



SAA 2026  
Vienna

# MONDAY, 03.08 OVERVIEW

FESTSAAL

HÖRSAAL 1-6

BIG HÖRSAAL

ARKADENHOF

09:00

Welcome

09:15

Keynote 1

10:15

Coffee Break

10:45

Presentation Session 1  
*(5 Parallel Tracks)*

12:00

Lunch Break

13:30

Presentation Session 2  
*(5 Parallel Tracks)*

14:45

Poster Session 1 & Coffee Break

15:45

Presentation Session 3  
*(5 Parallel Tracks)*

17:05

Presentation Session 4  
*(5 Parallel Tracks)*

18:30

Welcome Reception  
*(until 20:30)*

# MONDAY, 03.08 10:45-12:00 PRESENTATION SESSION 1 (PARALLEL TRACKS)



## TRACK 1 ROOM TBA

### Symposium:

Phenomenological ambulatory assessment from start to finish

### Chair:

*Gil Grunfeld*

## TRACK 2 ROOM TBA

### Oral Session:

Methodological considerations in affect, stress and performance research

### Chair:

*TBD*

## TRACK 3 ROOM TBA

### Oral Session:

Mood Disorders

### Chair:

*TBD*

## TRACK 4 ROOM TBA

### Symposium:

Real-Time Regulation: Stress, Affect, and Coping in Vulnerable Populations

### Chair:

*Laura Meine*

## TRACK 5 ROOM TBA

### Oral Session:

Physical Activity

### Chair:

*TBD*

10:45

Phenomenologically-driven hypothesis development in ecological momentary assessment.

*Roman Palitsky*

Estimating trait negative emotion differentiation: How many measurement occasions and emotion items are needed?

*Sabrina Ecker*

Predicting Dimensional Symptoms in Bipolar Disorder Using Digital Phenotyping and Multilevel Modeling

*Fabian Huth*

Adolescent Daily Life Stress: Short-Term Affective Dynamics, Modulators, and Prospective Effects on Internalising Symptoms

*Paula Philippi*

Assessing the feasibility of Physical Activity Trackers in Menstruating People

*Lucia Volpi*

10:57

The VOICE: A novel tool for longitudinal qualitative and mixed-method analysis.

*Deanna Kaplan*

Beneath the Floor: Censored VAR Models for Analyzing ESM Data with Floor Effects

*Kenneth Koslowski*

When smartphones detect mood: investigating temporal dynamics in passive sensing data of bipolar patients

*Eva Marie Langner*

Capturing stress in context: Ecological momentary assessment and topic modelling of medical interns' daily stress experiences

*Laura Meine*

Temporal Dynamics of the Association Between Physical Activity and Affective Wellbeing

*Justin Hachenberger*

11:09

The CARE Inventory: accounting for subjective experience of data coders.

*Gil Grunfeld*

Development and validation of a personalized deep learning model for daily affect prediction.

*Ningzhe Zhu*

When Staying Home Signals Risk: Predicting Affective Episodes in Bipolar Patients using Smartphone-derived GPS Data

*Vera Ludwig*

How Do Stress and Social Support Interact Over Time? Links and Mechanisms Across Retrospective and Momentary

Data in a Real-Life Stress Model

*Lynn Büeler*

Energetic Arousal and Tense Arousal as Mediators in the Relationship Between Physical Activity and Affective Well-being in Day Hospital Patients: A Combined Ecological Momentary Assessment and Accelerometry Study.

*Usama El-Awad*

11:21

Centering participant subjectivity in acoustic analysis of daily speech features.

*Selen Bozkurt*

1000 Days of HRV: A Case Study of Daily Post-Wake-Up Heart Rate Variability for Tracking Stressful Life Events

*Amin Sinichi*

Depressive symptoms and affective reactivity to daily events: A coordinated DSEM analysis

*Zarah Rowland*

How Cognitive Behavioural Therapy Influences Everyday Regulation of Negative Affect: A Network Analysis

*Leona Hammelrath*

When work lingers: Within-day associations of time pressure, job autonomy, leisure-time physical activity, and recovery experiences

*Lotte-Eleonora Diering*

11:33

Discussion  
*Matthias Mehl*

The Trade-off Between Reach and Rigor: Feasibility and Signal Quality of Smartphone-Based HRV in a Fully Decentralized Mindfulness Trial

*Alessandro Sparacio*

Linguistic Markers of Depressive Symptoms in Adolescents: An NLP-Based Mixed-Methods Approach

*Nadine Nicole Schmitt*

Discussion *Laura Meine, Paula Philippi, Lynn Büeler, Leona Hammelrath*

Motivation on the Move: How Subject-Level Variability in Psychological Constructs Predict Sedentary Behavior in Older Adults

*Jaclyn Maher*

11:45

Examining daily affect variability and intensity in offspring of parents with a mood disorder

*Julius März*

Partner Dyads to Promote Physical Activity among Women at Risk for Cardiovascular Disease (CVD): Daily Ambulatory Assessment of Partner Communication and Associations with Physical Activity Outcomes

*Danielle Arigo*

**TRACK 1**  
ROOM TBA

**Symposium:**  
(Pro) Social Interactions in Daily Life -  
Predictors and Outcomes  
**Chair:**  
Maria Wirth

**TRACK 2**  
ROOM TBA

**Oral Session:**  
Personality disorders  
**Chair:**  
TBD

**TRACK 3**  
ROOM TBA

**Symposium:**  
Personalization in Experience Sampling  
Methodology: From Assessment Design to  
Individualized Intervention  
**Chair:**  
Marie Stadel

**TRACK 4**  
ROOM TBA

**Symposium:**  
The role of daily mood changes,  
emotion regulation, and health behavior  
on mental health conditions  
**Chair:**  
Nadine Messerli-Bürgy, Simone Munsch

**TRACK 5**  
ROOM TBA

**Symposium:**  
Contextual and Dynamic  
Determinants of Health Behavior in  
Daily Life  
**Chair:**  
Melanie Bamert

13:30

Day-to-Day Associations  
Between Awareness of Age-  
Related Changes and Social  
Interaction Valence -  
**Christina Ristl**

Differential Patterns of Affective  
Dysregulation in Borderline Personality  
Disorder, ADHD, and Bipolar Disorder:  
An Ornstein-Uhlenbeck Jump Process  
Analysis from the DynAMoND Study -  
**Tobias Kockler**

Which ESM items matter?  
Adolescent-based validation  
and personalisation through a  
thinking-aloud task -  
**Jennifer Chen**

Beyond Social Exclusion: Emotional  
and Physiological Responses to  
Social Exclusion and Inclusion in  
Youth with Binge Eating Disorder -  
**Anna Rauen**

The role of stress in the  
formation and implementation  
of dietary intentions in daily life  
**Matthias Aulbach**

13:42

Lonely Together? Valence of  
Relationship Activities and Daily  
Loneliness -  
**Fabio Selovin**

Preliminary Validation of the  
Ecological Momentary  
Assessment-Self-Concept and  
Identity Measure (EMA-SCIM) -  
**Alma Bitran**

Statistical process control for  
personalized monitoring of  
therapeutic change using  
ecological momentary  
assessment: An N=1 case of  
social anxiety disorder -  
**Annelies Schipper**

The Interplay of Daily Rejection  
Sensitivity, Negative Affect, Body  
Dissatisfaction on BED variants in  
Youth: An Ecological Momentary  
Assessment (EMA) study -  
**Cindy Heinzmann**

Stressed out! Not working out?  
Relationship between  
momentary stress and physical  
activity across different time  
lags: An Ecological Momentary  
Assessment study  
- **Melanie Bamert**

13:54

Daily Social Normative  
Expectations and Prosocial  
Behavior -  
**Maria Wirth**

Not all social interactions matter:  
Situational affordances shape  
affective reactivity in individuals  
with personality pathology. -  
**Johanna Hepp**

Characteristics and quality of  
Single Case Experimental  
Designs (SCEDs), utilizing  
Ecological Momentary  
Assessment (EMA) in clinical  
psychiatric setting: A  
systematic review -  
**Emma Smeenge**

Differential Reactivity of Affect and  
Self-Esteem to Daily Events in  
Borderline Personality Disorder:  
Contextual Insights from Large  
Language Models in Ambulatory  
Assessment -  
**David Levi Tekampe**

Drink more, sleep less: Applying  
compositional data analysis to  
investigate day-to-day  
associations between alcohol  
use and 24-hour movement  
behaviors -  
**Jimikaye Beck Courtney**

14:06

Daily Prosocial Activities and  
Daily Well-Being: Does Sexual  
Orientation Matter? -  
**Juhyeong Lee**

