Heerlen Meetup 3 & 4 October 2024

Hackathon submission form	
Title	Dealing with smartphone regulations and participant that are not constantly available

Contact person
 	
(NB contact person is not necessarily same person as the organizer)
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Organizer(s)
 	
(=the one who will prepare and facilitate the session)
	Name : Dr. Michelle Achterberg, Céline Henneveld & Ann Hogenhuis
	
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Abstract (max 200 words)	ESM studies are particularly valuable for examining experiences *ín* the moment. By using an app on a smartphone or smartwatch, you can ask how a participant is feeling *anywhere* and *anytime*. However, due to societal changes, there are more and more regulations regarding the use of smartphones and smartwatches. The most important example is the smartphone ban in secondary and primary schools. Society is looking for a balance between *always being available* and *becoming overstimulated*, which can be considered as a good development in terms of mental well-being. However, this has consequences for the design and sampling schemes of our ESM studies. That is, when people are no longer constantly available, it limits the opportunity to study experiences ín the moment. During this hackathon we will discuss these societal changes and search for tips and tricks to design an ESM sampling scheme in such a way that we can have the highest possible compliance, without having to compromise too much on experiences ín the moment.
Relevance for attendees	Sharing and gaining knowledge.
Other comments	
The number of participants per session will be 25-30 participants. The hackathons will take 60 min on Oct 3ᵗʰ and (max) 120 min on Oct 4ᵗʰ. In addition, a summary of the session will be presented on the 4ᵗʰ (5 min).	

All end products will be shared with the network on Basecamp so they can be used as starting points for follow-up actions/collaborations.