Radboud University

Behavioural
Science
Institute

Why daily self-ratings?

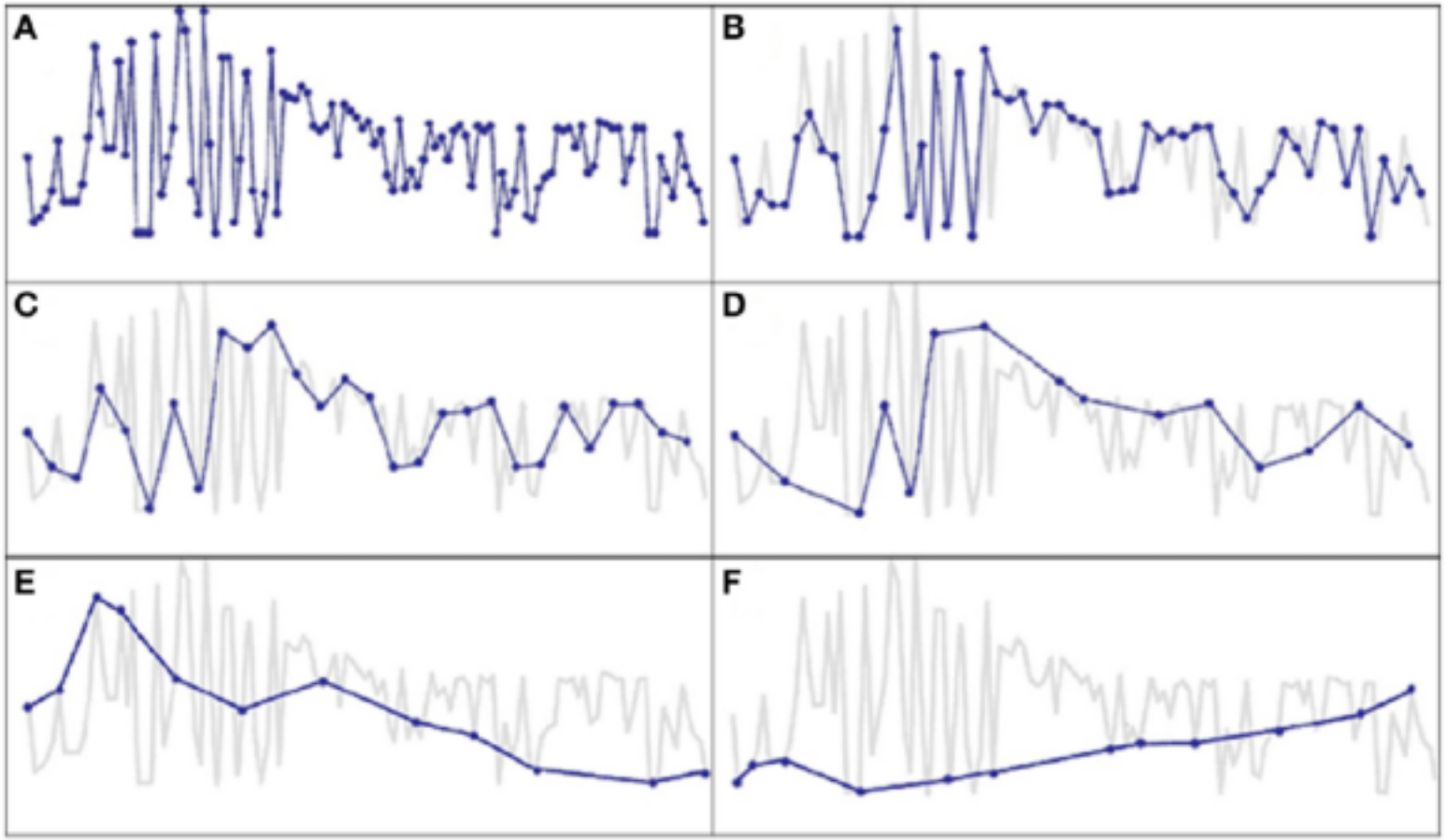

FIGURE 1 | Distortion of the dynamics of a time series by omitting measurement points. Depicted is a self-esteem time series of a single client (with borderline personality disorder diagnosis). **(A)** Shows the original time series with daily responses (opaque in **B–F**). In **(B)** only every second day is omitted as missing day. Fluctuations of the first weeks of the time series vanish, if ratings are only made on every fourth day **(C)** or weekly with some variation **(D)**. A major loss of information and possible source of therapeutic misjudgment occurs with the common practice of occasional weekly and fortnightly measurement intervals **(E,F)**.

