



Belgian-Dutch Network for
ESM Research in Mental Health

ESM NETWORK EXPERT MEETING

This booklet contains information for during the meeting incl. program, session schedule, floorplan etc.



BOOKLET



Tilburg Experience Sampling Center



2026

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*In this booklet you can find all information
concerning the ESM Network Expert Meeting
2026*

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Contact:

tesc@tilburguniversity.edu

Wifi:

At Tilburg University you have access to wifi via eduroam. If your organisation doesn't have eduroam you can use the code provided during the main session and on the narrowcasting presented on the screens in all campus buildings.



PROGRAM

The main program takes place in the Marga Klompé (MK) Building at the Tilburg University campus

Thursday, October 1

12:00	Registration + Lunch	Foyer MK
12:45	Opening	MKZ 1
13:00	Flash Talks	MKZ 1
14:30	Break & Poster session	Foyer MK
16:00	Hackathon, workshop or PiaD <i>Part I</i>	Breakout rooms
18:00	Hotel check-in / Free time	
19:15	Dinner + Social activity (registration only)	Tilbury

Friday, October 2

Foyer MK	Coffee/tea	9:00
Breakout rooms	Hackathon, workshop or PiaD <i>Part II</i>	9:15
MKZ 1	Closing	11:30
Foyer MK	Lunch to go	12:30

You can find the breakout rooms for each Hackathon, Workshop and Paper-in-a-Day session on page 8-10 in this booklet. These sessions will be hosted in the same room on both days.



FLASH TALKS

University of Groningen/UMCG

1. "Development of a digital menstrual cycle diary" - **Michele Schmitter**
2. "Being outdoors and affect in daily life: Investigating directionality and timing using Ecological Momentary Assessments" - **Nina Buschhausen**

KU Leuven

1. "Capturing emotional recovery in daily life using burst ESM designs"- **Yuanyuan Ji**
2. "Does one size fit all? Clinician personas for implementing ESM in routine clinical care" - **Lotte Uyttebroek**

Radboud University Nijmegen/Radboud UMC/REMAC

1. "Changes in Well-Being and Basic Psychological Needs During a Dance Program for Mental Health Care Patients: A Multiple-Baseline Single-Case Experimental Study" - **Renee Roosen**
2. "Characterizing dynamics of fatigue" - **Zeynep Koyuncu**

Maastricht University/Open University

1. "Emotion Regulation in Context: An Experience Sampling Study on Achievement Emotions and Their Regulation" - **Johannes Serfontein**
2. "Instrumental variable analysis for studying causal effects in the presence of unmeasured confounding" - **Jenny van Beek**





FLASH TALKS

Erasmus Rotterdam/Erasmus MC/Rotterdam ESM Group

- “Move more, feel better? For whom physical activity actually improves mood” - **Sinika Stadeler-Timme**
- “A Matter of Timing! Timescale specific parenting effects” - **Anne Bülow**

Tilburg University/TESC

1. “Beyond “Measurement Reactivity”: Toward a More Precise Conceptualization of Participation Effects in EMA” - **Eveline Gieles**
2. “The individual face of fear: dynamic network models of fear of cancer recurrence” - **Vivian Pijnenburg**

Twente University

1. TBA - **Carlijn Serno**
2. “Daily Life Lab Twente: Physiology, cognition and ESM, from Stress in Action to the clinic” - **Matthijs Noordzij**



POSTERS

During the poster presentation a jury will walk around. The three best evaluated posters will be awarded.

1. "Sampling matters: The consequences of sampling schemes and the night gap for estimating AR models" - **Lisa Peters** (KU Leuven)
2. "From Monitoring to Personalized Clinical Decision-Making: A Single-Case Study Using ARIMAX and EWMA in Acceptance and Commitment Therapy" - **Leo Guarnieri** (University of Groningen)
3. "Facing fears by helping peers? Unraveling the Two-Way Street Between Prosocial Behavior and Social Anxiety in Adolescent Daily Life" - **Coen Koevoet** (Erasmus University Rotterdam)
4. "PARADOx: Effects of a Daily Diary Digital Parenting Intervention for Adolescent Mental Well-Being" - **Rick van Logchem** (Erasmus University Rotterdam)
5. "Lingering over time: How do authors define and model (affective) inertia?" - **Annelise Blanchard** (KU Leuven)
6. "How do woman and men differ in temporal variation in affect, sleep, cognition and emotion regulation?" - **Merlijn Besten** (UMC Groningen)
7. "Synchronizing Exercise Therapy and Cognitive Behavioural Therapy in Depression: A Prospective Cohort Study Protocol" - **Renee Roosen** (Radboud UMC)
8. "Chatbot interfaces for measuring students' mental well-being in daily life" - **Janne Bosma** (Open Universiteit)
9. "SelfBoost: A Pilot Study on Augmenting Smartphone-based Self-efficacy Training with Exercise and tDCS" - **Aniek Schrauwen** (Radboud UMC)



