins

**2. *Assessing Coparenting Quality in Mothers and Fathers in Daily Life***

Abstract #: A51

Author(s): Brandon T. McDaniel & Douglas M. Teti

**3. *Engagement with and practice of parenting skills in a family preventive intervention: A Within-person Variability Approach***

Abstract #: A70

Author(s): Katharine T. Bamberger, Nilam Ram, & Doug Coatsworth

**4. *Ambulatory Assessment in the Elderly***

Abstract #: A8

Author(s): Anna Schlomann & Christian Rietz

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**3:45pm – 5:00pm**

**HHD-East 211**

**Paper Session #4: *Psychophysiology in Field Settings***

1. *Examining the effects of fear habituation and multiple contexts on situational exposure outcomes in the field*

Abstract #: A73

Author(s): Andrew J. White, Dieter Kleinböhl, Thomas Lang, Alfons O. Hamm, Alexander L. Gerlach, & Georg W. Alpers

2. *Heritability and temporal stability of ambulatory autonomic stress reactivity in unstructured 24-h recordings*

Abstract #: A4

Author(s): Melanie Neijts, Rene van Lien, Nina Kupper, Dorret Boomsma, Gonneke Willemsen, & Eco de Geus

3. *What are the psychophysiological reactions to a fall from 30 meters altitude? A field experiment with climbers*

Abstract #: A27

Author(s): Peter Wilhelm, Pirmin Bertle, & Jonas Hoffmann

4. *Ecological validation of the ABSP baseball "mental toughness" paradigm using ambulatory biomarker-based assessment and mental training procedures during official competition*

Abstract #: A32

Author(s): Roland A. Carlstedt, Casey Bosquez, Ellie Rawski, Naomi Friedberg, Peter Rodeka, Ariel Guerrero, & Marc Prine

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**3:45pm – 5:00pm**

**HHD-East 323**

**Paper Session #5: *Stress and Coping***

1. *Social integration moderates the effects of role-related stressors on momentary affect during daily life: An Ecological Momentary Assessment (EMA) study*

Abstract #: A45

Author(s): Thomas W. Kamarck, Saul Shiffman, & Sheldon Cohen

2. *The Buffering Effects of Prosocial Behaviors on Stress Effects in Daily Life*

Abstract #: A62

Author(s): Emily B. Ansell, Elizabeth B. Raposa, & Holly B. Laws

**3. *Pairing Ambulatory and Global Assessments to Better Understand Stress-Health Relationships***

Abstract #: A78

Author(s): Vanessa Juth, Matthew J. Zawadzki, & Joshua M. Smyth

**4. *Psychotic and affective reactivity to daily life and experimental social stress in second-generation Moroccan-Dutch men***

Abstract #: A34

Author(s): Martin Gevonden, Inez Myin-Germeys, Marieke Wichers, Jan Booij, Wim van den Brink, Ruud van Winkel, & Jean-Paul Selten

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**3:45pm – 5:00pm            HHD-East 322**

**Paper Session #6: *Sleep***

**1. *Examining Sleep and Stress Physiology Using a Modified Ecological Momentary Assessment Approach***

Abstract #: A65

Author(s): Scott A. Van Lenten & Leah Doane

**2. *21-days of Monitoring: Using actigraphy to elucidate the relations between physical activity, sleep and BMI in middle-aged women***

Abstract #: A47

Author(s): Moé Kishida & Steriani Elavsky

**3. *Temporal order of change in sleep quality and positive affect in major depressed patients and healthy controls***

Abstract #: A44

Author(s): Maria E.J. Bouwmans, Elisabeth H. Bos, Albertine J. Oldehinkel, & Peter de Jonge

**4. *Bidirectional Associations of Sleep and Emotions in Daily Life across a Week & A Randomized Workplace Intervention Improves Actigraphic Sleep across a Year***

Abstract #: A94

Author(s): Orfeu M. Buxton

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**5:15pm – 6:30pm**

**Pike Auditorium - BBH 022**

**Invited Session: *New Approaches in Ambulatory Assessment: Assessing Brain Activity and Cognition in Everyday Life***

**Stefan Debener**

***EEG to Take Away: Towards Truly Mobile Brain Activity Monitoring***

*All established technologies for the non-invasive recording of human brain activity suffer from the drawback that human motion is not well tolerated. Indeed, behavioral assessment and environmental complexity are heavily restricted in current neurocognitive studies. I will report on the development and validation of a miniaturized, wireless and smartphone-operated EEG recording system. The system features unobtrusive, near-invisible data acquisition and can be used in real-life settings, such as walking around. Our outdoor studies on auditory attention support the view that the monitoring of cognitive states during everyday activity is within reach.*

