Ambulatory assessment - the acquisition of psychological and/or physiological data in a natural setting - is a field in which, as this book's title indicates, rapid progress is being made. Indeed, ambulatory assessment is entering a period of transition: IT and online techniques are being developed and refined, and ever more researchers and clinicians from various fields are coming to realize the usefulness of data collected in real-time, under real-life conditions.

With contributors from the USA and Europe, this book explores in detail the use of computer-assisted methods in both research and applied settings. Innovative techniques and approaches are described, which go far beyond the simple use of portable computers for data collection: online analysis and feedback, real-time processing, electronic diaries, ambulatory psychological tests and physiological measurements, event-contingent applications, and much more.

In addition to describing new techniques, the book also describes concrete applications (and presents some innovative results) of a variety of methods in real-life occupational and clinical settings. Examples include patients with chronic pain, borderline personality disorder, high blood pressure, asthma, diabetes or hot flashes in the clinical area; and aviation, air traffic control, occupational stress and heart rate or blood pressure in the occupational area.

The most recent innovations and applications in the field of ambulatory assessment, a rapidly advancing field concerned with computer-assisted psychological and physiological monitoring in natural, real-life settings.