POSTERS

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10. "Alternative Real-Time Rewards in Adolescent Intensive Longitudinal Research: The Positive Bites Solution" - **Anastasia Galkina** (Università Cattolica del Sacro Cuore di Milano)
11. "CAPSULE Pilot: Comparing App-Based Passive Sensing Applications and Study Implementation Strategies" - **Alec Zirnheld** (UMC Groningen)
12. "Characteristics and quality of Single-Case Experimental Designs (SCED), utilizing Ecological Momentary Assessment (EMA) in clinical psychiatric setting: A systematic review" - **Emma Smeenge** (GGZ Friesland)
13. "Smartphone-based assessment of cognitive fluctuations in Parkinson's disease" - **Selma Polte** (University of Oldenburg)
14. "The right support at the right time for prolonged grief: Effectiveness of micro-interventions for prolonged grief: a micro-randomized trial (MRT)" - **Veerle van Garling** (Erasmus University Rotterdam)
15. "Ecological Momentary Assessment as a Window into Positive Memory Training: A Randomized Controlled Trial in Subclinical Depression" - **Iliana Liakea** (Radboud University)
16. "Review of Passive Digital Biomarkers for Cognitive Assessment" - **Kamila Ignatowicz** (University of Oldenburg)



POSTERS

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17. "StressMess database: Overview of daily stress measures and study designs"- **Solomiia Myroniuk** (University of Groningen)
18. "Detecting moderation effects with experience sampling data" - **Yuan Fang** (KU Leuven)
19. "Meaning in Daily Life and Depression-Relevant Affective Experiences:An Experience Sampling Study" - **Lucija Žderić** (University of Groningen)
20. "Tracking Health and Readiness in Real Time: A Longitudinal Smartwatch and EMA Study in Military Personnel" - **Dave HaneGraaf** (Hanze University of Applied Sciences)
21. "Shaping identity and navigating diabetes type 1 in daily life in adolescents and emerging adults: a study on illness identity, diabetes distress and parenting (IDD1)" - **Elise Van Laere** (KU Leuven)
22. "Dealing with missingness in statistical process control monitoring of ESM data" - **Fien De Pauw** (KU Leuven)
23. "Affective Responses to Recreational and Medicinal Cannabis Use in Daily Life" - **Hildur Rúnarsdóttir** (Erasmus University Rotterdam)

Jury: Evelien Schat (KU Leuven), Flavia Cherecheș (Tilburg University), Golnaz Atefi (Radboud UMC)



SESSIONS

*For a detailed overview of all sessions you can check
the website: www.esm-network.eu*

Hackathons

1. A Network Analysis of the Belgian-Dutch Expert Network
Host: **Wolfgang Viechtsbauer**
→ Simon Building, S101
2. Defining and Assessing Positive Events in Daily Life
Host: **Patrick Klaiber**
→ Simon Building, S4
3. Co-creating a Participant Experience Evaluation Tool in ESM
Cognition studies
Hosts: **Selma Polte** and **Kamila Ignatowicz**
→ Simon Building, S2
4. Nature and Mental Health in Daily Life: Towards an ESM
Item-Bank for Green Health
Hosts: **Jindra Bakker**, **Cecile Henquet** and **Mayke Janssens**
→ Simon Building, S505
5. Evaluating ESM Item Quality and Usefulness: How do we
Balance the Input From Users and Researchers When
Personalising Assessment
Hosts: **Jennifer Chen** and **Melissa de Smet**
→ Dante Building, D152a



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Workshops

1. So you collected open ended ESM data - what now?
Hosts: **Leonie Schorrlepp**, **Marie Stadel** and **Yong Zhang**
→ Koopmans Building, K7
2. Real-time monitoring of psychological change: Using statistical process control procedures with experience sampling data
Hosts: **Léo Paulos Guarnieri**, **Evelien Schat** and **Marieke Schreuder**
→ Marga Klompé Building, MKZ 332
3. Event-based sampling of social interactions: How to not re-invent the wheel
Hosts: **Marije aan het Rot** and **Minita Franzen**
→ Marga Klompé Building, MKZ 334
4. Detecting recurring states in multivariate ESM data - An idiographic, descriptive analysis of internal state dynamics using recurrence networks
Host: **Fred Hasselman**
→ Marga Klompé Building, MKZ 335



