

FRED: Generating Feedback Reports for Ecological Momentary Assessment Data



Aljoscha
Rimpler

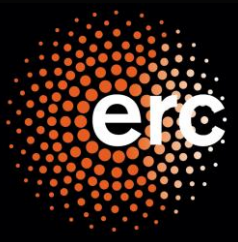
PhD candidate
University of
Groningen

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**Universiteit
Leiden**
The Netherlands

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FRED: Generating Feedback Reports for Ecological Momentary Assessment Data



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<https://osf.io/y8bau/>



Depression

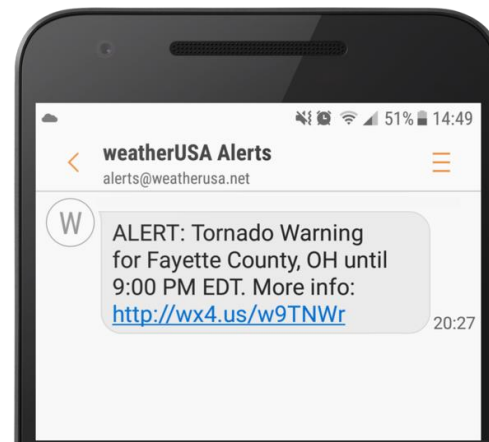
- Common, debilitating, chronic, & costly
- Compromises capacity for independent living
- Treatment success limited



Prevention

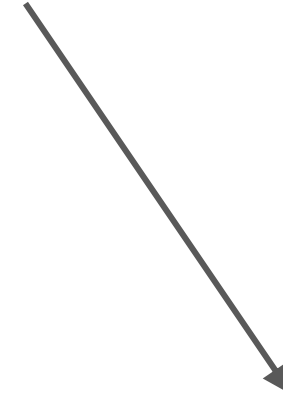
- Prevention as most effective way to change depression's global disease burden
- Some known risk factors for depression, but biggest barrier
 - whom to intervene on, and when
- Forecasting depression risk for immediate future