**Martin Sliwinski**

***The Feasibility and Utility of Using Ambulatory Methods to Assess Cognitive Function in Daily Life***

*Traditional approaches to cognitive assessment take place in physical and social environments that are fundamentally dissimilar to those in which people perform cognitively demanding tasks in their daily lives. Because human cognition is contingent on situational factors (e.g., fatigue and stress) repeated ambulatory assessments may improve ecological validity by measuring cognitive function in the context of these internal and external factors. We present evidence that brief cognitive assessments made in naturalistic settings can be highly reliable, construct valid, and provide "added-value" to traditional cognitive assessments made in controlled laboratory or clinic settings.*

# Friday, June 26<sup>th</sup> 2015

**7:00am – 9:00am**      **BBH 1<sup>st</sup> Floor Lobby**

## **Conference Registration**

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**7:00am – 9:00am**      **BBH Basement Lobby**

## **Breakfast**

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**9:00am-10:30pm**      **Pike Auditorium - BBH 022**

### **Symposium: *Assessing Dyadic Processes in Daily Life***

**Session Chair: Petra Klumb**

**Discussant: Peter Wilhelm**

*Our daily lives unfold in connection with others and at the core of these relationships are dyadic interactions. This symposium assembles examples of dyads from the family (Almeida et al., Laurenceau et al., Timmons et al.) and the work context (Klumb et al.). Research using ambulatory assessments has shown within-person associations between mental and physical states. Here, we enlarge the focus to dyadic phenomena such as synchrony (within-dyad associations of daily diurnal cortisol (parent-child dyads, Almeida et al.) or electrodermal activity (romantic partners, Timmons et al.), congruence (within-couple associations of social support, Laurenceau et al.), and accuracy/similarity (within-dyad correlations between self- and other-ratings of internal states provided in the course of shift handovers, Klumb et al.). Some analyses are based on the standard dyadic design (Almeida et al., Bolger et al., Timmons et al.) others employ the Social Relations Model (Klumb et al.). Goals of the symposium are (a) to present these social phenomena that still add to the richness of ambulatory data, (b) discuss methodological challenges of analyzing them, and (c) show how these dyadic characteristics help us better understand the nature of social relationships.*

#### **1. *Parent-Child Synchrony in Diurnal Cortisol Patterns***

Abstract #: A80

Author(s): David Almeida, Kimberly Walter, Susan McHale, Kelly Davis & Siwei Liu

#### **2. *Daily Emotional Support Congruence Relationship well-being in Couples Coping with Breast Cancer***

Abstract #: A81

Author(s): Jean-Philippe Laurenceau, Amber Becher, & Niall Bolger

#### **3. *Dating Aggression and Physiological Connectedness in Everyday Life***

Abstract #: A82

Author(s): Adela C. Timmons, Theodora Chaspari, Laura Perrone, Tiantian Feng, Shrikanth Narayanan, & Gayla Margolin

**4. *Satisfaction at shift handovers: The importance of accuracy of handover partners***

Abstract #: A83

Author(s): Petra L. Klumb, Antje Rauters, & Chantal Nick

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**10:45am – 12:15pm**

**Henderson 108**

**Paper Session #7:**

***Time and Variability Based Analyses in Ambulatory Assessment***

**1. *Differential Equation Modeling Approaches to Representing Sudden Shifts in Intensive Dyadic Interaction Data***

Abstract #: A69

Author(s): Sy-Miin Chow, Lu Ou, Arridhana Ciptadi, Emily Prince, James M. Rehg, Agata Rozga, & Daniel S. Messinger

**2. *Using Diversity as a Metric for Capturing Emotion Experiences over time***

Abstract #: A58

Author(s): Lizbeth Benson & Nilam Ram

**3. *Using Group Iterative Multiple Model Estimation (GIMME) to study dynamic individual structures in ambulatory assessment data of psychiatric patients***

Abstract #: A48

Author(s): Aidan G. C. Wright, Kathleen M. Gates, Adriene M. Beltz, Peter C.M. Molenaar, & Leonard J. Simms

**4. *Disentangling emotion dysregulation in Borderline Personality Disorder, Posttraumatic Stress Disorder, Bulimia Nervosa and healthy controls***