Borderline Personality Disorder  
across the Menstrual Cycle -  
**Sibel Nayman**

Short-Term Effects on  
Parenting and Adolescent Well-  
Being of a Personalized Digital  
Parenting Intervention. A  
Randomized Controlled Trial -  
**Rick van Logchem**

Entering an idiographic  
perspective on sleep mood  
dynamics in adolescent  
internalizing symptoms: Findings  
from a 3-wave ambulatory  
assessment study. -  
**Konstantin Drexl**

Heterogeneity of Dyadic  
Associations Between  
Volitional Determinants of the  
Health Action Process  
Approach and Physical Activity  
**Patrick Höhener**

14:18

Discussion - **Maria Wirth,**  
**Juhyeong Lee**

Mentalizing on the Edge: Borderline  
Traits and Their Association With  
Real-Time Self-Reflection - An  
Ecological Momentary Assessment  
Study -  
**Inken Höller**

Discussion - **Marie Stadel**

Understanding poor sleep in  
emerging adulthood: The role of  
pre-sleep cognitive processes in  
daily life -  
**Alexander Ariu**

Adjustment of mobility  
behaviors during a heat wave  
in Berlin -  
**Jan Keller**

14:30

Activity - **Nadine Messerli-Bürgy,**  
**Simone Munsch**

Discussion - **Matthias Aulbach**



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MONDAY, 03.08 14:45-15:45 POSTER SESSION 1 & COFFEE BREAK (1/4)

## BIG HÖRSAAL / ARKADENHOF

14:45  
-  
15:45

**Coffee  
Break**

1. Study Compliance Among Multi-Problem Young Adults: A Personalization Approach to Ambulatory Assessment Research - **Jennie Lukoff**
2. Remote Multimodal Data Collection: Experiences from Real-World Affective Disorder Monitoring - **Omid Abbasi**
3. Validation of The Ecological and Physiological Momentary Assessment of Contextual Factors Impacting Stress Among Police - a Protocol For a Longitudinal Observation Study - **Emily Osowska**
4. Measurement Effects in Ecological Momentary Assessment: The Potential Role of Perseverative Cognition - **Jacob Stork**
5. Does Measurement Reactivity Bias Ecological Momentary Assessment Data? Triangulating Data-driven Measures with Participants' Perspectives. - **Eveline Gieles**
6. Hanging in There: Perceived Burden and Compliance in a High-Frequency EMA Study - **Maxine Nawartschi**
7. The effect of retrospective time frame on item functioning and usability in an experience sampling study in a student population - **Milla Pihlajamäki**
8. Filling in the \_\_\_\_\_: Using auxiliary variables to explore non-compliance in EMA research - **Ricarda Proppert**
9. Adherence and Compliance in Combined Passive and Active Digital Phenotyping among Youth: A Systematic Review and Meta-Analysis - **Nadine Nicole Schmitt**
10. Putting EEG into Context: Interpreting Brain Activity in Natural Sound Environments - **Martin Bleichner**
11. Design and Development of nEEGlace, an Open-Hardware Platform for Ambulatory EEG - **Abin Jacob**
12. Daily Mood and Audiovisual Behaviour: Pilot of Privacy-Preserving Multimodal Ambulatory Assessment with Facial Blendshapes and Voice Expression Features - **David Levi Tekampe**
13. BI-Vital: A wearable open-source sensor module for real-time data acquisition in real-world scenarios - **Marc Hesse**
14. Beyond the Lab: Capturing User Experience in the Wild with Psychophysiological Ambulatory Assessment - **Magdalena Wekenborg**
15. Convergence of Fitbit and Research-Grade Electrodermal Activity in Predicting Momentary Self-Reported Stress in Daily Life - **Flavia Ercoli**
16. CAPSULE Pilot: Comparing App-Based Passive Sensing to Understand Daily Life Stress Environments - **Alec Zirnheld**
17. Piloting Egocentric AV Glasses and Analytic AI for Private Analysis of Social Experiences - **Timothy Brick**
18. Systematic review of stress assessment in adolescents' daily lives - **Paula Philippi**
19. Development of a quality assessment tool for validation studies of 24-hour physical behavior via wearables: a Delphi study - **Irina Timm**
20. Measurement-Burst Studies in Aging Research: A Scoping Review - **Minxia Luo**
21. Virtual Reality Tasks for Physiological Reactivity and Future Wearables Validation: Findings from a Systematic Scoping Review - **Magdalena Sikora**
22. Characteristics and quality of Single Case Experimental Designs (SCEDs), utilizing Ecological Momentary Assessment (EMA) in clinical psychiatric setting: A systematic review - **Emma Smeenge**
23. Comparing event-based measurement bursts and intensity profile drawings to capture emotional events in daily life - **Peer-Ole Jacobsen**



SAA 2026  
Vienna

MONDAY, 03.08 14:45-15:45 POSTER SESSION 1 & COFFEE BREAK (2/4)

## BIG HÖRSAAL / ARKADENHOF

14:45  
-  
15:45

**Coffee  
Break**

24. New Tools for Ambulatory Assessment in Stress Research: The Demands and Resources Single Items, the Di-Eu-Stress State Scale and the Salzburg Mobile Stress Induction - **Thomas Vikoler**
25. Event- or signal-based experience sampling - Which characteristics of social interactions are captured by which method? - **Miriam Francesca Jähne**
26. Which ESM items matter? Adolescent-based validation and personalisation through a thinking-aloud task - **Jennifer Chen**
27. Comparing Affect Scales in Ecological Momentary Assessment: A Within-Person Evaluation of Semantic Differential Likert and Unipolar Visual Analogue Scales - **Alfiannisa Wikenza**
28. Designing and delivering ecological momentary assessment for adolescent social media research: Event-contingent app development and feasibility lessons from UK studies - **Margarita Panayiotou**
29. Feasibility of WhatsApp Data Donation in the Context of Couple Relationships - **Nensy Le**
30. Conditions for Stuttering Disclosure Opportunities and Their Associations with Quality of Experience in Everyday Conversations: A Mixed-Methods Daily Diary Study - **Theresa Martina Illmer**
31. From systematic development to clinical application: an ecological momentary assessment for personalized oncology care (ExpOnko study) - **Sarah Stubenrauch**
32. Development and pilot study of an Ecological Momentary Assessment (EMA) to assess psychosocial health in parents after high-risk birth (EMA-RISK) - **Max Peter Balint**
33. EMA4Stroke: Examining the Feasibility of Studying Cognitive Performance Dynamics After Stroke Using Ecological Momentary Assessment - **Paul Leonard Grupe**
34. The role of friendships in positive youth development: daily life study - **Lucija Šutić Barbarić**
35. The paradox of parental support: When and for whom does support backfire in adolescence? - **Savannah Boele**
36. Feasibility and Psychometric Validation of a New Set of Ecological Momentary Assessment (EMA) Items to Identify Mechanisms of Depression Risk in Adolescents and Young Adults - **Larisa-maria Dina**
37. Barriers to Disclosure in Daily Conversations Among Youth and Trusted Adults - **Lisa van Jeveren**
38. Parent-adolescent affect inertia and synchrony as risk factor for depression - **Anne Bülow**
39. Predictors of Parental Symptom Monitoring Regarding Pediatric Respiratory Infections: An Ecological Momentary Assessment Pilot Study - **Anila Allmeta**
40. The Daily Dynamics of Sexual Compliance in Romantic Relationships - **Claudia Louise Dörrler**
41. When Appearance Exposure Peaks: Daily Links With Self-Criticism and Body Satisfaction in Young Women - **Michaela Buehler**



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MONDAY, 03.08 14:45-15:45 POSTER SESSION 1 & COFFEE BREAK (3/4)

