

Abstract

Background and Objectives. With the advancement of technology, ecological momentary assessment (EMA) becomes easier to implement and hence more popular in the field of mental health. Some may use EMA to measure the moment by moment beneficial outcome of mental health interventions. However, some studies suggest that EMA itself may serve as an intervention, especially when studying about mindfulness. Being aware of the present moment is one of the key elements in mindfulness. When participants were answering to EMA about the present moment, they were actually paying attention to the present moment. Therefore, it is possible that EMA related to mindfulness will increase the mindfulness level of respondents. This study aimed to investigate the effect on mindfulness level brings by EMA about mindfulness alone.

Methods. Participants are randomly divided into three groups. The mindfulness EMA group answered to an EMA related to mindfulness, the placebo EMA group answered to an EMA related to general knowledge, and the control group did not involve in any EMA procedure. The EMA lasted for two weeks. Participants were expected to respond three times a day. All participants were asked to fill in questionnaires about mindfulness prior to and after EMA.

Results. No significant improvement difference was observed among three groups.

Conclusion. This study showed that answer EMA about mindfulness for two weeks did not improve mindfulness in respondents. Nonetheless, the current study demonstrated an effective protocol for EMA study which resulted in satisfactory completion rate.

Keywords: Ecological momentary assessment, Mindfulness

