

Study Overview

Leona Hammelrath

Tessa Meyer

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Study design (PRACT-digital)

Participants taking part in our subproject (PRACT-digital) were asked to decide whether they wanted to partake in (1) a shorter version of the study, consisting of a 14-day EMA measurement burst in combination with passive data collection prior to therapy start, or (2) a longer version of the study, consisting of two additional EMA phases after 20 therapy sessions and upon completion of therapy along with parallel passive data collection.

For data collection, patients were provided with a state-of-the-art smartwatch (Withings ScanWatch), the associated Healthmate app as well as the TIKI app, a customized study app developed by a German tech-startup. The Withings ScanWatch is able to collect data on sleep, physical activity and heart rate and has a comparatively long battery life of around 30 days. The TIKI app serves as an interface to the Withings API (allowing access to the ScanWatch data), collects GPS data and sends out the EMA questionnaires.

The PRACT study is ongoing, with data collection running until June 2026.

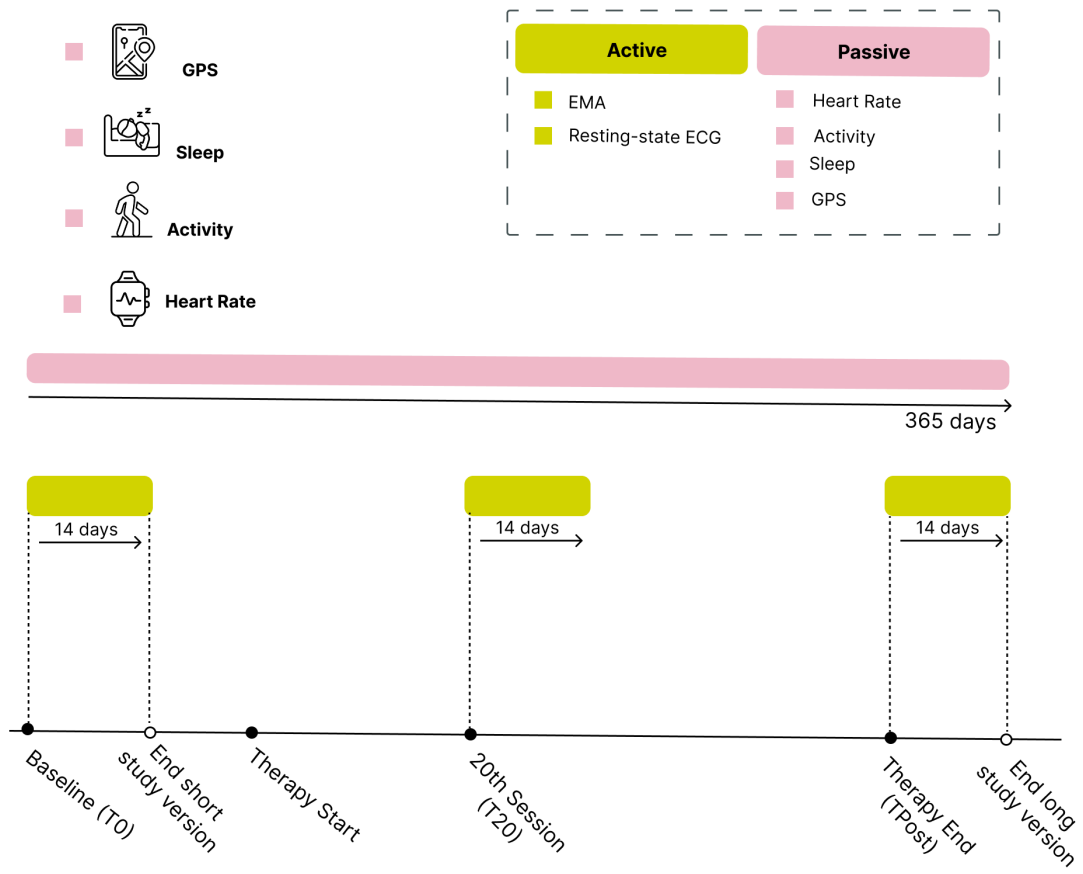


Figure 1: Study procedures for short and long study version