## BIG HÖRSAAL / ARKADENHOF

14:45  
-  
15:45

**Coffee  
Break**

42. Ambulatory Methods for Investigating Climate Adaptation in Older Adults - Victoria Michalowski
43. Same moves, different measures? Comparing subjective and objective physical activity in novice and experienced activity tracker users - Sophie Löffler
44. Can Leaderboards Increase Physical Activity in Daily Life? A Three-Study Series with Ambulatory Assessment and Micro-Randomization - **Danielle Arigo**
45. The Role of Energetic and Tense Arousal in the Association Between Physical Activity and Affective Well-Being: Evidence from Ecological Momentary Assessment and Accelerometry - **Laura Sophia Schoneberg**
46. Predicting within-person correlation strength between daily self-reported physical activity using EMA and daily wearable recorded physical activity - **Jikke Hesén**
47. Well-being associations with daily activities on Instagram - **Andrea Howard**
48. Study Protocol: Affective Functions of Computer Gaming (Work-in-Progress) - **Greta Zumbansen**
49. Digital Stress Management in Everyday Life: Effects Over Time and the Role of Adherence - **Markus Foramitti**  
Personality
50. Adherence in Ecological Momentary Assessment Studies as a Function of Student Characteristics in an Undergraduate Extra Credit Participant Pool - **Susan Wenzel**
51. Who is the more emotional gender? Testing emotionality in social interactions - a replication in principle - **Lukas Otto**
52. Using Ecological Momentary Assessment to track mood, social interaction and sleep quality, withdrawal side effects and wellbeing during antidepressant discontinuation and maintenance. - **Seline Uran**
53. Wearable data from Bipolar Disorder patients collected in real-world settings: a systematic review - **Clàudia Valenzuela-pascual**
54. The course of depressive symptoms: A scoping review of ambulatory assessment studies across different designs, settings, and populations - **Matthias Klee**
55. Quantifying Connectivity Dynamics: The Prevalence and Clinical Specificity of Network Connectivity Fluctuations - **Carlotta Rieble**
56. Fledging Network Analysis: is it ready to fly? - **Josefine Schmitt**
57. Individual Differences in Mental Health Dynamics: Insights from Clustering EMA Networks - **Guðrún Guðmundsdóttir**
58. Tracking Youth Dynamics of Emerging Psychopathology (TYDES) - A Longitudinal Study of Transdiagnostic Processes Using Passive Smartphone Sensing - **Christian Ramelow**
59. From diagnoses to dynamics: capturing youth psychopathology in daily life with a novel transdiagnostic ecological momentary assessment tool - **Anna-Lena Jesussek**
60. ADHD Remote Technology and ADHD Transition: Predicting and Preventing Negative Outcomes (ART-transition) - An Adolescent Prospective Cohort Study Protocol - **Aislinn Bowler**



**BIG HÖRSAAL / ARKADENHOF**

14:45  
-  
15:45

**Coffee  
Break**

61. Assessing Anhedonia and Affect in Daily Life: An EMA Study in Children and Adolescents - **Julie Kührt**
62. Loneliness, Embitterment, and Social Withdrawal in Daily Life: An Ambulatory Assessment Study in Individuals with Borderline Personality Disorder - **Carola Claus**
63. Linking Neural Self-Other Distinction to Everyday Social Experience in Borderline Personality Disorder: A Planned fMRI-EMA Study - **Ekaterina Pronizius**
64. Responding to Daily-Life Loneliness: Adolescents' Social Interaction Duration and Partners - **Tak Tsun (Edmund) Lo**
65. Uncovering the nature, direction and timing of the mobility-wellbeing association using GPS data - **Dave Leitritz**
66. Move more, wander less? The association between physical activity and mind wandering in individuals with and without ADHD - **Marcel Schmitt**
67. Triangulating Inattentive Responding: Using Response Processes as a Qualitative Lens on Quantitative Detection Methods - **Malin Müller**
68. Analyzing longitudinal non-negative continuous skewed data in medical research - **Iris Reinhard**
69. Rapid and Scalable Computational Phenotyping of Cognitive EMA Using Simulation-Based Inference - **Paveen Phon-Amnuaisuk**
70. Emotions as Complex Systems: A Systematic Analysis of Large-Scale Emotion Time Series - **Sebastian Küppers**
71. Large-Scale Continuous-Time Dynamic Systems Modelling for Intensive Longitudinal Data - **Vsevolod Semenov**
72. Asymmetric Inertia in Momentary Affect and Its Links to Sleep Quality: Evidence From Dynamic Structural Equation Model and Cross-Lagged Panel Model - **Ningzhe Zhu**

**TRACK 1**  
ROOM TBA

**Symposium:**  
Unpacking Emotion Regulation: Daily Mechanisms and Contextual Influences

**Chair:**  
*Renee Thompson*

**TRACK 2**  
ROOM TBA

**Oral Session:**  
Mental health dynamics

**Chair:**  
*TBD*

**TRACK 3**  
ROOM TBA

**Oral Session:**  
Methodological considerations in experience sampling research

**Chair:**  
*TBD*

**TRACK 4**  
ROOM TBA

**Symposium:**  
Precision Modeling of the Menstrual Cycle in Ambulatory Data: Phase-Aligned Cycle Time Scaling (PACTS) and Extensions for Mental Health Research

**Chair:**  
*Tory Eisenlohr-Moul*

**TRACK 5**  
ROOM TBA

**Symposium:**  
From Place to Experience: Applications, Methodological Challenges, and Reporting Standards in Geographically Explicit Ecological Momentary Assessment (GEMA)

**Chair:**  
*Martina Kerstin Kanning*

15:45

Momentary emotion differentiation in major depressive disorder: Context-dependent variations  
**Renee Thompson**

The investigation of affect dynamics' predictive validity in mental health within and between individuals  
**Levente Rónai**

More Data, More Problems? Reducing Privacy, Security, and Regulatory Risks in EMA and Mobile Sensing Studies.  
**Merijn Mestdagh**

Phase-Aligned Cycle Time Scaling: A Methodological Overview and Application to Adolescent Suicidality  
**Ashley Ross**

Does exposure to social and built environments relate to momentary well-being in Montreal?  
A GEMA study  
**Yan Kestens**

15:57

Feeling better together? A dyadic daily diary study of interpersonal emotion regulation and well-being in romantic relationships  
**Daphne Liu**

Trapped in Thought: Investigating Reciprocal Links Between Negative Interpretation Inflexibility, Rumination, and Dampening of Positive Emotions in Daily Life  
**Lisa Vos**

Adaptive experience sampling designs: A unifying framework and research agenda  
**Lisa Peeters**

Multidimensional Sensitivity to the Menstrual Cycle in Patients with Affective and Behavioral Dysregulation  
**Jessica Peters**

How Context Shapes the Affective Benefits of Walking: Using Walking Triggered E-diaries to investigate Social Interaction and Urban Greenness  
**Martina Kerstin Kanning**

16:09

Examining the dynamic Interplay among emotion intensity, emotional awareness, and emotion regulation in daily life  
**Charlotte Ottenstein**

Examining Dynamics and Patterns of Fear of Negative Evaluation in Daily Life.  
**Maaïke Steenhuis**

The effect of incentive type on data quality and quantity in an experience sampling study in a student population  
**Milla Pihlajamäki**

Using Phase-Aligned Cycle Time Scaling to Understand Diverse Menstrual Cycle Changes in Substance Use  
**Anna Patterson**

Integrating spatial and behavioral data to predictive models of affective episodes in bipolar disorder  
**Markus Reichert**

16:21

In-vivo, moment-level autonomic regulatory resources can be synched to future emotion regulatory actions: Unpacking a novel pathway to precision-intervention  
**Karin Coifman**

Temporal Dynamics of Inhibitory Control in Anorexia Nervosa  
**Maria Seidel**

An Empiricist's Guide to the Multiverse  
**Ricarda Proppert**

Comparing Phase-Aligned Menstrual Cycle Trajectories in Adult Suicidality, Affect, and Pain: Do Cyclical Trajectories Overlap?  
**Tory Eisenlohr-Moul**

Associations between momentary depressive symptoms and social interactions in micro urban spaces along daily mobility path.  
**Giovanna Fancello**

16:33

Discussion  
**Lauren Bylsma**

Short-term relief or adaptive shift? Within-person links between exercise and momentary emotion regulation in anorexia nervosa: An EMA pilot study  
**Johann Paul Summ**

Beyond Pre-Post Comparisons: A Comprehensive Effect Size Framework for Intensive Longitudinal Interventions  
**Xiaohui Luo**

Activity  
**Tory Eisenlohr-Moul**

Urban nature, physical activity, and human mental health: Insights from daily life studies  
**Markus Reichert**

16:45

Toward More Stable Person-Specific Prediction in Clinical Intensive Longitudinal Data  
**Gal Lazarus**

Discussion  
**Yan Kestens, Martina Kerstin Kanning**

# MONDAY, 03.08 17:05-18:20 PRESENTATION SESSION 4 (PARALLEL TRACKS)



## TRACK 1 ROOM TBA

### Symposium:

Real-time assessment of real-world substance use: Capturing complex processes in complex samples

