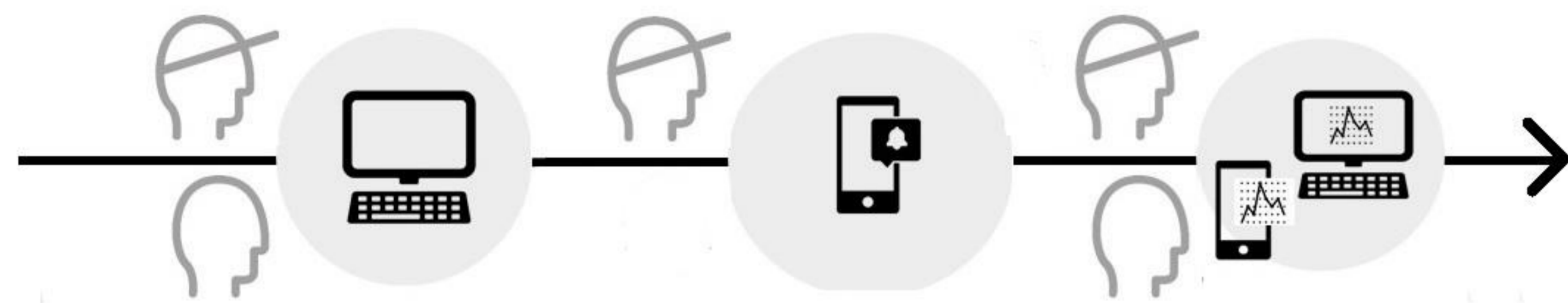


# Personalized daily monitoring in youngsters with mild intellectual disability

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## Background

- Ecological momentary assessment has not yet been applied in persons with a mild intellectual disability or borderline intellectual functioning (MID-BIF)
- This study explores the feasibility of a daily diary protocol in specialist care



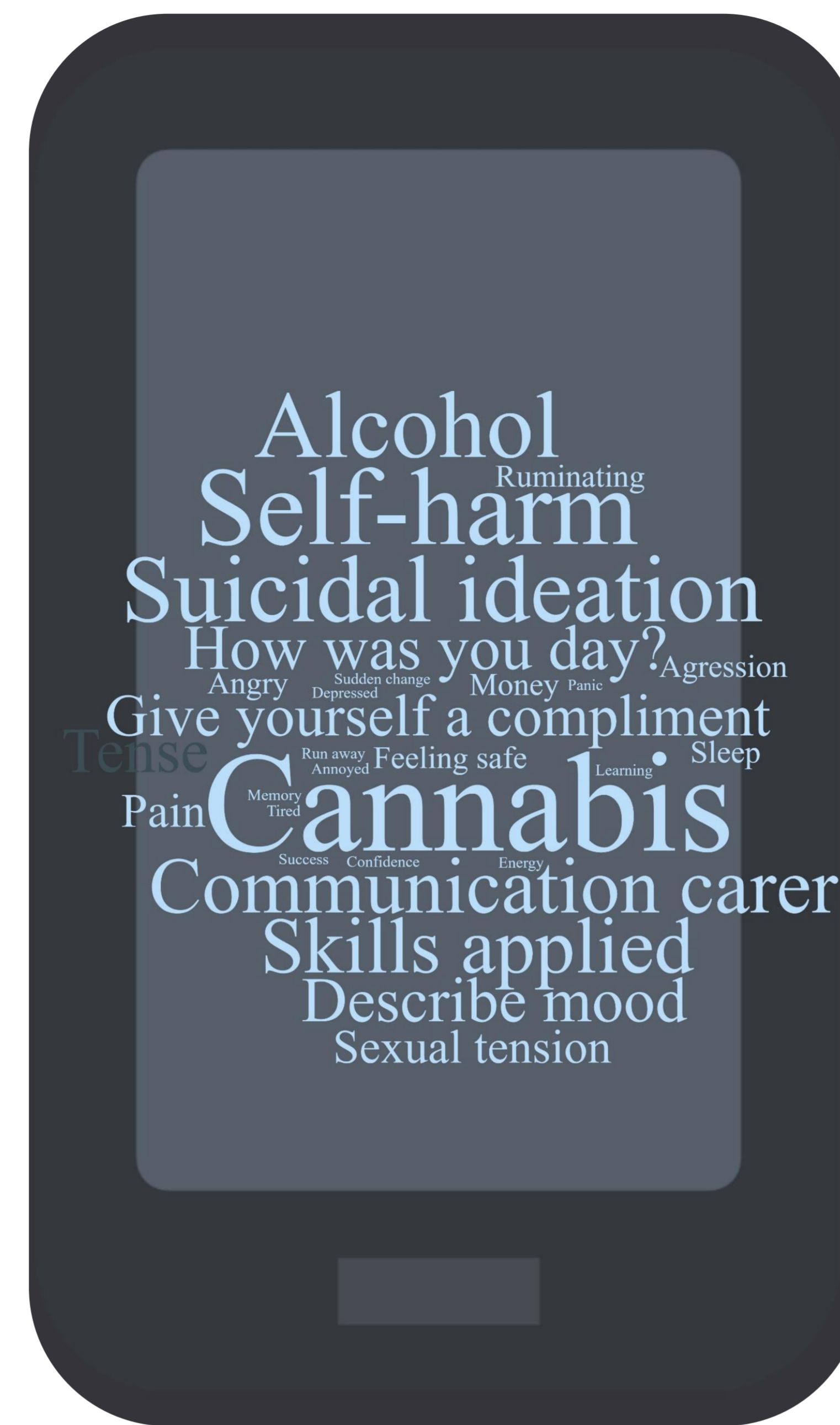
## Methods

- 50 participants ( $M_{age} = 21$ ,  $M_{IQ} = 72$ , 56% male) from ambulatory, residential or juvenile detention care
- Self-rated **pre-selected and personalized items** once per day for 60 consecutive days with Ethica app
- **Answers were channeled back to care professionals** throughout study, to be used as feedback in treatment
- Follow-up interview to explore participant acceptability

