

HOW LONG SHOULD AN EXPERIENCE SAMPLING STUDY BE?

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 interests' 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