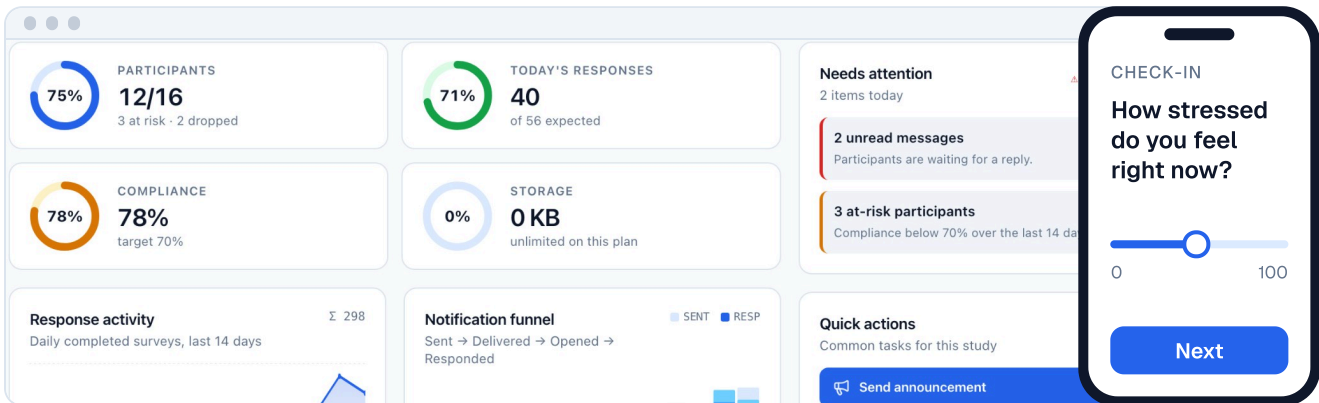


SMAAT FOR ACADEMIC RESEARCH

Experience sampling, mobile sensing and cognitive testing in one smartphone platform

Researchers design and monitor studies in a web dashboard. Participants take part through the SMAAT app for iOS and Android, available in 16 languages. Responses and sensor data are encrypted and stored on servers in Frankfurt, Germany.



No-code study builder

Screens, branching and randomisation, with sliders, Likert scales, multiple choice, swipe and tap responses, and audio or video upload. Items from a library organised by construct.

Seven scheduling modes

Fixed-time, random within windows, interval, event- and answer-contingent, geofence and place-visit triggers, and Smart Timing, which learns each participant's responsive hours. Quiet hours; push, email or SMS.

Passive and in-survey sensing

Background GPS and up to eight Apple Health or Health Connect measures, incl. steps, sleep and HRV. Motion, light and pressure sensors are recorded during surveys only. Studies request only the permissions they use.

Over 40 cognitive tasks

Tasks in nine domains run natively in the app alongside surveys: reaction time, n-back, flanker, Stroop, stop-signal, task switching, delay discounting, approach-avoidance and more.

Compliance and data quality

Per-participant compliance dashboards and alerts below a threshold you set. Each prompt tracked from scheduling to response; device and server timestamps; item wording stored with each response.

Privacy and ethics review

EU hosting with end-to-end encryption by default: only the research team can decrypt the data. Data processing agreement, sub-processor list and template text for ethics applications available.

Suited to Mood and stress Activity and sleep Substance use, craving Place-based exposure Within-person cognitive change

Evidence and planning

- Peer-reviewed platform paper:** Shevchenko, Y., & Hong, H. (2026). Sensor-Based Mobile App for Assessment and Tracking (SMAAT): Cross-Sectional Usability Study. *JMIR Formative Research*, 10, e98984. doi:10.2196/98984. Usability and feasibility study with 229 participants on iOS and Android.
- Sample-size planning:** the free ESM Power & Design Planner at power.smaat.eu (no account) handles event-triggered designs, where prompts per person vary. The dashboard also estimates participant burden before launch.

Academic access

- Free plan for pilots: 1 study with up to 5 participants.
- 30% academic discount on all paid plans, applied with an institutional email address.
- Sponsored plans at no cost for Bachelor's and Master's thesis projects: smaat.eu/students

Book a 20-minute demo

smaat.eu/demo

Start free

smaat.eu

Documentation

smaat.eu/docs/getting-started

Contact

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