**Chair:**  
*Andrea Wycoff*

## TRACK 2 ROOM TBA

### Oral Session:

Measuring affect and cognition

**Chair:**  
*TBD*

## TRACK 3 ROOM TBA

### Oral Session:

Emotions and mental health in context

**Chair:**  
*TBD*

## TRACK 4 ROOM TBA

### Symposium:

Ambulatory Assessments in Aging and Neurodegenerative Disease: From Early Detection of Cognitive Decline to Care Support

**Chair:**  
*Sarah Polk, Sofia Marcolini*

## TRACK 5 ROOM TBA

### Symposium:

The Psychology of Heat under Climate Change: Ambulatory Assessment of Adaptation in Daily Life

**Chair:**  
*Christian Rominger*

17:05

Ecological momentary assessment studies exploring substance use in clinical samples of youth: A systematic review

*Jillian Halladay*

Beyond Measurement Noise: Intraindividual Variability in Ambulatory Cognitive Assessment in Parkinson's Disease

*Selma Polte*

The role of perceived situational characteristics in daily stress variability

*Maja Ribar*

Monitoring a Multimodal Intervention Using Experience Sampling Data in Older Adults

*Sofia Marcolini*

Perceived thermal comfort in daily life: Comparing wearable environmental sensing and outdoor temperature using ambulatory assessment

*Lenka Knapová*

17:17

Friends over flower: The relative impact of social context and cannabis use on affective reinforcement in daily life

*Jack Waddell*

Between Persons, Across Days, and Within Day: Multilevel Variance Decomposition of Affective and Cognitive EMA Items -

*Marcos Ross-Adelman*

Measuring moments of social disconnection: Multilevel internal consistency and long-term reliability of loneliness in people with and without psychosis

*Daniel Fulford*

Diurnal Patterns and Within-Person Fluctuations in Cognition: Evidence from EMA Approaches

*Jason Hassenstab*

Heat at Work: Thermal Discomfort and Its Links to Productivity, Concentration, and Stress

- *Martha Schneider*

17:29

Using cannabis to drink less alcohol: An ecological study of cannabis use substitution motives

*Andrea Wycoff*

Assessing Affective Recovery in Continuous Affect Ratings in Daily Life -

*Peer-Ole Jacobsen*

Momentary Misalignment Between Social Preference and Social Contact Predicts Loneliness in Serious Mental Illness: An Ecological Momentary Assessment Study

*Joseph Maimone*

Predicting Future Cognitive Decline With Smartphone-Based Episodic Memory Tasks

*Sarah Polk*

Effects of Indoor Heat on Creativity in University Buildings

*Christian Rominger*

17:41

Capturing risky substance use in daily life: Co-use of alcohol and opioids in young adults

*Ryan Carpenter*

Comparing four methods of assessing affect reactivity to daily stressors

*Hio Wa Mak*

From stress to support: How mood and biosignals shape social interaction networks over time

*Heike Krüger*

Measuring Neuropsychiatric Symptoms in the Daily Lives of People With Dementia: A Combined Wearable and ESM Approach

*Jackie Poos*

Sampling Heat Experiences: From Everyday Appraisals and Behaviour to Psychological Reactivity and Recovery Under Heat Stress

*Elisabeth Glunz*

17:53

Discussion *Andrea Wycoff*

A Circumplex-Informed Analysis of Affective Quadrants: Mean Levels and Variance Structure in Daily Life

*Veronica Kraft*

Beyond Self-Reports: A Dyadic Experience Sampling and Mobile Sensing Study of Co-Present Smartphone Use

*Anne Milek*

Assessment of Nighttime Agitation in People with Dementia Using Passive Sensing and Daily Diary: A dyadic N-of-1 observational design study

*Ajda Flisar*

Activity *Christian Rominger, Katja Ceplak, Martha Schneider*

18:05

Not-so-happy hour: How alcohol availability in occupational settings impacts individuals with and without alcohol-related impairment

*Mairéad Willis*

Activity *Sofia Marcolini, Jason Hassenstab, Sarah Polk, Jackie Poos, Ajda Flisar*



SAA 2026  
Vienna

# TUESDAY, 04.08 OVERVIEW

FESTSAAL

HÖRSAAL 1-6

BIG HÖRSAAL

ARKADENHOF

09:00

Keynote 2

10:00

Coffee Break

10:30

Presentation Session 5  
*(5 Parallel Tracks)*

11:45

Lunch Break

12:45

**SAA AGM - Hörsaal 1**

13:30

Presentation Session 6  
*(5 Parallel Tracks)*

14:45

Poster Session 2 & Coffee Break

15:45

Presentation Session 7  
*(5 Parallel Tracks)*

17:05

Presentation Session 8  
*(5 Parallel Tracks)*

19:30

**Conference Dinner - Heuriger 10er Marie** (Ottakringer Str. 222/224, 1160 Wien)

**TRACK 1**  
ROOM TBA

**Oral Session:**  
Informing interventions

**Chair:**  
TBD

**TRACK 2**  
ROOM TBA

**Oral Session:**  
Measurement issues and innovations in ambulatory mental health research

**Chair:**  
TBD

**TRACK 3**  
ROOM TBA

**Symposium:**  
Validating and Optimizing Mechanism-Targeted EMLs: Toward Personalized Intervention Delivery

**Chair:**  
Thomas Vaessen, Jannis Kraiss

**TRACK 4**  
ROOM TBA

**Symposium:**  
Variability in Daily Functioning Over the Lifespan

**Chair:**  
Beyza Sönmez-Orhan

**TRACK 5**  
ROOM TBA

**Symposium:**  
Physical activity and mental health—learnings and methodological frontiers from recent Ambulatory Assessment studies

**Chair:**  
Géralyn Ruissen

10:30

Beyond Static Risk: Ambulatory Assessment of Suicidal Ambivalence in a High-Risk Clinical Sample  
**Mareike Ernst**

Applications and Adherence to Self-Administered Ecological Momentary Cognitive Assessments: A Systematic Review and Meta-Analysis  
**Gong-Kai Xin**

Examining distinct mechanisms of ecological momentary interventions: a micro-randomized trial  
**Jannis Kraiss**

Sleeping Well, Being Active, Feeling Good? An Investigation of Daily Dynamics in Childhood  
**Katharina A Ochs**

A continuous-time transdiagnostic analysis of internalizing symptoms shaping affect-physical activity dynamics  
**Géralyn Ruissen**

10:42

Treatment-related improvement in real-world affective dynamics in childhood abuse-related PTSD: A randomized comparison of Dialectical Behavior Therapy for PTSD and Cognitive Processing Therapy  
**Sara Schmitz**

What to be Grateful for: Small Acts vs. Time-Intensive Support Predicting Daily Relationship Satisfaction  
**Maximiliane Uhlich**

Machine Learning personalization of ecological momentary interventions: proximal effects on youth mental health  
**Anna Kessler**

Associations of Sleep with Emotion Regulation Use and Effectiveness in Older Adults' Daily Lives  
**Anna Lücke**

The menstrual cycle moderates the association of physical activity and affective well-being in natural cycling women with alcohol use disorder

10:54

Speed of return to equilibrium after an experimental perturbation as predictor of treatment outcome in anxiety  
**Vera Bouwman**

Meaningful mobility: Within-person associations between smartphone-derived mobility features and mental health  
**Krisna Adiasto**

Ecological Momentary Interventions for Self-Injury? Perspectives from Individuals Seeking Treatment and Mental Health Professionals  
**Mirthe Luijmsmans**

Nightly Sleep and Momentary Working Memory Performance Among Older Couples  
**Beyza Sönmez-Orhan**

Well-Being and Self-Determination in Mental Health Care Patients During a Professional Dance Program: An Outside-the-Box Initiative  
**Renee Roosen**

11:06

Can therapy help me live the life I want? Preliminary Evidence from an Experience Sampling Study of Individual Predictors and Change in Valued Behavior  
**Julia Jeannine Schmid**

The role of digital phenotyping in monitoring stress-related mental health disorders: A systematic review on the feasibility of passive sensing for symptom prediction  
**Emily Gillings**

Towards a transdiagnostic process-based framework of just-in-time adaptive interventions for anxiety and depression  
**Felix Fiß**

Daily Routine and Subjective Health: Bidirectional Dynamics Across Two EMA Measurement Bursts  
**Julia Heckmann-Umhau**

Eating disorders and temporal stability of momentary PA-mood associations  
**Robin Olfermann**

11:18

The Impact of Diversified Goal Pursuit on Momentary Mood  
**Ezgi Aytürk**

The impact of bipolar disorder illness course on wearable-derived signals  
**Clàudia Valenzuela-pascual**

Discussion **Thomas Vaessen, Jannis Kraiss**

Disentangling between-context flexibility from within-context instability in short-term variation in daily psychological functioning in old age  
**Oliver K. Schilling**

