

Experience Sampling and Ecological Momentary Assessment with Mobile Phones

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Program	Description of Program	Operating System	Pricing	Link
Non-App based Smartphones				
Survey Signal	Designed for experience sampling. Uses SMS technology to deliver links to online surveys using ESM sampling protocols. Used in combination with online survey platform such as SurveyMonkey or Qualtrics. US-based company.	Any mobile phone with internet access	\$0.10 per SMS signal (100 participants x 6 signals x 7 days = \$420)	www.surveysignal.com
Diario	Designed specifically for daily diaries and experience sampling. Uses SMS technology to deliver links to online surveys, which they design for you. German company.	Smartphone with internet access	1'600 to 2'400 € for basic package, which would cover most designs	https://www.cloud-solutions.net/en/
Applications for Smartphones				
mEMA	Mobile Ecological Momentary Assessment; designed especially for experience sampling research. Can now collect GPS data from internal sensors.	iOS Android	Annual license for \$3,000 for 1000 active participants at a time, unlimited surveys	https://itunes.apple.com/us/app/mema/id593566606?ls=1&mt=8 http://mema.illumivu.com

Program	Description of Program	Operating System	Pricing	Link
Paco	Short for <u>P</u> ersonal <u>A</u> nalytics <u>C</u> ompanion. “Easily create, deploy and monitor experiments that use ESM, fixed-time signaling, or event-contingent signaling.” Gives greater control over sampling; designed for ESM	iOS Android	Free/ Open source	http://www.pacoapp.com/ Android and iOS apps downloadable from the Play and App stores. See also: https://github.com/google/paco/wiki
iForm	Not designed for experience sampling, although has been a popular program for ESM research.	iOS Android	\$2,000 for 20 devices; up to \$10,000 for 100 devices	https://www.iformbuilder.com/
iSurvey / DroidSurvey	Survey company that can be easily adapted for experience sampling. New Zealand company based in Wellington. Good support.	iOS	\$100/month to \$650/year (with limit of 3000 surveys/month).	https://www.isurveysoft.com/
DataField	Not specifically designed for ESM, but can be used for this purpose.	iOS Android	0 to \$200/month	https://play.google.com/store/apps/details?id=datafield.src https://itunes.apple.com/us/app/datafield/id470573506?ls=1&mt=8
Qualtrics	Not specifically designed for ESM	iOS Android	n/a	http://www.qualtrics.com/
MetricWire	North American-based company. Designed for experience sampling / ecological momentary assessment. Design your experiment; participants download an app on their smartphones.	iOS Android	n/a	https://metricwire.com/
Survey Anyplace	Not specifically designed for ESM. General multi-platform survey software.	iOS Android	http://surveyanyplace.com/pricing/	http://surveyanyplace.com/

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ESm Capture	Designed specifically for ESM.	iOS	http://esmcapture.com/pricing.html	http://esmcapture.com/
iHabit	Designed especially for experience sampling research. iHabit staff program surveys for researchers; participants access survey using a code. Future releases will enable researchers to input own questions.	iOS	Around \$2,500 – \$4,200 for development assistance	https://itunes.apple.com/us/app/ihabitsurvey/id440108724?mt=8 http://ihabit4life.com/
SymTrend	Not designed especially for ESM although can be used this way.	iOS	n/a	https://www.symtrend.com/
iDialogPad	In German only, used in numerous labs; currently preparing documentation in English and German.	iOS	User needs apple developer account E\$99/year for 100 devices E\$150 annual charge (~ 1.50 Euro per device/year)	Contact Gerhard.Mutz@uni-koeln.de
MovisensXS	Movisens EXperience Sampling. Designed specifically for experience sampling. Intuitive interface for designing own experiments. Good support. European.	Android	https://xs.movisens.com/pricing An ESM study (n=100) would require the Gold package at €3,000	https://xs.movisens.com/
DroidSurvey	Same company as iSurvey.	Android	n/a	https://www.droidsurvey.com/
Emotion Sense	Open source data available to reconfigure program. Contact developers.	Android	Free/ Open source	http://emotionense.org
Funf	For developing Android applications; now part of Google.	Android	Free/ Open source	http://funf.org/

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Aware	Android Mobile Context Instrumentation Framework; for developing applications	Android	Free/ Open source	http://www.awareframework.com
Purple Robot	Developed at Center for Behavioral Intervention Technologies (CBITs) at Northwestern University. Development package using toolkit.	Android	Free/ Open source	http://tech.cbits.northwestern.edu/purple-robot/ https://play.google.com/store/apps/details?id=edu.northwestern.cbits.purple_robot_manager
SampleMe	Not currently configurable for other people's research. Used mainly by developers to gather emotion data. Uses the Emotion Sense platform.	Android	Free	http://www.cs.bham.ac.uk/~pejovic/SampleMe/about.php
Other				
Experience Sampling Program (ESP)	Designed for experience sampling. Open source with documentation. Loads onto discontinued palm OS devices. One of the original experience sampling software designed by Lisa and Dan Barrett. No support – just a manual.	Palm Pilot	Free/ Open source	http://www.experience-sampling.org/
Psymate	Purpose made PDA developed through the School for Mental Health and Neurosciences, University of Maastricht, The Netherlands. Used extensively in Europe.	Dedicated unit that runs proprietary software		www.psymate.eu
Regular Mobile Phones				
Message Media	One of many commercial SMS systems that can be used to schedule and deliver text messages with questions. Participants reply to the text with their numeric responses.	n/a any mobile phone - does not have to be smartphone	\$0.05 to \$0.18 per SMS; message-tracking is extra; charges to participants vary.	www.message-media.com There may be other companies; needs to have good timing tracking and data export.