**Pre-registration** <https://doi.org/10.17605/OSF.IO/7T2YX>

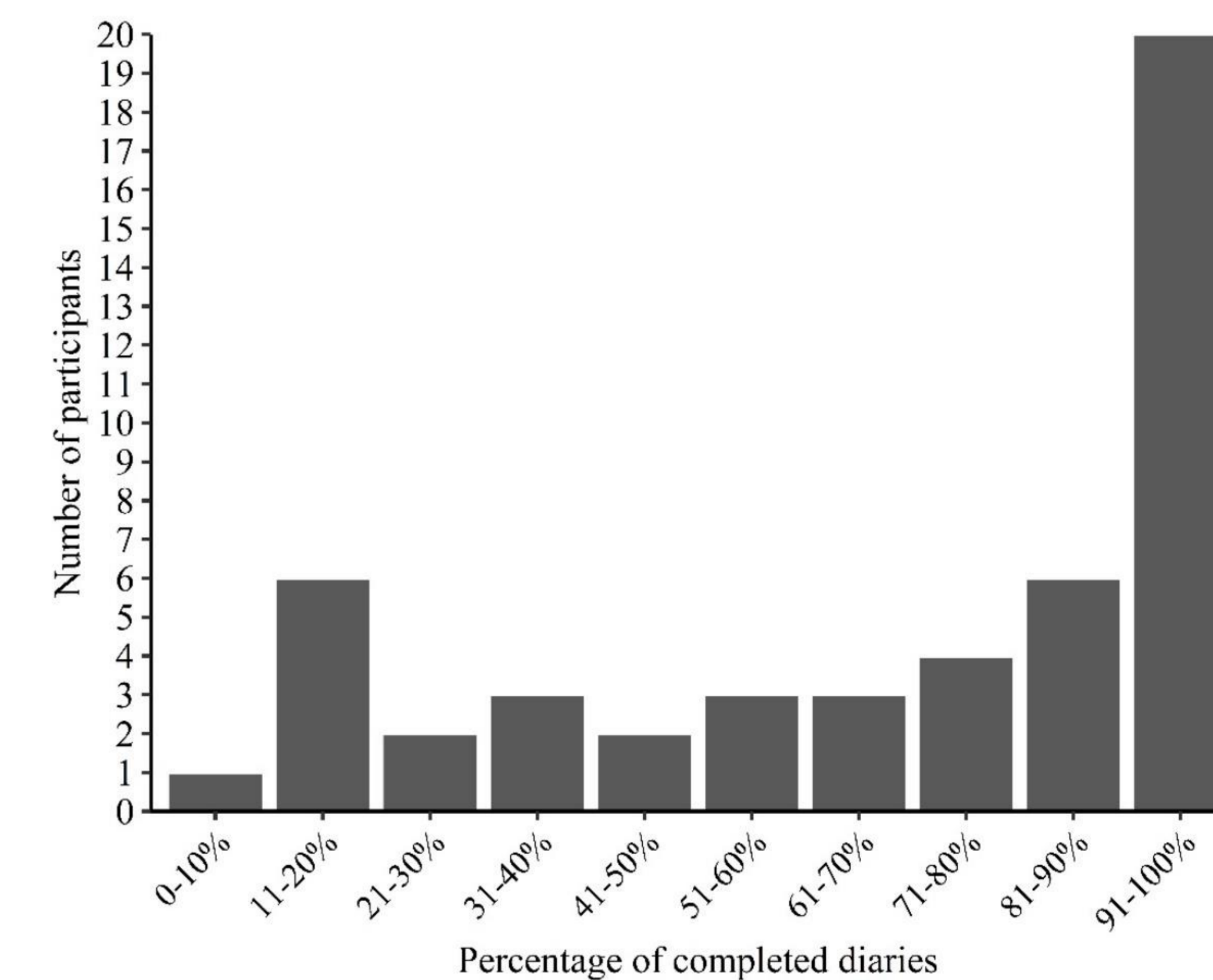
**Data** <https://doi.org/10.17026/dans-zkw-fbvs>

**Pre-print** <https://doi.org/10.31234/osf.io/dgs98>



## Results

- Choice of personalized items **highly diverse**
- Mean compliance was 71%, drop-out 26%
- **Good compliance in residential (76%) and ambulatory (89%) care** but not in juvenile detention (20%)
- Those who answered diaries on a group-owned device were significantly less compliant than those who could answer diaries on their own mobile phone
- Interviews revealed high participant acceptability



## Conclusion

Daily monitoring of standardized and personalized items is feasible for youth with MID-BIF in specialized care