Discussion **Martina Kanning**

11:30

Nonlinear Effects of Strategy Variability on Self-Control Success  
**Anna Haas**

Discussion  
**Florian Schmiedek**

**TRACK 1**  
ROOM TBA

**Oral Session:**  
Time and trends in the spotlight

**Chair:**  
TBD

**TRACK 2**  
ROOM TBA

**Oral Session:**  
Ambulatory assessment across the lifespan

**Chair:**  
TBD

**TRACK 3**  
ROOM TBA

**Symposium:**  
Advancing Daily Life Research: Novel Methodological Designs and Statistical Techniques Illustrated Using Borderline Personality Disorder

**Chair:**  
Philip Santangelo, Kelly Klein

**TRACK 4**  
ROOM TBA

**Symposium:**  
Temporal Dynamics of Motivation and Pleasure in Daily Life Across the Psychopathology Spectrum

**Chair:**  
Clementine J. Edwards

**TRACK 5**  
ROOM TBA

**Symposium:**  
Using ecological momentary assessment and passive sensing data to predict mental health outcomes

**Chair:**  
Lennart Seizer

13:30

Beyond Pre-Post Measures: Ambulatory Assessment of Tinnitus Symptom Change during Treatment  
**Milena Engelke**

Linking Self-Concept Clarity and Interpersonal Experiences using a Large Language Modelling Daily Diary Approach  
**Lina Krakau**

Sleep and affect in individuals with borderline personality disorder features: A daily diary study  
**Kelly Klein**

Anticipation and consummatory pleasure in a general population sample of young people: An experience sampling study and multiverse analysis  
**Joanne R. Beames**

Personalized Behavioral Networks from Passive Smartphone and Wearable Sensing  
Outperform Raw Features for Suicidal Ideation in Major Depression  
**Nicholas Jacobson**

13:42

From Trait to Process: Dynamic Measurement of Momentary Burnout with the BAT-M  
**Lisa Peuckmann**

Daily Stress and Psychopathology Over One Month in Ethn racially Minoritized Youth -  
**Aleksa Kaurin**

Opening the Black Box of Situational Context in Borderline Personality Disorder: Examining Stress Reactivity by Integrating Self-Reported Event Stress and NLP-Derived Sentiment in Daily Life  
**Philip Santangelo**

Learning to Expect Less: An Ecological Momentary Assessment Study of Prediction Errors, Reward Anticipation, and Negative Symptoms in Daily Lives of People with Schizophrenia  
**Matthias Pillny**

Predicting Symptoms of Amotivation and Anhedonia Using Smartphone-Derived Accelerometer Data in University Students  
**Taylor Braund**

13:54

Modelling continuous temporal dynamics of food cravings and affective valence  
**Ann-Kathrin Arend**

More reactive for better and for worse? Longitudinal changes and stability in differential susceptibility accounts of reactivity to stressors and uplifts  
**Joana Thiel**

Context Matters: Extending Dynamic Models of Daily Life Symptomatology by Including Jump Processes to Model Events  
**Carl Bittendorf**

The experience of pleasure and motivation in everyday life: A transdiagnostic study across schizophrenia spectrum disorder, depression and controls.  
**Clementine J. Edwards**

Do idiographic prediction models generalize? Leveraging big data for real-time stress prediction  
**Eiko Fried**

14:06

Modeling Cycles, Trends and Time-Varying Effects in Dynamic Structural Equation Models with Regression Splines  
**Øystein Sørensen**

Believing in Tomorrow: Self-Efficacy Beliefs in Self-Regulated Learning and Future Orientation - A Daily Study on Italian University Students  
**Maria Gerbino**

The relationship between suicidal ideation and negative affect over the course of dialectical behavior therapy  
**Christoph Hughes**

A Test of the Cognitive Model of Negative Symptoms in Daily Life in Youth at Clinical High-Risk for Psychosis and Psychotic Disorders: Implications for Mobile Health Treatments  
**Lauren Luther**

Comparing Preferences and Responses for Likert versus Visual Analogue Scale (VAS) in the Digital Therapy Sensing Prediction Study  
**Lennart Seizer**

14:18

Deep Learning Approaches for Continuous-Time Dynamical systems in Psychological Research  
**Manaswi Mondol**

Older Adults' Audible Self-Talk in the Context of Social Network Conflict and Daily Interpersonal Tensions  
**Sibo Gao**

Integrating Time Scales to Understand Affective Instability that is Simultaneously Regulated and Unexplained: A Comparison of Borderline Personality, Clinical Control, and Community Individuals  
**Sean Lane**

Discussion  
**Clementine J. Edwards, Joanne R. Beames, Matthias Pillny & Lauren Luther**

Discussion **Jonas Haslbeck**

14:30

Between Moments and Memories: Identifying Predictors of Psychobiological Stress in the Daily Lives of Informal Caregivers of People living with Dementia  
**Svenja Palm**

Discussion **Thomas Vaessen, Jannis Kraiss**



SAA 2026  
Vienna

TUESDAY, 04.08 14:45-15:45 POSTER SESSION 2 & COFFEE BREAK (1/4)

## BIG HÖRSAAL / ARKADENHOF

14:45  
-  
15:45

**Coffee  
Break**

1. Idiographic Timescales of Pain-Affect Dynamics in Chronic Pain. - **Anna Waldeck**
2. Tracking daily life food cravings with smartwatches: a feasibility study - **Katharina Eichin**
3. Memory Heuristics in Depression and Anxiety Assessment: A Daily Diary Study Using the PHQ-9 and GAD-7 questionnaires - **Roman Pauli**
4. Sensing Movement Dynamics in Daily Life Among Middle-Aged Adults with Depression and Anxiety - **Hannah Dorris**
5. Emotion Regulation and Stress Reactivity Across Time and Space: Combining Laboratory and Naturalistic Ecological Momentary Assessment in Youth - **Samira Zurbrügg**
6. Within-person variability (WPV) decrease may be a universal phenomenon in ESM Studies - **Sabrina Forst**
7. Open Matrices: A global, free resource for testing cognitive ability - **Jordy van Langen**
8. Mapping Cognitive Assessment in Experience Sampling Method (ESM) and Ecological Momentary Assessment (EMA) Studies: A Scoping Review - **Sofia Marcolini**
9. Measuring Break Sufficiency in Daily Work: Development and Ecological Momentary Assessment validation of the Work-Break Sufficiency Scale - **Tomáš Vojtišek**
10. How Mathematics Self-Efficacy Changes From Lesson to Lesson: A Latent Markov Factor Analysis - **Henry Tsz Fung Lo**
11. Measuring Cognition in Ecological Momentary Assessment settings: A Systematic Scoping Review in Healthy and Clinical Populations - **Artemis Stefani**
12. Well-Being Dynamics are Driven by Fast and Slow Processes - **Michael Aristodemou**
13. Self-Disclosure, Emotional Support, and Daily Menopausal Symptoms - **Iris Wahrung**
14. Daily sleep interference among individuals with chronic low back pain using prescription opioids - **Melissa Nance**
15. Feasibility and Acceptability of Ecological Momentary Assessment (EMA) for Chronic Pain: Implications for Adaptive mHealth Interventions - **Rebecca Harding**
16. The effects of every-day life social support on pain - **Rosa Maidhof**
17. The day-to-day association between psychological factors and persistent somatic symptoms: an EMA study - **Klara Hagspiel**
18. Ecological momentary assessment of eating behavior, hunger, food craving, and thirst during Ramadan - **Yoan Mihov**
19. Spatiotemporal Contexts of Dietary Lapses During Weight Loss Maintenance: A Geographic Ecological Momentary Assessment - **Carole Lynn Rüttimann**



SAA 2026  
Vienna

TUESDAY, 04.08 14:45-15:45 POSTER SESSION 2 & COFFEE BREAK (2/4)

