

# Ecological Momentary Assessment

Ivan Jacob Agaloos Pesigan

January 21, 2024

## References

- Shiffman, S. (2009). Ecological momentary assessment (EMA) in studies of substance use. *Psychological Assessment*, 21(4), 486–497. <https://doi.org/10.1037/a0017074>
- Shiffman, S., Stone, A. A., & Hufford, M. R. (2008). Ecological momentary assessment. *Annual Review of Clinical Psychology*, 4(1), 1–32. <https://doi.org/10.1146/annurev.clinpsy.3.022806.091415>
- Smith, K. E., & Juarascio, A. (2019). From ecological momentary assessment (EMA) to ecological momentary intervention (EMI): Past and future directions for ambulatory assessment and interventions in eating disorders. *Current Psychiatry Reports*, 21(7). <https://doi.org/10.1007/s11920-019-1046-8>