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# Ecological Momentary Assessment

National Cancer Institute

## Source

National Cancer Institute. *Ecological Momentary Assessment*. NCI Thesaurus. Code C150385.

A method for assessment in clinical psychology that involves repeated sampling of subjects' current behaviors and experiences in real time, in a subjects' natural environments. EMA aims to minimize recall bias, maximize ecological validity, and allow study of microprocesses that influence behavior in real-world contexts.