Evacuate

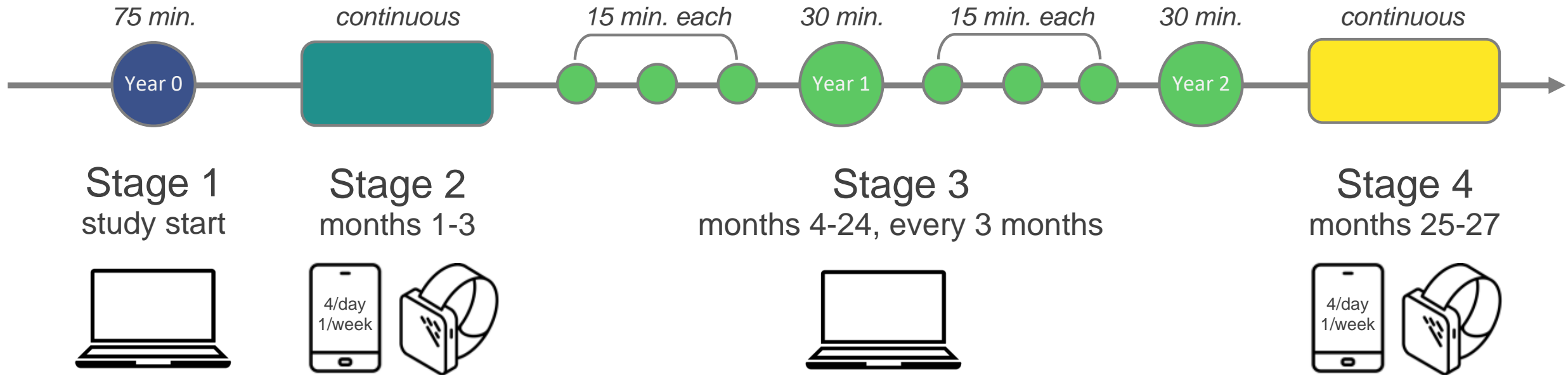




Prevent



WARN-D project

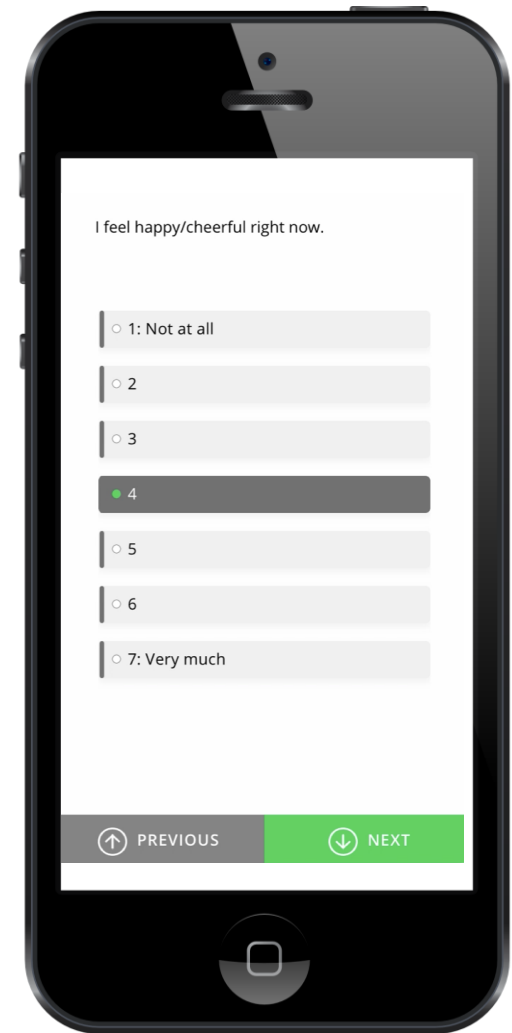


Stage 2 is intensive

3 months EMA

- 4 x day, 20 items
- + morning (3 items)
- + evening (20 items)
- + Sunday (35 items)

Burdensome design



Increase compliance

Strategies to reduce attrition

- Design
- Extrinsic (\$)
- Intrinsic: report personalized data back to participants in meaningful ways

