



# NEUROSCIENCE CONFERENCE SERIES

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## **Using Intensive Longitudinal Methods to Study Within-Person Processes: Toward a Psychological Science of Everyday Life**

Psychological science has long relied on laboratory-based experiments as a basis for knowledge about human behavior. Nevertheless, there are important practical, ethical, and ecological limitations of these types of methods for understanding processes involving behavior, thoughts, and feelings in the real world. Moreover, laboratory studies often do not contain the ideal longitudinal features that would allow for an examination of psychological processes and mechanisms of interest as they unfold in everyday life. I will discuss the role and advantages of Intensive Longitudinal Methods (ILM) as a way of overcoming some of these limitations by examining psychological processes within the context of everyday life. I will also summarize some recent findings from our research on couples coping with breast cancer, as well as outline some future directions for our work using ILM to study the everyday lives of couples coping with type 1 diabetes.

**Date: Tuesday, 10 July 2018**

**Hour: 11:00h**

**Aula Master, Faculty of Psychology, Mundet Campus**



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