Combining Ecological Momentary Assessment (EMA) Self-Reports with GPS Based Mobility Data to Change Health Behaviors

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LECTURE ABSTRACT

This presentation will cover different approaches of smartphone-based data collection, including self-reports using Ecological Momentary Assessment (EMA) and GPS based mobility data, applied to studying cigarette smoking behavior and smoking cessation intervention. I will present methods and preliminary data from an ongoing NCI funded R01 that utilizes a novel mobile health trial design, called a “micro-randomized trial”, which includes repeated within-subject randomization, to test the efficacy of different types of intervention messages to reduce smoking urges in near real-time.

SPEAKER BIOSKETCH

Dr. Johannes Thrul is an Associate Professor in the Department of Mental Health at Johns Hopkins Bloomberg School of Public Health. His research interests focus on the intersection between technology, substance use, and mental health. He is using technology to improve our understanding of substance use and mental health and to develop mobile health (mHealth) interventions that help people change health risk behaviors.