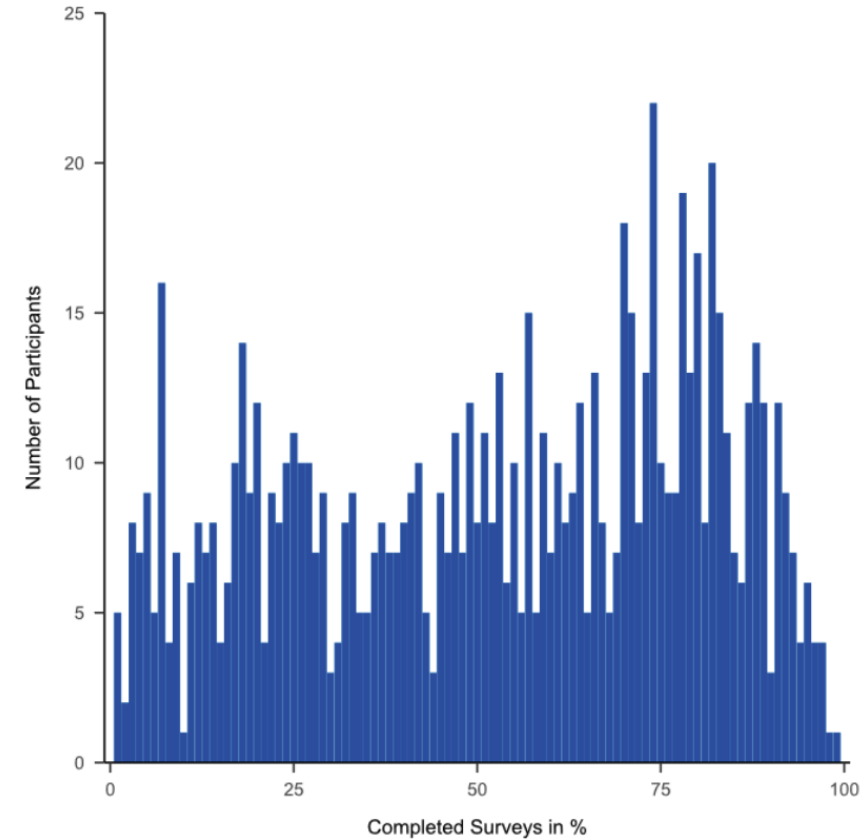


Feedback Reports on EMA Data

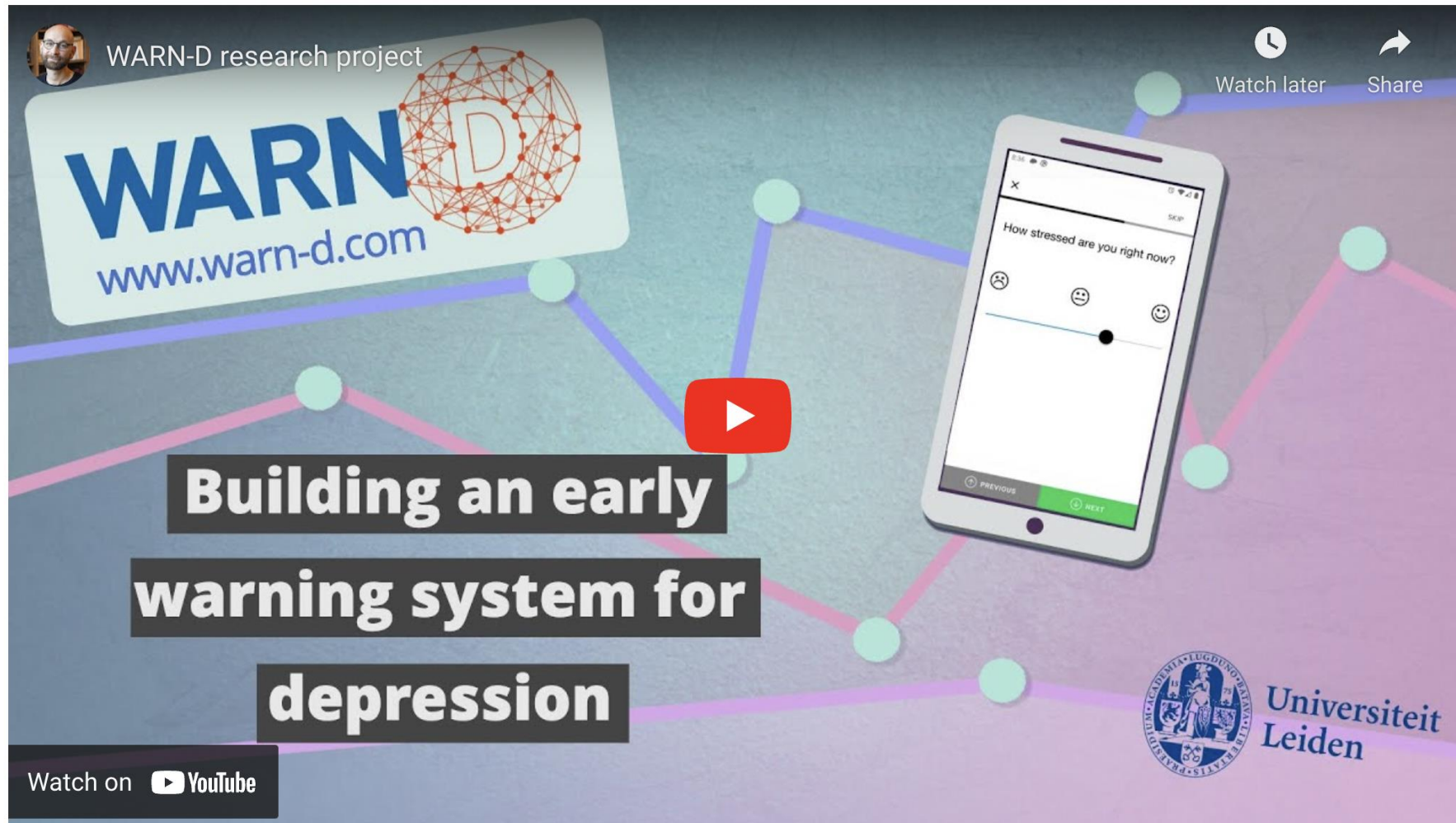
FRED cornerstones:

