

## 3-Day Workshop Outline

### Day 1

- Introduction to EMA
- Review research: Current state of the science
  - EMA types (e.g., fixed, random, participant initiated, place-based, sensor-based)
  - How have EMAs been used?
  - What has EMA data taught us?
  - EMA best practices from Systematic Reviews/Meta-Analyses and Project Exemplar
- Introduction to the Insight mHealth Platform
- Insight
  - Study tab
  - Groups
  - Question types
  - Create questions

### Day 2

- Introduction to JITAI
- Briefly review research: Current state of the science
  - How have JITAI been used?
  - Have JITAI worked?
- JITAI design considerations
- Incorporating and using sensor data
- Insight
  - Creating assessments
  - Creating events
  - Creating stages and stage skip logic (using the last feature and date logic)

### Day 3

- Where is mHealth going? (e.g., SMART designs, Micro-randomized trials)
- Discussion topics
- Data analysis
- Insight
  - Events continued
  - The Start Study stage
  - Permissions
  - Notifications
  - Participant tab – enrolling and monitoring participants
  - Reports / Data download
  - Downloading and testing your app
  - The Future of Insight™
  - Workshop evaluation