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Paper-in-a-Day Sessions

1. Socioeconomic Inequality in Positive Affect Reactivity

Host: **Vera Heininga**

→ Dante Building, D152b

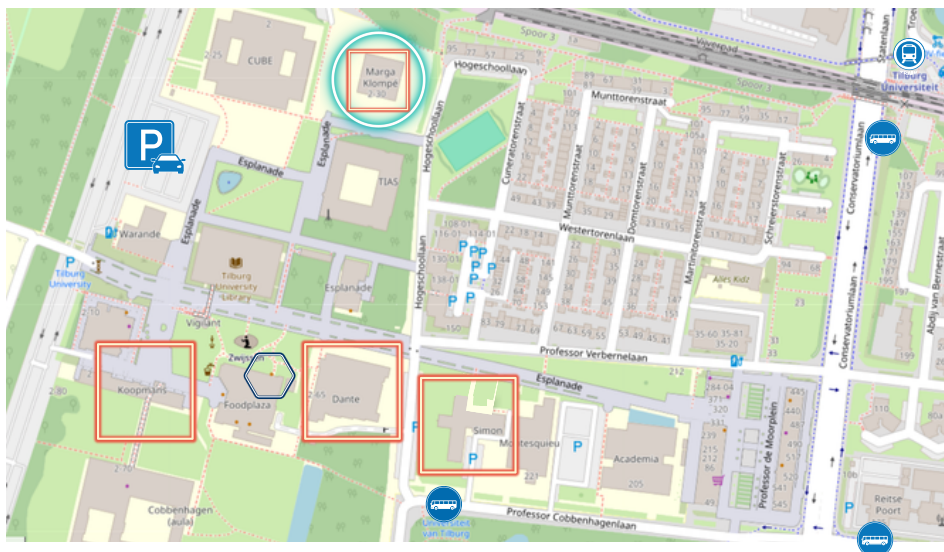
2. Stable Enough to Trust, Sensitive Enough to Change:
Psychometrics of Cognitive Experience Sampling Tasks

Hosts: **Nicola Ballhausen**, **Flavia Cherecheș** and **Laura Huiberts**

→ Simon Building, S1



CAMPUS MAP



- The **main program** takes place in the Marga Klompé Building, marked with a green circle (○) on the map.
- The **breakout rooms** take place in different buildings on campus, marked with red squares (□) on the map.
- **Group dinner** on October 1, takes place in the Foodplaza. The entrance is marked on the map with a blue hexagon (⬡) (registration required).



ROOM NR.S

Explanation room numbers

The letter(s) in the name are abbreviations of the Building names

MK = Marga Klompé

K = Koopmans

D = Dante

S = Simon

Z = zaal (lecture room)

The numbers correspond with the room number, if a number is higher than 99, the first number indicates the floor

S 505 = Simon building, fifth floor, room number 505

MKZ 332 = Marga Klompé Building, lecture room, third floor, room number 332.

After the poster session you will be escorted to the correct building/room.

- **Hackathon 1-4** and **PiaD 2**; follow Patrick Klaiber, Nicola Ballhausen and Flavia Cherecheș to Simon Building.
- **Hackathon 5** and **PiaD 1**; follow Jennifer Chen and Leonie Vogelsmeier to Dante Building.
- **Workshop 1**; follow Leonie Schorrlepp, Marie Stadel and Eeske van Roekel to Koopmans Building.
- **Workshop 2-4**; can stay in the main building and can go to the third floor.



FREE TIME

As from 18:00 the main program of day one is finished. If you want to stay around campus longer, or if you have to wait for the group dinner (registration required) to start, you can find here some suggestions to spend your time.

Hotel check-in

If you have not yet checked-in to your hotel, you can do it now.

Warande forest

Next to the Tilburg University campus is the Warande forest. Here you can have a nice walk.

Esplanade*

Accross the Dante Building you can find the Esplanade restaurant. Here you can have a drink (and a bite).

Het Dorstige Hert*

Around 2 kilometers from the campus you can find het Dorstige Hert. In this restaurant you could have a drink. (Bredaseweg 397)

Workplace

Most of the buildings on Tilburg University campus are open till 19:00. You can take place in the working areas if you feel like working or reading a book for example. If you can't find a spot you can also ask attendees affiliated with Tilburg University to help you.

**If you already know you want to go to one of the restaurants, it might be wise to reserve. Drinks are on your own costs.*