

## Enhancing group lifestyle intervention for depression with ecological momentary assessment: A pilot randomized controlled trial

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**Statement of the Problem:** To investigate the impact of smartphone-delivered ecological momentary assessment (EMA) as a self-monitoring tool to complement a six week group multicomponent lifestyle medicine (LM) intervention for improving depressive symptoms in an adult Chinese population.

**Methodology and Theoretical Orientation:** Participants with at least a moderate level of depressive symptoms (n = 56) were randomized to the EMA-supported intervention (ELM; n = 18), pure intervention (PLM; n = 20), or care-as-usual (CAU; n = 18) groups. Data were collected at baseline, immediate post-intervention and three month follow-up.

**Findings:** PLM showed large improvements in depressive symptoms, physical health-related quality of life (QoL), total lifestyle, nutrition, and stress management at Week seven compared to ELM/CAU while ELM showed large improvement only in environmental health-related QoL relative to CAU. At Week 19 both intervention groups demonstrated medium to large improvements in various clinical (depressive, anxiety and insomnia symptoms) and psychosocial