Abstract #: A9

Author(s): Philip S. Santangelo, Marlies Houben, Gregory Verleysen, Peter Kuppens, & Ulrich W. Ebner-Priemer

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**10:45am – 12:15pm**

**Henderson 117**

**Paper Session #8: *New Approaches in Assessment and Intervention***

**1. *Effectiveness of mobile technologies delivering Ecological Momentary Interventions for stress and anxiety: A systematic review***

Abstract #: A77

Author(s): Brendan Loo Gee, Kathleen M. Griffiths, & Amelia Gulliver

**2. *Emotion Sense: Analyzing subjective well-being with smartphone sensor data***

Abstract #: A42

Author(s): Neal Lathia, Gillian M. Sandstrom, Peter J. Rentfrow, & Cecilia Mascolo

***PAPER WITHDRAWN***

**3. *Personalized feedback based on momentary assessments: Problems and solutions***

Abstract #: A28

Author(s): Eeske van Roekel, Charlotte Vrijen, Vera E. Heininga, Maurits Masselink, Esther Nederhof, & Albertine J. Oldehinkel

**4. *A novel approach to build Ecologic Momentary Interventions***

Abstract #: A64

Author(s): Jürgen Stumpp, Jörg Ottenbacher, Ulrich Großmann, & Stefan Hey

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**12:30pm – 2:00pm**

**Lunch Break (On your own)**

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**2:15pm – 3:30pm**

**Pike Auditorium - BBH 022**



**Keynote Address: Santosh Kumar**

*Towards Sensor-Triggered Just-In-Time Mobile Health Interventions*

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**3:45pm – 5:00pm**

**HHD-East 211**

**Paper Session #9: *New Approaches in Ambulatory Assessment***

**1. *Lab vs. the "Real Life"? Multilevel structural equation modeling as an integrative framework for combining experimental and intensive longitudinal designs***

Abstract #: A3

Author(s): Andreas B. Neubauer & Andreas Voss

**2. *The Daily Experience Sampling Questionnaire (DESQ): A new approach to measuring momentary well-being***

Abstract #: A17

Author(s): Christine Blome

**3. *A Multilevel Approach to Modeling Social Interactions, Positive Affect, and Blood Pressure in Daily Life***

Abstract #: A61

Author(s): Jennifer Mendiola, Matthew J. Zawadzki, & William Gerin

**4. *Bias in retrospective ratings of emotions: The role of momentary emotional clarity***

Abstract #: A40

Author(s): Charlotte Arndt, Tanja Lischetzke, Claudia Crayen, & Michael Eid

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**3:45pm – 5:00pm**

**HHD-East 323**

**Paper Session #10: *Physical Activity***

1. *What counts count. A comparison of counts and movement acceleration intensity data in the assessment of physical activity*

Abstract #: A41

Author(s): Holger Hill, Jörg Ottenbacher, & Ulrich W. Ebner-Priemer

2. *A smartphone application to measure physical activity using sensor-informed context-sensitive Ecological Momentary Assessment*

Abstract #: A24

Author(s): Genevieve Dunton, Eldin Dzubur, & Stephen Intille

3. *Modern statistical approaches for actigraphy data*

Abstract #: A71

Author(s): Vadim Zipunnikov, Jennifer Schrack, Jeff Goldsmith, Jiawei Bai, Luigi Ferrucci, & Ciprian Crainiceanu

4. *A dual process model of older adults' sedentary behavior*

Abstract #: A79

Author(s): Jaclyn P. Maher & David E. Conroy

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**3:45pm – 5:00pm**

**HHD-East 322**

**Paper Session #11: *Ambulatory Assessment in Psychotherapy***

1. *An adjunctive, smartphone-assisted intervention to increase treatment adherence in Bipolar Disorder: Open trial results*

Abstract #: A7

Author(s): Susan J. Wenze, Michael F. Armev, & Ivan W. Miller

2. *The Big Five as predictors of momentary emotions and behavior in Borderline Personality Disorder*

Abstract #: A52

Author(s): Johanna Hepp, Ryan W. Carpenter, Sean P. Lane, & Timothy J. Trull

3. *Ecological Momentary Assessment (EMA) in patient-focused psychotherapy research -- feasibility, reactivity and acceptance in an outpatient setting*

Abstract #: A1

Author(s): Kristin Bergmann-Warnecke & Wolfgang Lutz



**4. *Bio-marker-based Behavioral Medicine, Clinical & Health Psychology: Ecological Ambulatory Patient Assessment, Intervention Efficiency and Efficacy Testing***

