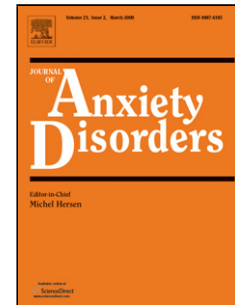


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Title: Experience sampling and ecological momentary assessment for studying the daily lives of patients with anxiety disorders: A systematic review

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Highlights

- Experience sampling and ecological momentary assessment are increasingly popular.
- We show how these methods can also be used to study anxiety disorders.
- Studies to date have yielded important insights into the dynamics of daily anxiety.
- Insights gained can benefit researchers and clinicians as well as patients.

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