OBJECTIVE
Development of a feasible and usable mobile based Ecological Momentary Assessment (mEMA) tool to monitor complex behaviours (e.g., snack consumption and physical activity) among vocational school students.

METHOD
Vocational school students (N=32), aged 16-21 years, participated in the present study. Students were prompted 4 times a day, during 7 consecutive days, to fill in a mEMA-questionnaire about individual and contextual factors that influence their snack consumption or physical activity level. To fill in one questionnaire took them 1-1.5 minute. Students received up to 2 reminders per missed mEMA prompt.

RESULTS
- Compliance rates decreased over time (-44%)
- No large differences between day parts and days of the week

CONCLUSION
Based on these results and conversations with vocational school students, we believe that mEMA is a feasible and usable tool to measure complex health behaviours like snack consumption and physical activity.