## BIG HÖRSAAL / ARKADENHOF

14:45  
-  
15:45

Coffee  
Break

20. Ecological Momentary Assessment of Smoking Contexts to Inform Tailored mHealth and Quitline Interventions - **Sophia Allen**
21. Mood during Ramadan Fasting - **Peter Wilhelm**
22. The Association Between Pleasantness, Unpleasantness, and Preceding Stressors Using Data from the Emotions in Daily Life (EDL) Study - **Caroline Joung**
23. When everyday life leaves its mark: Affective Stress Reactivity as a Predictor for Health - **Julia Sophia Neschen**
24. Identifying Stress-Relevant Events in Everyday Nursing Practice Using Biopsychological Markers - a multimethod study - **Elizabeth Michels**
25. Heat, Health & Aging Hearts: An Ambulatory ECG Study on Cardiac Responses to Heatwaves in Nursing Home Residents - Preliminary Data - **Katja Čeplak**
26. How Long Do the Health Effects of a Music Concert Last? A Protocol to Track the Timeline of Aftereffects of Concert-Going - **Anna Fekete**
27. Parasympathetic Regulation as a Predictor of Momentary Exhaustion in Post-COVID-19: Understanding Daily Symptom Dynamics - **Georg Fritz Kurze**
28. Daily Sleep and Language Use in Late Life: A Latent Profile Analysis Approach - **Zexi Zhou**
29. Sleep well to perform well - when temperature matters. - **Christian Rominger**
30. Capturing Parental Wellbeing in Everyday Life: A Large-Scale Ecological Momentary Assessment Study of Parents with Young Children Across Two Weeks of Daily Experience Sampling in Switzerland - **Sebastian Müller**
31. First Evidence of Effects of a Novel Digital Behavioural Treatment for Chronic Pain: A Series of Replicated Randomized Single-Case Experimental Design Studies - **Haya Al Sharaa**
32. An Ecological Momentary Intervention for Persistent Somatic Symptoms: A Randomized Controlled Trial - **Nadja Plumbaum**
33. Getting better outcomes: Using off-policy reinforcement learning to optimize just-in-time interventions targeting weight loss in overweight/obesity - **Nicolas Leenaerts**
34. Identifying predictors of healthy and unhealthy eating behavior in individuals with overweight and obesity after an intensive lifestyle intervention. - **Eva Vanbrabant**
35. Effects of yoga on stress-inflammation processes: Study protocol and initial findings of a randomized controlled trial - **Sarah Jasmin Landskron**
36. Effects of self-monitoring on affect differentiation in service users with mental health problems - **Leonie Fleck**
37. Assessing Intervention Effects in Single-Case Design Using ARIMAX and EWMA - **Leo Paulos Guarnieri**
38. Exploring the Mechanistic Link Between the Oxytocinergic System and Mindfulness Training: A Study Protocol - **Eimi Van Weert**
39. Boosting Digital Self-Efficacy Training with At-Home Exercise and tDCS - **Anika Poppe**



SAA 2026  
Vienna

TUESDAY, 04.08 14:45-15:45 POSTER SESSION 2 & COFFEE BREAK (3/4)

## BIG HÖRSAAL / ARKADENHOF

14:45  
-  
15:45

**Coffee  
Break**

40. Effects of Ecological Momentary Assessment on Emotion Differentiation in Youths Using a Smartphone-Based Ecological Momentary mHealth Intervention - **Eva Wierzba**
41. A Digital Intervention for Increasing Physical Activity in Depression: Study Design and First Findings from the MASE Project - **Johanna Rehder**
42. Stress management in lung cancer care: Findings from an ecological momentary intervention study - **Hannah Tschenett**
43. Towards Ecological Momentary Assessment-Based Just-in-Time Adaptive Interventions to Support Parental Wellbeing in Everyday Family Life - **Sebastian Müller**
44. The dynamics of psychological inflexibility in everyday life: A pilot N-of-1 observational study using ecological momentary assessments in fibromyalgia - **Afra Taygar**
45. The psychological costs and benefits of conspiracist mentality - dynamic associations with anxiety - **Armin Gyarmati**
46. Between- and within-person associations between evening rumination and subjective sleep quality - **Natália Kocsel**
47. Beyond rumination frequency: Specific ruminative thought characteristics in stress anticipation - **Gyöngyi Kökönyei**
48. From bodily arousal to emotion in daily life: an ESM experiment to test trauma-related differences in emotional experience - **Levente Rónai**
49. Understanding Secret-Keeping in Daily Life: An Ecological Momentary Assessment Approach - **Ildikó Csizmazia**
50. Individual dynamics of meaningful coincidences in everyday life - **Christian Rominger**
51. The experience of guilt and regret in daily life: A person-oriented approach - **Sena Piskin**
52. Can person-specific substance use prediction model features be identified by baseline impulsivity scores? An exploratory pilot analysis - **Peter Baxter**
53. Drops in self- and decision-making confidence precede symptoms of OCD - **Aleya Marzuki**
54. Does personality moderate mood-reactive rumination? A daily diary study - **Josip Razum**
55. Using EMA to capture difficulties in psychosocial functioning in veterans with PTSD and depression - **Haijing Hallenbeck**
56. Experience sampling methodology investigations of posttraumatic stress disorder symptoms in intervention contexts - **Rachel Zerkowitz**
57. The Importance of Daily Reasons for Living in Youth Suicide Prevention - **Cara Luisa Wicher**
58. Posttraumatic Stress Disorder and Interpersonal Trust in Daily Life: An Ecological Momentary Assessment Study - **Lynn Alison Büeler**
59. Wearable-assessed heart rate variability in first-episode schizophrenia spectrum disorders: Associations with schizophrenia symptoms and functioning - **Anson Kai Chun Chau**



**BIG HÖRSAAL / ARKADENHOF**

14:45  
-  
15:45

**Coffee  
Break**

60. Decoding moment-to-moment change: Modeling short-term dynamics of Affect-Physiology-Behavior coupling in Internalizing Disorders during Daily Life using Dynamical SEM - **Tessa Meyer**
61. Do post-traumatic stress symptoms mediate the relationship between intrusive trauma memories and psychosis in daily life? - **Morwenna Rickard**
62. From Affective Dynamics to System (In-)Stability: EMA-Based Indicators of Resilience - **Sabrina Benz**
63. Emotions in Motion: Dynamic Affective Profiles in Antisocial Young Adults - **Ilse van de Groep**
64. Emotional Inertia and Responsiveness to Daily Stressors as Indicators of Mental Wellbeing and Resilience - **Michaela Kaneva**
65. Understanding the Role of Context in Emotion Regulation Strategy Selection: Insights from a 10-Day EMA Study - **Claudia Förster Ribet**
66. Motivation and Pleasure Measured in Daily Life and in Specific Scheduled Enjoyable Activities: An Experience Sampling Study - **Chloe Osei-Cobbina**
67. Socio-demographic characteristics in experience sampling: differences in affective stress reactivity in daily life - **Hannah Edelhoff**
68. Perceived stress across the menstrual cycle: cyclic patterns and individual differences - **Elisabeth Conrad**
69. Capturing Parenting Stress in Daily Life: Lessons from an EMA Study of Relationship Satisfaction - **Margaret Lupo**
70. Using EMA to Study Temporal Links Between Premenstrual Symptoms and Stress Across the Menstrual Cycle - The ISSAC Study - **Sophia Baltes**
71. Sleep, Steps, and Screens: Between- and within-person effects of Digital Markers of Daily Life Behaviors on Smartphone-based assessments of Cognitive Functioning in Depression - **Marcos Ross-Adelman**
72. What Drives Mind Wandering in Daily Life? Investigating The Interplay of Internal States and External Demands - **Miha Likar**
73. What's BOthering You? Building up students' daily mental well-being - **Janne Bosma**
74. Uncovering Individual Patterns in Heart Rate, Physical Activity, and Emotion Coupling: A Person-Centered Network Approach - **Marie Doubrova**
75. Measurement of Affect Dynamics in Ecological Momentary Assessments - **Sandro Menegola**
76. Integrating Time Scales to Understand Affective Instability that is Simultaneously Regulated and Unexplained: A Comparison of Borderline Personality, Clinical Control, and Community Individuals - **Sean Lane**

**TRACK 1**  
ROOM TBA

**Symposium:**

Reducing participant burden in ambulatory studies: Computerized adaptive testing, planned missingness, and emerging approaches  
**Chair:**  
*Gudrun Eisele*

**TRACK 2**  
ROOM TBA

**Oral Session:**

States, traits and phenotypes

**Chair:**  
TBD

**TRACK 3**  
ROOM TBA

**Oral Session:**

Symptom experiences in daily life

**Chair:**  
TBD

**TRACK 4**  
ROOM TBA

**Symposium:**

Can EMA benefit preventative strategies in adolescence? Exploring whether EMA can advance our understanding of how to study and target emerging common mental disorders in youth  
**Chair:**  
*Josefien Breedvelt*

**TRACK 5**  
ROOM TBA

**Symposium:**

Talk Data to Me: Speech Recordings and Voice Diaries in EMA  
**Chair:**  
*Lennart Seizer*

15:45

Ecological momentary computerized adaptive testing (EMCAT) to measure recovery after hand surgery  
**Conrad J. Harrison**