Abstract #: A31

Author(s): Roland A. Carlstedt

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**4:30pm – 5:00pm**

**HUB Room 129 ABC**

**Poster Presenter Setup**

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**5:15pm – 7:00pm**

**HUB Room 129 ABC**

**Ambulatory Assessment Poster Session**

*Comparing accelerometry derived moderate-to-vigorous physical activity and sedentary time with survey data of physical activity and leisure time exercise behavior*

Abstract #: A5

Author(s): Charlotte Huppertz, Stieneke Doornweerd, Matthijs D. van der Zee, Hidde P. van der Ploeg, Meike Bartels, & Eco J.C. de Geus

*Comparing transthoracic echocardiography and impedance cardiography; systolic time intervals and stroke volume*

Abstract #: A12

Author(s): Ineke Nederend, Eco de Geus, Derk Jan ten Harkel, & Nico Blom

*Measuring BDNF in saliva: Possibilities and pitfalls for ecological momentary assessment*

Abstract #: A30

Author(s): Charlotte Vrijen, Eeske van Roekel, & Albertine J. Oldehinkel

*The use of ambulatory real-time assessments to measure children's daily life experiences*

Abstract #: A43

Author(s): Saskia Euser, Rani C. Damsteegt, Marian J. Bakermans-Kranenburg, & Marinus H. van IJzendoorn

*Associations between spontaneous physical activity and mood states in older adults: An ambulatory assessment approach in daily life*

Abstract #: A53

Author(s): Jinhyuk Kim, Fumiharu Togo, Hiroko Shimura, Akitomo Yasunaga, Toru Nakamura, Kazuhiro Yoshiuchi, & Yoshiharu Yamamoto

*Interactive ambulatory assessment to investigate effects of cities on mental health*

Abstract #: A35

Author(s): Markus Reichert & Ulrich Ebner-Priemer

*Patient preferences in using an electronic pillbox after transplant*

Abstract #: A66

Author(s): Stephanie Chen, Josh Mervis, Yena Song, Matt Riccio, Rita Jakubowski, Shakira Riley, Eileen Scigliano, William Redd, & Gertaud Stadler

***Long-term monitoring of communication, location, physical activity and mood in patients with bipolar disorders***

Abstract #: A11

Author(s): Esther Muehlbauer, Ulrich Ebner-Priemer, & Emanuel Severus

***The effects of craving and social contexts on intraindividual variability of positive affect among Korean American emerging adult smokers***

Abstract #: A36

Author(s): Jimi Huh, Genevieve Dunton, Chih-Ping Chou, & Donald Hedeker

***Associations between depressive symptoms and experience of pleasure in daily life in early and late adolescence***

Abstract #: A29

Author(s): Eeske van Roekel, Elise Bennik, Jojanneke A. Bastiaansen, Maaïke Verhagen, Johan Ormel, Rutger Engels, & Albertine J. Oldehinkel

***Effects of daily ICT use for work purposes during non-work time on employee recovery and well-being***

Abstract #: A6

Author(s): Lenka Duranova, Antje Schmitt, Johanna Braukmann, & Sandra Ohly

***Can state work engagement be differentiated from state mood? An analysis of within-persons dynamics***

Abstract #: A39

Author(s): Dorota Reis, Charlotte Arndt, Tanja Lischetzke, & Annekatrin Hoppe

***Momentary physical pain and its relationship with negative affect in Borderline Personality Disorder***

Abstract #: A26

Author(s): Ryan W. Carpenter, Sean P. Lane, Phillip K. Wood, & Timothy J. Trull

***Investigating the mechanisms underlying the health-beneficial effect of music listening in daily life***

Abstract #: A76

Author(s): Mario Wenzel, Alexandra Linnemann, Jennifer Grammes, Urs Nater, & Thomas Kubiak

***Device-initiated versus subject-initiated diary entries: Can context explain variations in adherence to ecological momentary assessment?***

Abstract #: A55

Author(s): Shayna L. Henry, Larry D. Jamner, Sarah E. Choi, & Madeleine V. Pahl

***An N-of-1 trial of personalized feedback on daily dynamics of psychopathology***

Abstract #: A38

Author(s): Harriette Riese, Renske Kroeze, Date van der Veen, Michelle Servaas, Jojanneke Bastiaansen, Richard Oude Voshaar, Eric Ruhe, & Robert Schoevers

***Just take a moment and breathe and think: Young women with depression talk about an Ecological Momentary Intervention to reduce their HIV risk***