- html file / interactive shiny app
- select appropriate items
- preprocess data in ways that help interpretability but aren't too complex
- privacy

Let's take a look!



Want to learn more about WARN-D?

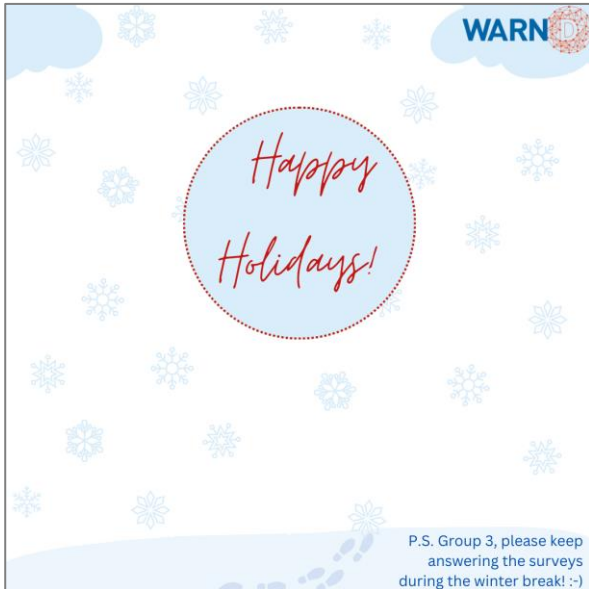




**Meet Björn,
an intern in the
WARN-D project**

Björn is in the second semester of his Psychology Master in Frankfurt, Germany. He joined the WARN-D project as an intern because he is interested in understanding how symptoms of depression develop and change over time. Björn is also passionate about making science more open, transparent, and accessible to everyone.

WARN-D



Happy Holidays!

P.S. Group 3, please keep answering the surveys during the winter break! :-)

WARN-D



**Happy Birthday to
WARN-D!**

1 year ago we started data collection with Group 1.

Now we are looking for participants for Group 3!

If you enjoy participating, you can tell your friends that now it's their chance to join! :-)

WARN-D

Not a participant yet? Info and sign-up: warn-d.com/participate (link in bio)



Ready for Stage 2? Soon you will get to try out a Garmin smartwatch!

Not a participant yet? Send us an email and we will invite you to take part in WARN-D in April 2022.

warn-d.com/participate

WARN-D

How stressed are you?



We'd like to know!

Participate in the WARN-D research project and learn more about yourself!

Info & sign up (link in bio):
www.warn-d.com/participate

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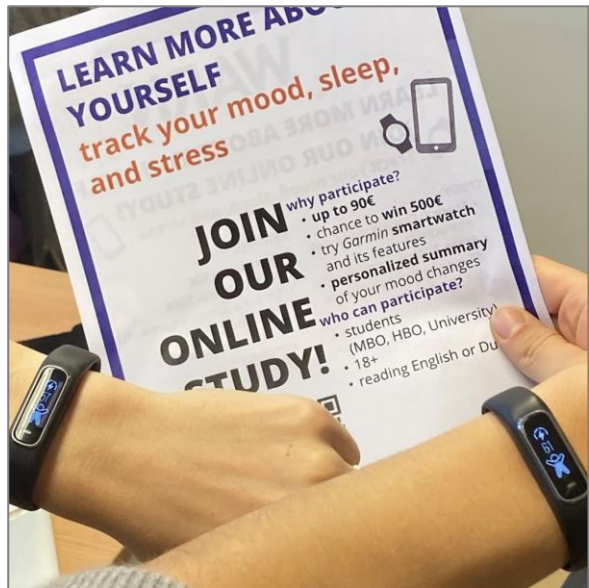


It's already the last week of Stage 2!