The Role of Diversity in Social Interactions for Daily Well-Being in Older Adults  
**Carlotta E. Grünjes**

Assessing fatigue using ecological momentary assessment in multiple sclerosis: A scoping review  
**Aki Rintala**

Personalisation in prevention: still a bridge too far?  
**Josefien Breedvelt**

Journal Analysis for Monitoring Students' Well-Being: A Comparative Study of NLP-Based Models and Human Expert Ratings  
**Michelle Schlicher**

15:57

Shortening affect scales for ambulatory assessment: A comparison of different IRT-based approaches  
**Gudrun Eisele**

Day-specific reliabilities for intensive longitudinal data using latent state-trait (LST-R) models and dynamic structural equation modeling  
**Denny Kerkhoff**

Unraveling Reciprocal Relationships Between Momentary Pain and Emotions across Mental Health Conditions  
**Anna Waldeck**

Mapping dynamic mechanisms of anxiety and depression development in youth using intensive smartphone data: A scoping review  
**Larisa-Maria Dina**

Voice Diaries for the Detection of Depression and Anxiety Disorders in Adolescents  
**Lennart Seizer**

16:09

Ask Less, Learn More: Adapting Ecological Momentary Assessment Survey Length by Modeling Question-Answer Information Gain  
**Jixin Li**

Obtaining Personalized State Dynamics using the Multilevel Hidden Markov Model  
**Pepijn Vink**

Biopsychosocial influences on pain experience in endometriosis  
**Katharina van Stein**

Somatic Symptom Dynamics: Intensive Time-Series Before and After a 12-Week Intervention Program in Youth With Persistent Fatigue  
**Alysha Keuning**

What do People Talk About? Topic Modeling for the Prediction of Depressive Symptom Severity in the Young  
**Nadine Nicole Schmitt**

16:21

The effect of choosing a given item as an anchor in planned missingness designs in intensive longitudinal research  
**Sebastian Castro-Alvarez**

Phenotypes of daily physiological arousal mark elevated stress and anxiety  
**Laura Van Heck**

'Affecting' Anxiety Symptomatology: The Time-Varying, Moderating Effect of Physical Activity Behaviour on Anxiety Symptoms Dynamics  
**Emma Bacchus**

Differences between formerly depressed individuals and healthy controls in emotional dynamics: the key role of positive affect inertia  
**Josip Razum**

Activity  
**Michelle Schlicher, Lennart Seizer, Nadine Nicole Schmitt**

16:33

Longitudinal User Engagement with Microinteraction Ecological Momentary Assessment ( $\mu$ EMA)  
**Aditya Ponnada**

Computational Phenotyping for Detecting Subtle Cognitive Decline in Measurement Burst Studies  
**Zita Oravec**

Comparing Response Styles Theory and the Analytical Rumination Hypothesis in Daily Dynamics of Affect, Rumination, and Problem-Solving  
**Jaakko Tammilehto**

The feasibility of a novel ESM paradigm exploring future mental imagery and activity in adolescents  
**Taryn Hutchinson**

16:45

Discussion **Conrad J. Harrison, Gudrun Eisele, Jixin Li, Sebastian Castro-Alvarez, Aditya Ponnada**

Activity  
**Josefien Breedvelt**

**TRACK 1**  
ROOM TBA

**Symposium:**

Alone, but Not Disconnected: How Situations, Culture, and Technology Shape Solitary Experience

**Chair:**

*Thuy-vy Nguyen*

**TRACK 2**  
ROOM TBA

**Symposium:**

Benefits and Challenges of Combining Ecological Momentary Assessment and Passive Sensing

**Chair:**

*Patricia Garatva*

**TRACK 3**  
ROOM TBA

**Oral Session:**

Novel platforms and toolkits for ambulatory assessment research

**Chair:**

*TBD*

**TRACK 4**  
ROOM TBA

**Symposium:**

When Does Overthinking Become a Problem? Examining Triggers, Consequences, and Coping Strategies Associated with Repetitive Negative Thinking

**Chair:**

*Joanna Joy Hunsmann*

**TRACK 5**  
ROOM TBA

**Oral Session:**

Evaluating interventions

**Chair:**

*TBD*

17:05

Activity  
**Thuy-vy Nguyen**

Solitude as short-term regulation: An allostatic view of social withdrawal in times of distress

**Thuy-vy Nguyen**

17:17

Autonomy over Time: Cultural Differences in Daily Desire for Solitude and Solitude Experiences

**Yoonseok Choi**

17:29

What Are We Thinking When We Are Alone and Online? A Experience Sampling Study of Thoughts and Emotions during Social Media Use

**Xiangyu Deng**

17:41

Conversational AI and the Experience of Singlehood: Emotional Support, Responsiveness, and Solitary Living in Early Adulthood

**Monika Frydrychowicz**

17:53

18:05

Depression Detection From Smartphone Data With Machine Learning

**Patricia Garatva**

Limitations and possible future directions of smart sensing as a tool for early detection of depression - Findings from a representative prediction study in Germany

**Maximilian Hagspiel**

Reliability of Passive Sensing Data: A Multi-Method Evaluation in Depression

**Anna M. Langener**

From Assumptions to Robustness: Leveraging Mobile Sensing and EMA in Research on Evening Smartphone Usage and Sleep

**Fenne große Deters**

My Smartphone is Nobody's Business! - Evidence on Nonresponse Bias in Mobile Sensing and EMA Studies

**Ramona Schoedel**

Discussion **Ramona Schoedel**

Spica: Multimodal Remote Data Collection via Wearables, EMA, and Smartphone Tasks in Psychiatry

**Omid Abbasi**

MyTrials: A REDCap-Integrated Platform for Ambulatory Assessment of Patient-Reported Outcomes and Biomarker Capture

**Jennifer Dahne**

momenTUM: Open and reproducible research platform for designing and managing EMA studies

**Nataliia Petliak**

Feasibility and user acceptance of the Stress in Action toolkit for multimodal, ambulatory stress measurement: a mixed-method study

**Myrte Schoenmakers**

The Stress in Action wearable validation pipeline: A reproducible framework for wearable validation in the lab and in daily life.

**Artemis Stefani**

Negative Thinking on Autopilot: Contextual Indicators for Habitual RNT in Daily Life

**Joanna Joy Hunsmann**

Routine activities or stress? Examining triggers for repetitive negative thinking in daily life

**Joanna Joy Hunsmann**

An Ecological Momentary Assessment Study of Contrast Avoidance in Obsessive-Compulsive Disorder

**Valerie Swisher**

Bidirectional temporal associations between rumination and physical activity in daily life: An experience sampling study in individuals with depression and borderline personality disorder

**Tim Balder**

Coping Strategies Associated with Repetitive Negative Thinking: Combining Cross-Sectional and Longitudinal Evidence

**Max Berg**

Discussion  
**Max Berg**

Assessing Boredom in Spiritual Contexts: Antecedents and Effects of Yoga Boredom

**Lukas Kraiger**

A group-based prevention program fostering mental health and physical activity: Session-level mechanisms and pre- to post-program outcomes

**Mareike Röttger**

Moment-to-moment experience sampling in daily life provides no evidence for effects of remote tDCS on mood and cognition

**Vanessa Teckentrup**

Restoring psychological safety in an unsafe world: A just in time intervention approach triggered by heart rate variability

**Andreas Schwerdtfeger**

Estimating causal effects of treatment regimes in multilevel time series models with the Bayesian g-formula

**Fabian Felix Münch**



SAA 2026  
Vienna

# WEDNESDAY, 05.08 OVERVIEW

FESTSAAL

HÖRSAAL 1-6

BIG HÖRSAAL

09:00

Poster Awards,  
Early Career Keynote

10:15

Coffee Break

10:45

Presentation Session 9  
*(5 Parallel Tracks)*

12:00

Lunch Break

13:30

Presentation Session 10  
*(5 Parallel Tracks)*

14:45

Conference Closing *(Hörsaal 1)*

15:00

Coffee and Good-Bye  
*(until 15:30)*

# WEDNESDAY, 05.08 10:45-12:00 PRESENTATION SESSION 9 (PARALLEL TRACKS)



## TRACK 1 ROOM TBA

**Oral Session:**  
Affect, mood and well-being  
**Chair:**  
TBD

## TRACK 2 ROOM TBA

**Oral Session:**  
Compliance in Ecological  
Momentary Assessment studies  
**Chair:**  
TBD

## TRACK 3 ROOM TBA

**Oral Session:**  
Alcohol and food consumption  
**Chair:**  
TBD

## TRACK 4 ROOM TBA

**Symposium:**  
Leveraging Speech Detection Methods to  
Understand Biopsychosocial Processes in  
Everyday Life  
**Chair:**  
Melisa Saygin, Amanda M. Bernal