Abstract #: A75

Author(s): Lydia Shrier & Allegra Spalding

***Experiential Avoidance and Mood State in Bipolar Disorder***

Abstract #: A13

Author(s): Susan J. Wenze, Michael F. Arney, & Ivan W. Miller

***Solving the technical challenges of interactive ambulatory assessment***

Abstract #: A60

Author(s): Jürgen Stumpp, Jörg Ottenbacher, Ulrich Großmann, & Stefan Hey

***The challenges of ecologically valid interventions: Discussing compliance and non-adherence in a pilot study testing the effects of self-selected activities in everyday life***

Abstract #: A63

Author(s): Marcellus M. Merritt & Matthew J. Zawadzki

***Event-focused indicators of mixed emotions and adjustment in emerging adults***

Abstract #: A15

Author(s): Sangsun Kim, Debora J. Bell, & Jack H. Andrews

***Ecological Momentary Analysis for Bipolar Disorder***

Abstract #: A23

Author(s): Aubrey Reider, Summer Schultz, Stefani Schwartz, Caitlin Millett, Sarthak Sawarkar, Venkatesh Krishnamurthy, & Erika Saunders

***Beyond the road to hell: MOOCing against chronic procrastination - Ambulatory Assessment Intervention (AAI) to reduce procrastination in daily life – A pilot study***

Abstract #: A16

Author(s): Eliane Dominok, Matthias F. Limberger, Sarah Holstein, & Ulrich W. Ebner-Priemer

***Ambulatory Assessment Intervention (AAI) to enhance a stress reduction program for university students***

Abstract #: A18

Author(s): Marie-Hélène Seidl & Ulrich W. Ebner-Priemer

***Intensive ecological momentary assessment in individuals with multiple sclerosis: Acceptability, feasibility, and reactivity***

Abstract #: A22

Author(s): Mitchell P. Belanger, Tiffany Braley, Susan L. Murphy, & Anna Kratz

***Association between mood and heart rate variability in daily life***

Abstract #: A54

Author(s): Lars Pieper, John Venz, Jana Hoyer, Catharina Voss, & Katja Beesdo-Baum

***The dynamics and relations of intentions and behavior in everyday life***

Abstract #: A46

Author(s): Jennifer Inauen, Gertraud Stadler, Urte Scholz, Patrick E. Shrout, & Niall Bolger

***Managing basic EMA and EMI methodologies within a single user interface***

Abstract #: A74

Author(s): Frank Matera, Ryan Chesnut, & Jennifer DiNallo

*Your stress is eating you? An experience sampling study on stress-related eating and its moderators using smartphones*

Abstract #: A20

Author(s): Jens Blechert, Markus Stuppner, Thomas Scherndl, Andrea H. Meyer, & Frank Wilhelm

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**7:30pm-10:30pm            Nittany Lion Inn - Boardroom**

**Conference Reception, Refreshments, and Socializing**

**Academic space has been generously provided to host the SAA conference by the College of Health and Human Development at The Pennsylvania State University.**

**<http://www.hhdev.psu.edu/>**

# Saturday, June 27<sup>th</sup> 2015

**7:00am – 9:00am**      **BBH 1<sup>st</sup> Floor Lobby**

## **Conference Registration**

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**7:00am – 9:00am**      **BBH Basement Lobby**

## **Breakfast**

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**9:00am – 10:15am**      **Pike Auditorium - BBH 022**



**Keynote address: David Mohr**  
*Behavioral Intervention Technologies:  
Into the Fabric of our Lives*

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**10:30am – 12:15pm**      **HHD-East 211**

## **Symposium:**

***Assessment of Supportive Relationships with Close Others and Digital Support Systems: Lessons Learned for Well-being and Health***

### **Session Chair: Dominik Schoebi & Gertraud Stadler**

*This symposium brings together six papers that all use ambulatory assessment to study interactions with close others and digital support systems and how these interactions relate to specific or global indicators of well-being and health. Gertraud Stadler and colleagues examined daily social support and its link to accelerometer-assessed physical activity over 6 days, finding links at the within-person and between-person level. Support provision through digital health technology is the focus of the next two presentations. Frederick Muench and colleagues investigated support via text messages over 12 weeks and their potential to reduce problem drinking. Heather Cole-Lewis and colleagues examined an app-based intervention supporting smoking cessation and strategies to increase user engagement. Bonnie Le and Emily Impett studied parent-child transactions. They assessed parents' daily goal pursuit over ten days and examined its role in parent-child interactions, and its impact on parents' responsiveness to the child and the quality of the parent-child relationships. Finally, two studies focused on couple relationships. Ariela Pagani and colleagues studied daily positive interactions in long-term couple relationships in a two-week momentary assessment study. The data emphasize the crucial role of explicitness in the communication of positive events with respect to the impact of the capitalization process for daily well-being. Finally, Tamara Luginbuehl and Dominik Schoebi examined couples' emotional dynamics in a four-week momentary assessment study, and investigated how emotional changeability mapped on responsiveness and reactivity to relational events, and on momentary and global indicators of interpersonal adjustment.*



