**Anticipating post-trauma shifts using EMA**

***Bernard P. Ricca***

Post-trauma recovery dynamics include shifts in mental well-being from one state to more healthy or less healthy states. Some shifts, particularly to less healthy states, may require clinical intervention or are difficult to reverse; avoiding those shifts requires methods to predict such shifts in advance. Hence, recent work has explored ways that psychological shifts might be anticipated through the development of early warning signals (Dablander et al., 2022). To date, however, such work has required more burdensome data collection (e.g., more frequent sampling or greater number of items) than is typically obtainable during post-trauma studies. This paper proposes refinements of previous approaches that can reduce the amount of data needed to implement a successful early warning signal using EMA data. This study will help post-trauma researchers better understand variation in post-trauma dynamics and refine trajectory groups (Galatzer-Levy et al., 2018). Example data from post-trauma studies will be used to demonstrate how this approach increases sensitivity of the warning signal. Additionally, guidance on how to choose EMA measures will be given.