## TRACK 5 ROOM TBA

**Symposium:**  
Examining Modelling Assumptions and  
Choices in Ecological Momentary  
Assessment Research  
**Chair:**  
Fridtjof Petersen

10:45

The association between MDMA use and short-term mood changes using ecological momentary assessment: The MDeMA study  
**Zachary Bryant**

Optimizing ESM Prompt Timing with Mobile Sensing: Predicting Non-Compliance Using Behavioral and Contextual Data  
**Koen Niemeijer**

Momentary alcohol-related cognitions mediate associations between influencer social media content exposure and adolescent drinking intentions  
**Megan Strowger**

Dynamics of social relationships within and across days: Bidirectional associations with emotional experiences and individual differences  
**Cornelia Wrzus**

Model Checking for Vector Autoregressive Models  
**Jonas Haslbeck**

10:57

Moment-to-moment associations between momentary emotion differentiation and psychotic symptoms in early psychosis: An experience sampling study  
**Anson Kai Chun Chau**

Lessons from a large-scale experience sampling study: predictors of compliance and attrition  
**Jakub Jusko**

Exploring reactivity in an ecological momentary assessment study of alcohol outcomes in transgender and gender diverse adults  
**Sarah Dermody**

Smartphone Audio Based Real-time Social Context Detection: A Pilot Study  
**Lisa-Marie Hartnagel**

Retrospective Assessments as a Tool for Addressing Missingness in ESM Data  
**Anabel Büchner**

11:09

Aversive Pavlovian inhibition predicts emotional well-being in daily life  
**Bertalan Polner**

Momentary predictors of compliance in experience sampling: Integrating context related characteristics and smartphone behaviour  
**Martin Tancoš**

Identifying Emotional Risk Indicators for Daily Drinking: The Role of Activated Positive Emotion Variability  
**Dusti Jones**

Objective Ambulatory Assessment of Everyday Social Life: From EAR to SocialBit  
**Amanda M. Bernal**

Joint Ordinal Time-Series Modelling of Momentary Affective Dynamics and Distal Health Outcomes  
**Fridtjof Petersen**

11:21

Momentary stress reactivity and affective recovery in chronic musculoskeletal pain: an Experience Sampling Study  
**Leonie Ader**

The EMA Experience - Compliance and Reactivity in Eating Disorders  
**Julia Reichenberger**

Does negative emotion differentiation moderate the association between negative affect and food cravings in daily life? An experience sampling study  
**Živa Krajnc**

Detecting and controlling for the confounding effects of speech activity on heart rate variability in ambulatory recordings  
**Melisa Saygin**

Using openESM for multi-dataset analyses  
**Björn Siepe**

11:33

Having a Bad Week? Investigating How Daily Stress Reactivity Varies With Weekly Depression Severity  
**Carlotta Rieble**

Can Daily Chatting Routines Be Leveraged to Enhance EMA Compliance? Development and Evaluation of a Messenger-Integrated Tool  
**Nikita Sharin**

Stable Traits over Momentary Triggers: Disentangling the Inter- and Intraindividual Dynamics of Stress and Food Craving  
**Nicolas Vincent Fröse**

Discussion  
**Melisa Saygin, Amanda M. Bernal**

Activity  
**Björn Siepe**

11:45

Self-Harm Thoughts and Behaviours in Relation to Affect and Affect Dynamics: A Real-Time Experience Sampling Study in Adolescents  
**Eveline Van Raes**

Bayesian Hierarchical AR(1) Models of Hunger's Relation to Concentration and Implications for Self-Control  
**Christoph Bamberg**

# WEDNESDAY, 05.08 13:30-14:45 PRESENTATION SESSION 10 (PARALLEL TRACKS)



## TRACK 1 ROOM TBA

**Oral Session:**  
Ensuring reliability and validity in experience sampling research  
**Chair:**  
TBD

## TRACK 2 ROOM TBA

**Oral Session:**  
Stress, loneliness and sleep  
**Chair:**  
TBD

## TRACK 3 ROOM TBA

**Symposium:**  
From Mechanisms to Practice: Mechanisms of Change and Implementation of EMA and EMI  
**Chair:**  
Joanne Beames, Anna Kessler

## TRACK 4 ROOM TBA

**Symposium:**  
From Measurement to Semantics: AI Powered Approaches to Ambulatory Assessment Data  
**Chair:**  
Magdalena Wekenborg, Christian Rominger

## TRACK 5 ROOM TBA

**Symposium:**  
Capturing Cognitive Variability in Daily Life: Methodological Challenges and Solutions  
**Chair:**  
Anika Poppe

13:30

A Meta-Analysis of Reliability Reporting in Empirical Intensive Longitudinal Data Research  
**Jean-Paul Snijder-Steinhilber**

The Highs and Lows of Stress: Evidence for the Neurobiological Model of Addiction in Daily Life from Bayesian Multilevel Mediation Models  
**Maya Matlack**

Development of youth-informed ESM items to measure gender inequalities: The Bridging Divides Study  
**Koraima Sotomayor-Enriquez**

From Aggregates to Sequences: Advancing Psychological Assessment through Smartphone Sensing and Machine Learning  
**Clemens Stachl**

Capturing Cognitive Fluctuations in Daily Life: The Promise and Pitfalls of Experience Sampling Methods  
**Mandy Roheger**

13:42

The Momentary Reliability of Single-item Emotion Measures in Ecological Momentary Assessment: Situational, Temporal and Personal Correlates  
**Egon Dejonckheere**

Psychobiological stress and sexual experience and behavior - Insights from two Ecological Momentary Assessment Studies  
**Hanna Mues**

Micro-Level Processes in Ecological Momentary Interventions: Immediate Effects on Self-esteem and Affect in Youth Exposed to Childhood Adversity  
**Anna Kessler**

From Text to Context: Using Natural Language Processing to Extract Social Context Information  
**Isabel Mertins**

Insights into cognition and smartphone passive measurements in daily life  
**Xiaochang Zhao**

13:54

Reliability, stability and validity of EMA measures assessing the costs and benefits of listening effort in real-life settings  
**Danaé Krikorian**

Between- and within-person associations of heart rate variability, respiration, and cardiac vagal activity in daily life.  
**Sjors Van De Ven**

Proximal effects of a smartphone-based ecological momentary intervention on mental well-being in youth  
**Eva Wierzba**

The Picture Tells the Story: Positive Emotions and Natural Environments Explored Through situative images and vision language models  
**Christian Rominger, Magdalena Katharina Wekenborg**

Factors influencing performance in remote and unsupervised cognitive assessments  
**Sofia Marcolini**

14:06

Utilizing qualitative methods to detect validity issues in experience sampling methodology (ESM)  
**Marie Stadel**

How Loneliness Unfolds in Daily Life: Momentary Dynamics of Emotion Regulation  
**Karolina Morello**

Blending Therapy with Ecological Momentary Interventions: Feasibility, Usability, and Clinician Experiences with ACT in Daily Life  
**Lotte Uyttebroek**

Towards Timing Digital Stress Interventions: Stress Forecasting with Machine Learning and Ecological Momentary Assessments  
**Rutger van der Linden**

Individual differences in cognitive variability in an ecological momentary assessment valid setting in 600 children across primary school classrooms  
**Jordy van Langen**

14:18

Capturing Cross-Cultural Variation in Parent-Infant Interactions: A Smartphone-Based Experience Sampling Study in Nso, Cameroon, and Leipzig, Germany  
**Melody Ngaidzeyuf Ndzenyuiy**

A Digital Health Intervention for Smartphone App Use Reduction and Its Effects on Smartphone Use, Digital Well-Being, and Changes in Loneliness  
**Timon Elmer**

Mechanisms of Change Throughout Acceptance and Commitment Therapy in Daily Life (ACT-DL) in an early psychosis sample  
**Islay Barne**

Discussion  
**Magdalena Wekenborg, Christian Rominger**

Optimizing Within-Person Reliability in Ambulatory Assessments of Working Memory Performance: The Role of Task Difficulty and Performance Trends  
**Florian Schmiedek**

14:30

Diary Studies in Older Adults: An Updated Review  
**Susan South**

Short-term Associations Between Digital Media Use and Sleep in Everyday Life: A Systematic Review of Intensive Longitudinal Studies  
**Michał Tkaczyk**

Discussion  
**Joanne Beames, Anna Kessler**

Activity  
**Jordy van Langen**