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PII: S0165-1781(17)31221-0  
DOI: <https://doi.org/10.1016/j.psychres.2018.02.051>  
Reference: PSY11225

To appear in: *Psychiatry Research*

Received date: 3 July 2017  
Revised date: 21 February 2018  
Accepted date: 24 February 2018

Cite this article as: Lucía Rodríguez-Blanco, Juan José Carballo-Belloso and Enrique Baca-García, Use of Ecological Momentary Assessment (EMA) in Non-Suicidal Self-Injury (NSSI): A Systematic Review, *Psychiatry Research*, <https://doi.org/10.1016/j.psychres.2018.02.051>

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## Use of Ecological Momentary Assessment (EMA) in Non-Suicidal Self-Injury (NSSI): A Systematic Review

Lucía Rodríguez-Blanco<sup>a\*</sup>, Juan José Carballo-Belloso<sup>b</sup> and Enrique Baca-García<sup>a</sup>

<sup>a</sup>Psychiatry Department, Hospital Universitario Fundación Jiménez Díaz. 2, Av. Reyes Católicos, 28040. Madrid, Spain.

<sup>b</sup>Child and Adolescent Psychiatry Department, Hospital General Universitario Gregorio. 46, Dr. Esquerdo, 28007. Madrid, Spain.

\*Corresponding author. Phone: +349154172671. Fax: 91 542 35 36. e-mail: lucia.rodriguezbl@quironasalud.es

### Abstract

Conceptualization and assessment of non-suicidal self-injury (NSSI) has evolved substantially in recent years. In both cross-sectional and longitudinal studies, NSSI and its related variables have traditionally been assessed retrospectively, leading to less precise studies of the mechanisms involved in the maintenance, cessation, or aggravation of this behavior. Ecological momentary assessment (EMA) enables real-time collection of patient states, which can be very useful in the study of the mechanisms implied in this behavior. This systematic review aims to elucidate the current status of EMA use in NSSI investigation. An exhaustive search in PubMed and PsycINFO was conducted up to September 2017. All papers included were focused on the study of NSSI using EMA. Studies with methodological diversity were included, which were afterwards organized according to main topic of studies. There were no

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