We're really excited for Stage 3 of WARN-D and are working hard to prepare everything.

✉ Keep an eye on your email inbox!

Not a participant yet? Info and sign-up: warn-d.com/participate (link in bio)



LEARN MORE ABOUT YOURSELF

track your mood, sleep, and stress

JOIN OUR ONLINE STUDY!

Why participate?

- up to 90€
- chance to win 500€
- try Garmin smartwatch and its features
- personalized summary of your mood changes

Who can participate?

- Students (MBO, HBO, University)
- 18+
- reading English or Dutch



**Meet Luna,
an intern in the
WARN-D project**

Luna is in the second semester of her Child and Adolescent Psychology Master at Leiden University. She has joined WARN-D to gain experience in research as she's interested in similarities but also individual differences in everyday experiences of people with depression. After her studies she will continue training to become a licensed psychologist.

WARN-D

WARN-D in the news

- UKrant (02/2023): [Researcher creates 'weather radar' for depression, asks students to help him](#)
- Folia (02/2023): [Leiden psychologist develops "mood radar app" for depression](#)
- Garmin (01/2023): [Collaboration between Garmin and Leiden University Hopes to Predict Depression for Future Prevention](#)
- Horizon (12/2022): ["Defeating depression through early risk detection and targeted medication"](#) (also in [Spanish](#))
- Radio Weetlust (10/2022): ["Episode 300: BLUE"](#) (in Dutch)
- Humo (08/2022): [Scientists develop a weather radar for depression: 'The plan is to make an app that predicts depression a few weeks in advance'](#) (in Dutch)
- De Morgen (08/2022): [Dutchman develops a weather radar for depression: 'The app can predict mental complaints'](#) (in Dutch)
- De Volkskrant (07/2022): [A storm radar for depression: this scientist tries to predict who will become depressed and when](#) (in Dutch) [read here](#)
- Leidsch Dagblad (04/2022): [Clinical psychologist Eiko Fried is working on a weather radar for depression: 'size fits all'](#) (in Dutch) [read here](#)
- Leiden University news (04/2022): ["Psychology: Help predict depression"](#)
- LINDA (03/2022): [A rain radar for depression? Psychologists develop an app that predicts when you will become depressed](#)
- Leiden University news (03/2022): ["WARN-D: developing an early warning system for depression"](#)
- Mare Online (03/2022): [Psychologists are trying to build a weather forecast for depression](#)
- Leiden University news (03/2022): ["WARN-D: Your personal code yellow – orange or red?"](#)
- Leiden University news (09/2020): ["European grant for Eiko Fried to develop a weather radar for depression"](#)



The screenshot shows the top half of a news article on the website de Volkskrant. The page has a white background with a dark blue header. The header includes the site's logo 'de Volkskrant' on the right and a navigation menu on the left with options like 'Voorpagina', 'Nieuws & Achtergrond', 'Columns & Opinie', 'Uitgelicht', 'Wetenschap' (which is underlined), 'Mensen', 'Beter Leven', 'Cultuur & Media', 'Foto', 'Economie', and 'Sport'. On the far right of the header are social media icons for Facebook, Twitter, LinkedIn, and an email icon. The main headline is in large, bold, black font: 'Een buienradar voor depressies: deze wetenschapper probeert te voorspellen wie wanneer depressief wordt'. Below the headline is a sub-headline in a smaller, regular black font: 'De Leidse onderzoeker Eiko Fried werkt aan een app die kan waarschuwen voor depressies. 'Vergelijk het met het weer. Je kunt pas een voorspelling doen als je veel gegevens combineert.''. At the bottom left of the article snippet, the author's name 'Kaya Bouma' and the publication time '30 juli 2022, 06:00' are displayed.

