The *Determining Risks using Ecological Assessments of Mood, Sleep, & Suicide: An ecological momentary assessment of sleep effects in Veterans with suicidal ideation* study is led by Dr. Maegan Paxton Willing.

PROJECT GOAL

This project aims to examine the daily effects of sleep on suicidal ideation in Veterans. This pilot study will inform a future large scale study in active duty service members.

BACKGROUND

Veterans face unique challenges, including sleep problems and an increased risk of suicidal thoughts. Poor sleep quality is strongly linked to a higher risk of suicide. This study seeks to deepen our understanding of this link, with the goal of predicting changes in suicidal thoughts based on sleep patterns to inform future research on suicide prevention.

STUDY DESIGN

DREAMSS is a pilot study (*n* = 30) utilizing ecological momentary assessment and actigraphy to investigate sleep patterns, affect, and cognitions as they relate to changes in suicide ideation in Veterans over a 14-day period. Real-time data collection is achieved through five daily surveys, complemented by continuous objective sleep monitoring via Fitbit devices. Additional assessments occur pre- and post-study.

CURRENT STATUS

Regulatory approvals have been obtained, and recruitment is anticipated to begin June 2025.

FUNDING

Funding for this research is provided by the American Psychological Foundation (APF); total funding is $19,980. The project runs from September 2024 through September 2025.

Ecological Momentary Assessment Protocol
5 Surveys per Day for 14 Days Total

EMA 1 (Upon Wakening)

↓ ~2 hours

EMA 2

↓ ~2 hours

EMA 3

↓ ~2 hours

EMA 4

↓ ~2 hours

EMA 5 (Before Bed)