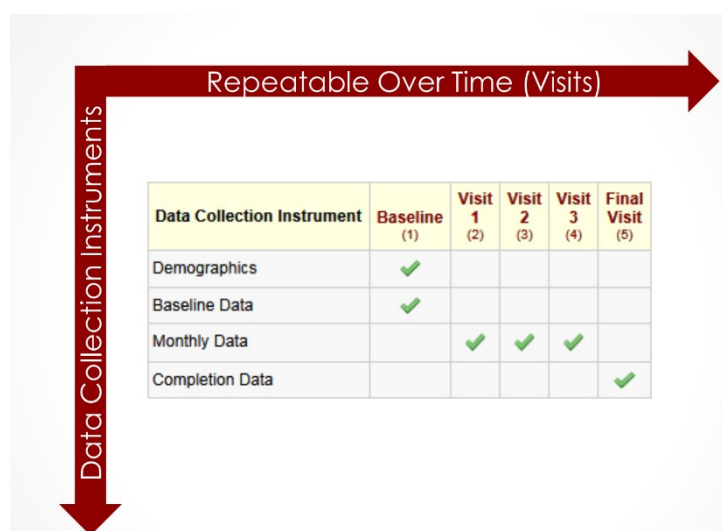# REDCap @ Yale
Frequently Asked Question (FAQ) Library

> **Should I use a _longitudinal design_ or _repeating events_?**
>
> **I am building my project and plan to collect data at multiple time points.**

If you have fixed timepoints (e.g. follow-up visits) with repeating instruments, you should structure your data collection around these scheduled events and designate forms for each event.

To create events with repeating forms, use the **Longitudinal Project Design**. For more information, refer to *FAQ: Longitudinal Events*.

If you have unscheduled events whose frequency is irregular (e.g. adverse events), you should use **Repeating Instruments (Forms) or Events**.

With REDCap, you can repeat a data collection instrument or an entire event of instruments an unlimited number of times without having to specify the amount needed. The repeating instruments/events feature can be enabled and set up by clicking the Enable button in Optional Modules on the Project Setup page.

Visit the **REDCap Training Video Library** to learn more.

Video Tutorial: Repeating Instruments and Events (33 min)