Time preferences influence how people compare outcomes realized at different points in time. Measuring such time preferences is however not straightforward. The four studies in this thesis increase our understanding of how such time preferences can be measured correctly. Two chapters are based on a lab-in-the-field experiment in Nigeria and two on a laboratory experiment in the Netherlands. This thesis shows that different methods to measure time preferences yield different results. A substantial share of this difference is related to changes in the lives of participants outside of the experiments. This thesis therefore stresses the importance of measuring such changes both in experiments with monetary rewards and in experiments with effort.

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