A paradigm shift is taking place in the field of mental healthcare and patient wellbeing. Traditionally, the attempts at sustaining and enhancing wellbeing were mainly based on the comparison of the individual with the population average. Recently, attention has shifted towards a more personal, idiographic approach. This shift calls for new solutions to collect data about individuals, create personalized models of wellbeing and translating these into personalized advice.

HowNutsAreTheDutch is an online platform to support self-measurement. The goal is to provide insight in the psychological wellbeing of the participants. People interested can sign up on the website [https://www.hoegekis.nl](https://www.hoegekis.nl), and participate in the cross-sectional research or the idiographic research.

In the cross-sectional study, participants fill out various questionnaires to get an insight into their psychological wellbeing in general. The idiographic study provides a diary study, to let participants measure their psychological wellbeing over time.

**Future**

- **Forecasting:** the use of forecasting techniques could provide more insight in the dynamicity of a psychological construct.
- **Repetition:** repeating diary studies could help to determine whether and how psychological constructs change over time.
- **Generalization:** finding and employing techniques to generalize personalized results to the population at large.