

From: [Hudes, Estie](#)
Subject: CAPS Methods Core seminar with Dr. Johannes Thrul, December 12, 2014
Date: Friday, October 24, 2014 12:32:15 AM

Dear Methods Core seminar participants,

Our next CAPS Methods Core seminar will take place in December. There is no seminar in October or November.

Please note that we have moved to the UCSF Mission Bay campus, so we have a new address and new security arrangements. The safest way for you to be able to come in is by sending me your RSVP ahead of time. (But there is plenty of time for that right now.)

Title:

Using participants' own mobile phones for Ecological Momentary Assessment – insights from a study with young adult smokers

Presenter: [Johannes Thrul, PhD](#)
Postdoctoral Fellow, UCSF



Time & Place: Friday December 12, 2014; 10-11:30
(new) McKusick Conference room
Mission Hall,
550 16th Street (at 4th), 3rd floor
San Francisco, CA 94158

Abstract: Ecological Momentary Assessment (EMA) is a method to study behavior in the event and in the natural environment in which it occurs – thus minimizing recall bias while maximizing ecological validity. I will present findings from an EMA study that was conducted in Germany in 2012/13. The study was designed to monitor smoking trajectories of young adults over the course of 4.5 months and participants were instructed to complete up to 10 short assessments on a maximum of 12 days. Firstly, I will provide detailed information about the development of a cell phone-optimized assessment technique to conduct EMA. I will then present findings regarding participant compliance with the study protocol and discuss possibilities how compliance can be improved. Lastly, I will show how we used the data collected in this study to identify situational predictors of young adults' smoking.

Short bio: Johannes Thrul is a postdoctoral fellow at the Center for Tobacco Control Research and Education at UCSF. He received his PhD in psychology in 2013 from Friedrich-Alexander-University Erlangen-Nuremberg, Germany. During his graduate studies, Johannes participated in the competitive interdisciplinary European Graduate School in Addiction Research (ESADD) at Dresden University of Technology and received a broad training in addiction research. In addition, he undertook research stays at the Prevention Research Center in Berkeley, CA and the Research Department of Addiction Switzerland in Lausanne. His current research is focused on using mobile technology, such as Ecological Momentary Assessment (EMA), to understand substance use behavior in the event. Also, he is interested in utilizing communication technology to develop, test, and deliver evidence based cognitive behavioral interventions to prevent and treat substance use disorders.

Reading materials:

Shiffman, S., Stone, A. A., & Hufford, M. R. (2008). Ecological Momentary Assessment. Annual Review of Clinical Psychology, 4(1), 1–32.

Link to article:

<http://www.annualreviews.org/doi/abs/10.1146/annurev.clinpsy.3.022806.091415>

Hope to see many of you at the presentation,

--Estie

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For building entrance at Mission Hall., please RSVP to [Estie Hudes](#) ahead of time.

The CAPS Methods Core activity now be checked directly on the website:

<http://caps.ucsf.edu/about/structure-cores/methods-core/>

Materials from past Methods Core seminars can be found at

<http://caps.ucsf.edu/about/structure-cores/methods-core/methods-core-seminars/>

Directions to Mission Bay:

http://campusliveservices.ucsf.edu/transportation/services/alternative_transportation/mission_bay_transit_options

Please note that you can only use the Red shuttle at 16th Street BART if you have a current UCSF ID badge,

Parking at Mission Bay:

http://campusliveservices.ucsf.edu/transportation/services/parking/public_parking

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--Estie

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