Schiepek et al., 2016

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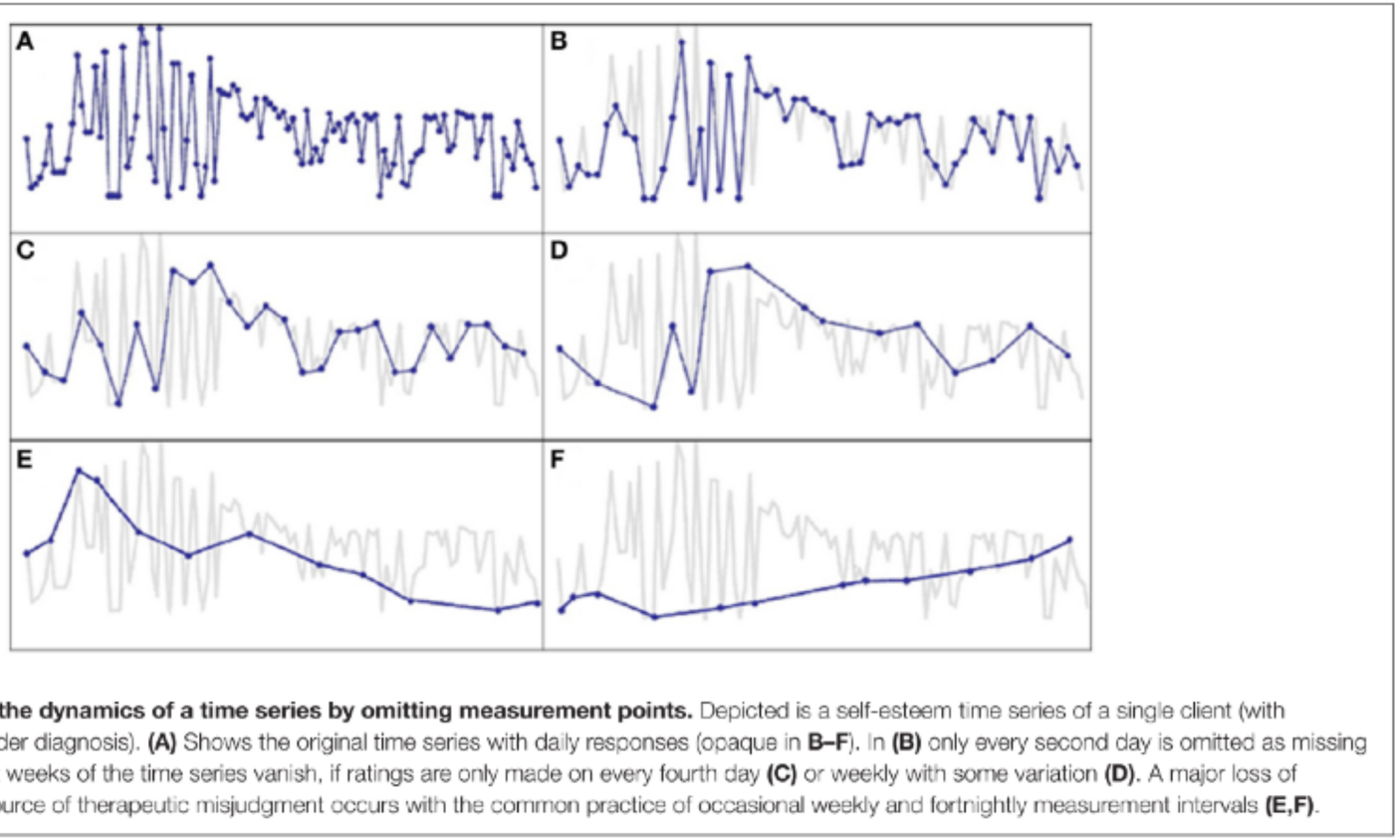

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Dynamic Complexity

Schiepek & Strunk, 2010