

Daily Mobility And Environmental Determinants Of Stress In Ecological Momentary Assessment (EMA) And GPS Studies : A Scoping Review

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Background

Stress is omnipresent in our everyday lives and a key risk factor of our physical and mental health. Yet little is known about the impact of geographic life environments, linked to our daily activities and mobility patterns, on our momentary and daily stress levels.

Objectives

We propose this review to gather evidence on the spatio-temporal determinants of momentary or daily stress in studies using ecological momentary assessment (EMA) or experience sampling methods (ESM) in addition to GPS tracking. We will focus on the spatio-temporal definition and modeling of environmental exposures accounting for participant daily activities and mobility patterns and their association with stress.

Methods

This scoping review will follow the PRISMA framework for scoping reviews (2018). We will search the PubMed, Web of Science and Scopus databases. We will include papers using EMA/ESM and GPS measuring stress (chronic, daily, momentary) as an outcome ; these methods are also referred to as geographically-explicit ecological momentary assessment (GEMA).

Articles published between January 2000 and July 2024 will be screened. Two independent reviewers will screen titles and abstracts to agree upon the inclusion of articles.

We will not consider residential mobility and will exclude PTSD or chronic mental health disorders unrelated to stress.

Discussion

This scoping review will identify research gaps in the study of environmental determinants of stress, while particularly focusing on dynamic exposure measurement related to daily mobility. We will identify methodological differences and gather evidence on daily and chronic stressors.

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