



# Ecological Momentary Assessment

- Lots of multivariate time series data are collected and scrutinised  
(Experience Sampling Method, EMA)

- Analysed as if data have the memorylessness property and originate from an ergodic, non-ageing system, with fixed boundaries, without internal state dynamics

- E.g. symptom networks (Gaussian Graphic Model); Time Varying-  
Auto Regressive models, etc.

- Unnecessary data reduction: Averaging, Factor Analysis, only look lag 1, etc.

• **First analyse then aggregate!**



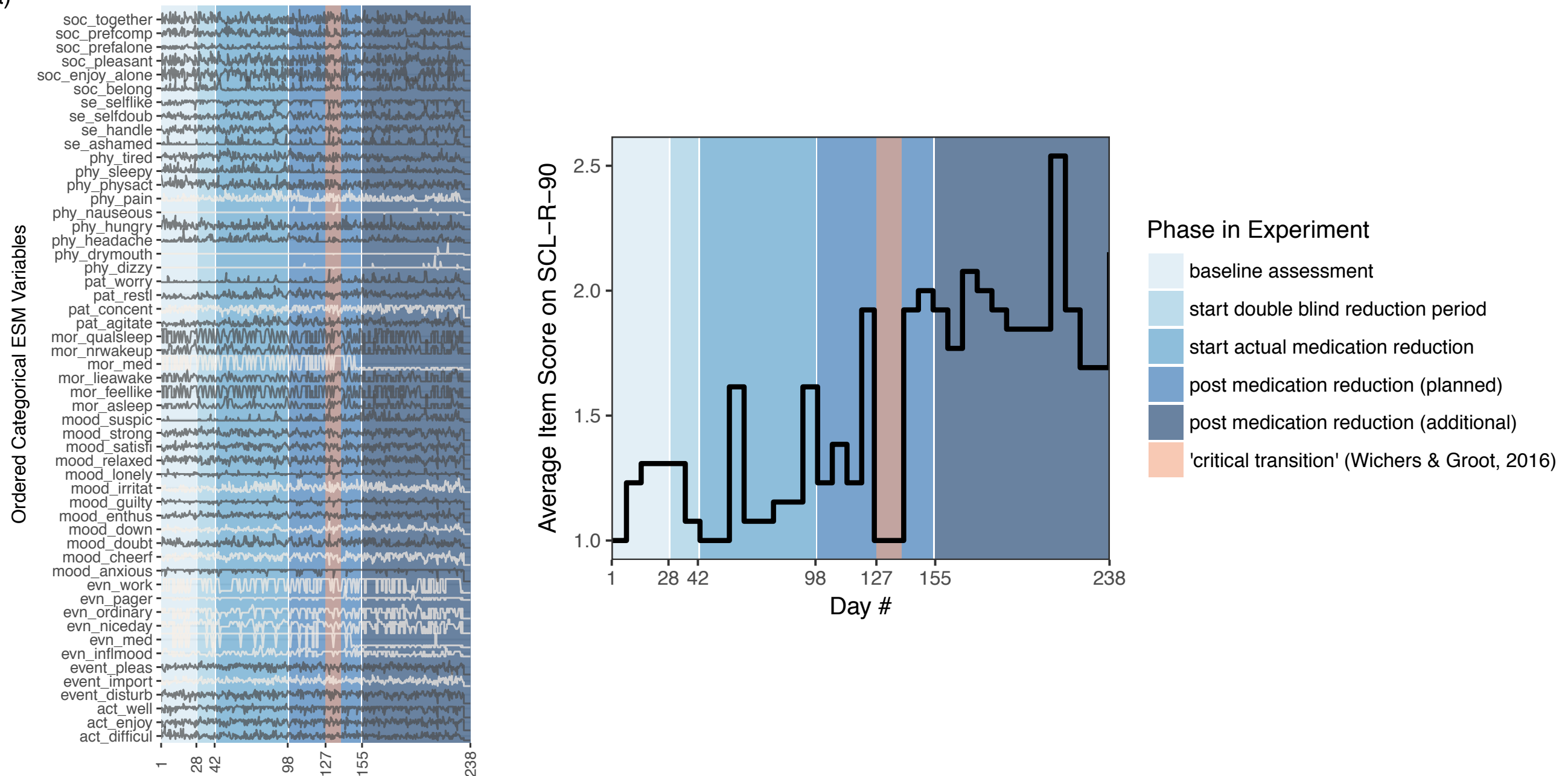


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# “Critical Slowing Down as a Personalized Early Warning Signal for Depression”

(a)



Wichers, M., Groot, P. C., Psychosystems, ESM Grp, & EWS Grp (2016). Critical Slowing Down as a Personalized Early Warning Signal for Depression. *Psychotherapy and psychosomatics*, 85(2), 114-116. DOI: 10.1159/000441458

Kossakowski, J., Groot, P., Haslbeck, J., Borsboom, D., and Wichers, M. (2017). Data from 'critical slowing down as a personalized early warning signal for depression'. *Journal of Open Psychology Data*, 5(1).