1. ***Receiving daily support is associated with higher accelerometer-assessed activity***  
Abstract #: A84  
Author(s): Gertraud Stadler, Edy Moulton-Tetlock, & Yaena Song
  2. ***Weekly drinking outcomes predict assessment and intervention engagement in mobile interventions***  
Abstract #: A85  
Author(s): Frederick Muench
  3. ***Analyzing real-world user data for a mobile app to optimize the design of a national ecological momentary intervention supporting smoking cessation***  
Abstract #: A86  
Author(s): Heather Cole-Lewis, Erik Augustson, Yvonne Hunt, Brian Keefe, Amy Sanders, & Mary Schwarz
  4. ***An interpersonal goals perspective on parenting: caregiving goals shape parental well-being, responsiveness, and the quality of parent-child bonds***  
Abstract #: A87  
Author(s): Bonnie M. Le & Emily A. Impett
  5. ***When good things happen: Explicit capitalization attempts of positive events promote intimate partner's daily well-being***  
Abstract #: A88  
Author(s): Ariela F. Pagani, Silvia Donato, Miriam Parise, Raffaella Iafate, Anna Bertoni, & Dominik Schoebi
  6. ***Emotion dynamics and emotional reactivity to interpersonal events***  
Abstract #: A89  
Author(s): Tamara Luginbuehl & Dominik Schoebi
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**10:30am – 12:15pm      HHD-East 323**

**Paper Session #12: *Health Behaviors in Daily Life***

1. ***The Development and Evaluation of Physical Activity Intervention Using Real-Time Feedback via Smartphones***  
Abstract #: A95  
Author(s): Kristin Heron, Joshua Smyth, David Conroy, Christopher Sciamanna, & Liza Rovniak
2. ***Everyday associations between precipitation and physical activity in older adults: On the moderating role of age and intentions***  
Abstract #: A14  
Author(s): Christiane Hoppmann, Jessica Lee, Jochen P. Ziegelmann, Peter Graf, Karim Khan, & Maureen Ashe

3. *Using Dynamic Real-time Ambulatory Methodology to examine the effects of stress and socioemotional wellbeing on weight-related behaviors in first-year college students*

Abstract #: A50

Author(s): Jacinda Li, Moé Kishida, Kamila Dvorakova, Daniela Torrisi, & Jing Xu

4. *Eat your fruits and veggies: Using daily diaries and smartphones to understand the role of fruit and vegetables in everyday well-being*

Abstract #: A37

Author(s): Tamlin S. Conner, Kate L. Brookie, Jayde A.M. Flett, & Laura M. Thompson

**PAPER WITHDRAWN**

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**10:30am – 12:15pm      HHD-East 322**

**Paper Session #13: Ambulatory Assessment of Mood and Health**

1. *Do some forms of pain coping weaken the association between momentary pain and physical activity in people with osteoarthritis?*

Abstract #: A21

Author(s): Anna L. Kratz, David A. Williams, Michael E. Geisser, & Susan L. Murphy

2. *Higher social rank, and not objective resources, is associated with more positive daily social interactions*

Abstract #: A72

Author(s): Jenny M. Cundiff, Thomas W. Kamarck, & Stephen B. Manuck

3. *Valence and arousal in daily life differentially predict ambulatory blood pressure*

Abstract #: A57

Author(s): Matthew J. Zawadzki, Jennifer Mendiola, & William Gerin

4. *Momentary health among patients with chronic disease as a function of anger experiences and anger expression style*

Abstract #: A49

Author(s): Michael A. Russell & Joshua M. Smyth

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**12:30pm – 2:00pm      Pike Auditorium – BBH 022**

**General Assembly & Awards Ceremony**

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**2:00pm – 4:00pm**

**Executive Committee Meeting      (by invitation only)**

## **NOTES**

## NOTES

