

# Reading List: Intervention Optimization & Adaptive Interventions

## Must-Read Foundations

**Intervention Optimization: A Paradigm Shift and Its Potential Implications for Clinical Psychology** *Annual Review of Clinical Psychology* (2024)

<https://doi.org/10.1146/annurev-clinpsy-080822-051119>

**Just-in-Time Adaptive Interventions: Where Are We Now and What Is Next?** *Annual Review of Psychology* (2025)

<https://doi.org/10.1146/annurev-psych-121024-044244>

**Sequential, Multiple Assignment, Randomized Trial Designs** *JAMA* (2023)

<https://doi.org/10.1001/jama.2022.24324>

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## More Detail (Technical)

**Experimental design and primary data analysis methods for comparing adaptive interventions** *Psychological Methods* (2012)

<https://doi.org/10.1037/a0029372>

**Designing a pilot sequential multiple assignment randomized trial for developing an adaptive treatment strategy** *Statistics in Medicine* (2012)

<https://doi.org/10.1002/sim.4512>

**The microrandomized trial for developing digital interventions: Experimental design and data analysis considerations** *Psychological Methods* (2022)

<https://doi.org/10.1037/met0000283>