How long should an experience sampling study be? The answer lies in the type of schedule you’ve chosen to use. Here are a few guidelines for different types of sampling schedules.

**Signal Contingent**
Participants are signaled at random or “semi-random” times to answer questions. Signal contingent studies can vary greatly in length, but they are commonly about one week.

3 DAYS - 3 WEEKS

**Interval Contingent**
Questions are scheduled for regular intervals, such as at certain times (ex. 8am, 12pm, 5pm) or times of day (ex. morning and evening). These studies also last about a week.

3 DAYS - 3 WEEKS

**Daily Diary**
A type of interval-contingent in which participants answer questions once in the evening. Participants reflect on the whole day, and usually answer more questions at a time.

1-4 WEEKS

**Event Contingent**
Participants answer questions after a specific event occurs. This type can last anywhere from 1 week to many months, depending on the events of interest’s frequency.

1 WEEK - MONTHS

**Continuous**
Continuous studies continuously gather (usually physiological) data. These studies last about 1-3 days because of the participant burden and copious amount of data.

1-3 DAYS