< de Volkskrant f t in ↻ ✉

Voorpagina Nieuws & Achtergrond Columns & Opinie Uitgelicht Wetenschap Mensen Beter Leven Cultuur & Media Foto Economie Sport

Een buienradar voor depressies: deze wetenschapper probeert te voorspellen wie wanneer depressief wordt

De Leidse onderzoeker Eiko Fried werkt aan een app die kan waarschuwen voor depressies. 'Vergelijk het met het weer. Je kunt pas een voorspelling doen als je veel gegevens combineert.'

Kaya Bouma 30 juli 2022, 06:00

Protocol paper: <https://osf.io/2jd9h/>

WARN-D project hub /

01_WARN-D Protocol Paper

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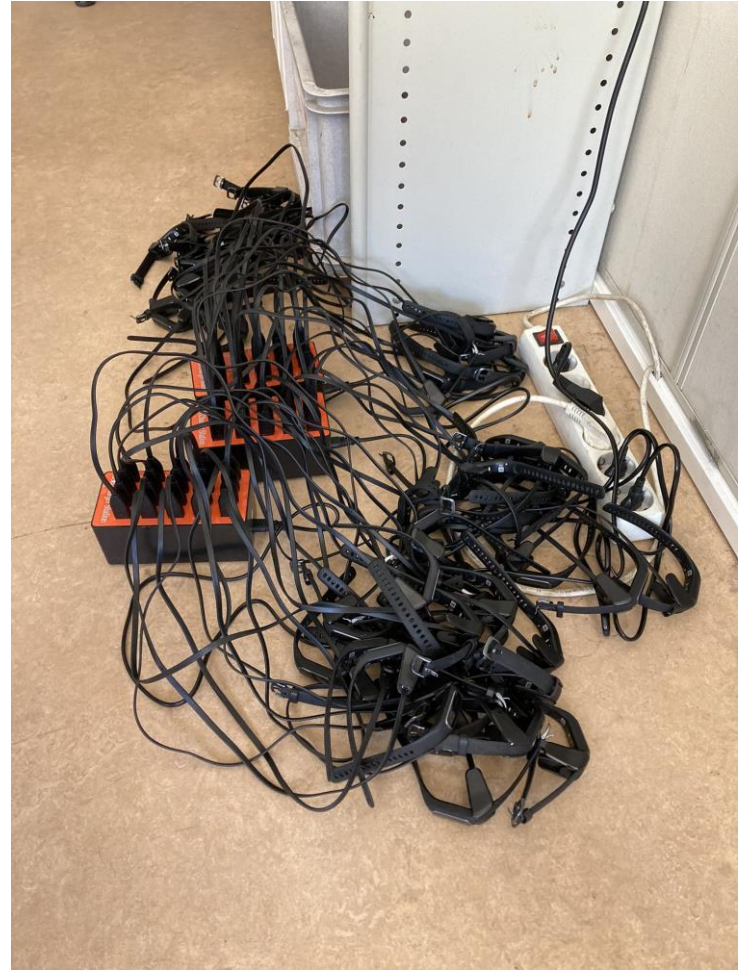
Category:  Methods and Measures

Description:

Protocol paper for WARN-D study (www.WARN-D.com).

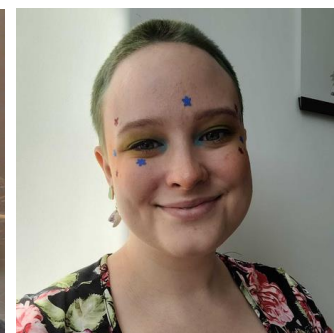
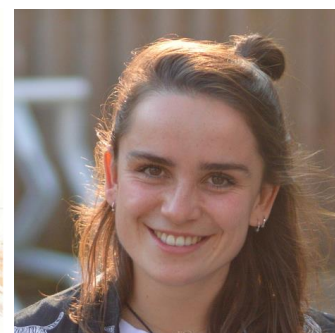
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participants 😊

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Advisors & support





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