Presentation Title	Place in Schedule
Using experience sampling method for total worker health	Poster Session *Day 2 – Wednesday – May 9th, 2018* *8:30am-9:30am*
Description of Presentation	Presenter Name(s) And Credentials
The author introduces the audience to experience sampling methodology: a highly valuable tool of datacollection	Mahima Saxena, PhD *Illinois Institute of Technology*
in industrial and organizational psychology. Experience sampling methods allow researchers to capture meaningful variations in inner states of individuals. These can be physiological markers and indicators of health such as blood pressure, heart rate, sleep, body temperature, and indicators of psychological experiences such as emotions, longer lasting mood states, aspects of cognition such as thoughts, attentional states, as well as subjective experiences that can indicate well-being and health for employees. Most of the above are transient and difficult to capture using typical self-report or retrospective surveys. Experience sampling method can be very useful in capturing such transient inner states to understand the links between work and employee health as well as meaningfully predict causes and consequences of workplace accidents (for example attentional failure) and safety incidents. In this introductory workshop/presentation, the author will introduce the audience to experience sampling techniques and it's various modifications, and how it is implemented in practice to capture transient physical and psychological states in individuals. The presenter will elucidate the same with examples from her own research across multiple domains to bring to life how experience sampling methods can be applied to research or to the workplace for practical outcomes. The use of experience sampling methodology allows for a high degree of adaptation to serve the needs of the researcher or the health and well-being practitioner to capture rich data or meaningfully introduce workplace interventions. These will be discussed in the presentation along with an overview of how such data can be analyzed using multilevel modeling techniques.	