

Running head: **XXX** SELF-MANAGEMENT PLAN

Note: Plug in the target behavior in the Running head where the red XXXs are now. The Running head should go in the header. The first page is different than all subsequent pages as shown below. MS Word has a way to make the first and subsequent pages different from one another for the header. Please use it. Make sure you include the words Running head written EXACTLY as they are written above.

**Increasing/Decreasing** The Frequency Of **XXX** Through A Self-Management Plan

“Name”

“ID Number”

Washington State University

PSYCH 328: Self Control

Title - Choose Increasing or Decreasing based on whether you are increasing or decreasing your target behavior. Identify the target behavior where **XXX** is. Add your name and ID number where the quotes are now. REMOVE the quotes.

Note: Plug in the target behavior where the red XXXs are now. Your running head should be in the header and the second page down is different than your first page. Add a page number at the top and on the right hand side.

### Abstract

The abstract should be between 150- 250 words

Writing the abstract:

- A. Your abstract should include a 1-2 sentence overview of the target behavior you will change. This is the introduction statement.
- B. This is followed by 2-3 sentences listing the key strategies utilized in your self-management plan. This is the method statement.
- C. Next, state the results. Did the plan work? Report means in correct APA format for baseline and treatment phase. This is the results statement.
- D. Finally, write 1-2 sentences discussing your results. This is the discussion statement.

*Keywords:* behavior, self-management, XXX

Note: Include keywords. Leave behavior and self-management and then add a few relevant to your plan.

## Title

State the title here. Use the same one on the title page. The title at the topic signifies the beginning of the Introduction to your paper. DO NOT include the words Introduction though. The Introduction is the first major section of your paper.

Writing your Introduction:

The Introduction starts on the line right under the title.

Task 1: Discuss the broad problem in one paragraph. Are you trying to get into shape? Why is this important? Are you trying to study more effectively? Describe benefits. You will have a few outside sources here and they can be websites. Use APA format to report them in the Reference section.

Task 2: Discuss the specific target behavior your plan addresses and give your behavioral definition. Classify it as a deficit or excess. State what dimension(s) you wish to change. Then list pros and cons of the behavior and your self-efficacy statement. See Sections 1 and 2 of your proposal for text. This should make up a few paragraphs.

Task 3: State your goals and criterion for moving from one to the next. See Section 2 of the proposal. This should be about one paragraph

Task 4: Provide a hypothesis in the final paragraph. This is a new section and is basically a prediction of what you believe will happen. For the project in this class, the hypothesis is basically that you predict that if you use your strategies successfully, you will see a reduction/increase in your target behavior. Feel free to word it something like this but make sure you use the word hypothesis.

## Method

NOTE: This section uses three levels of headings according to APA format. See the proposal instructions for details on headings.

### Participant

I, XXX, am the sole participant in this study. I am a XX-year-old Caucasian male. XXX

Tips for the participation section:

1. State your name
2. Give your age
3. List your race and gender here.
4. State any other demographic information that might be useful.

## **Materials**

### **ABC chart. XXX**

NOTE: Under ABC Chart, describe your method of recording. Use the verbiage from Section 3 of your proposal. Be sure you also describe the journal that you kept each day. Reference Appendix A where samples can be found. Start your text where the XXX are.

### **Behavioral contract. XXX**

NOTE: Describe your behavioral contract and what its function is. See Section 7 of your proposal. Reference Appendix C where it can be found in this paper. Start your text where the XXX are.

### **Other materials. XXX**

NOTE: Describe any other materials or apparatus you might have used in your study such as a separate log you used during the day before transferring the information to your ABC chart and journal, a phone or app, etc. Section 3 of the proposal will help with this. If you have none, just delete this section. Start your text where the XXX are.

## **Procedure**

### **Baseline phase. XXX**

NOTE: Describe your baseline phase and how long it occurred. Dates are useful here. Why did you have a baseline phase? What is its purpose? I am looking for a c word from this text. Start your text where the XXX are. Reference the baseline phase ABC charts and the baseline phase summary table as found in Appendix A.

## **Treatment phase. XXX**

NOTE: First, describe your treatment phase. How long did it last? Reference the treatment phase ABC charts as found in Appendix A. This should be one paragraph.

Second, what self-management strategies did you use? You can use the text from Section 5 of your proposal, with any recommended changes. Be very clear in how you used all strategies. Also, what rules did you use? Briefly describe them here using Section 7 of your proposal. Reference the appropriate appendices for the token economy (Appendix B) and rules (Appendix D). Start your text where the XXX are.

Be advised that in your proposal you had three levels of headings in this section. You WILL NOT in the final paper. We already have 3 levels of headings in the Method section and so if you used two additional levels for Antecedent, Behavior, and Consequence focused strategies, and then a separate heading for each strategy or cluster of strategies, you would have 5 levels. Though APA format does allow for this, it is very complicated and so I will not require 5 levels. Just discuss each of the strategies one after another but group them by antecedent focused, etc... It would look like this:

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**Treatment phase.** This plan utilized antecedent, behavior, and consequence focused strategies. In terms of antecedent-focused strategies, I used goal setting which was described in the Introduction. I also used several antecedent manipulations such as presenting .....

Next, I used a few behavior focused strategies to include relaxation techniques and cognitive restructuring. In terms of relaxation techniques, I used diaphragmatic breathing such as....

Finally, I used several consequence focused strategies. First, I developed a token economy for my plan. I..... Next, I used DRL since I only wanted to reduce my soda consumption and not completely stop it. I also used.....

In terms of rules, I developed a few for.....

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Note that you can use the descriptions you gave in Section 5 of the proposal for your strategies with some modification. So you are not completely redoing this section. It is just fitting into a different format here.

Also, you could discuss how aspects of your plan accounted for the temptations and mistakes from Section 6 of the proposal.

The discussion of strategies and rules will make up several pages in this paper.

## Results

### Writing Your Results Section:

- First, report the general trend. Did a behavior go up or down? Was this as hypothesized?
- Second, report means for the baseline and treatment phases which support the previous statement. Make sure use correct APA format.
- Third, reference your line graph in Appendix E and state what it shows. If you wish to include other graphs, do so but as separate appendices. This is in addition to your token graph described below.
- Fourth, describe your results in words. Talk about individual results from week to week. Reflect on your journal where needed.
- Fifth, you will also discuss the first four analyses listed in Section 16.1.2. What do they show? How do they confirm your reported general trend? Do they show that though you did show improvement, it was not as great as you first thought? It is possible that depending on what your target behavior is and how you behaviorally defined it, some of these analyses may not fit. If so, omit, but be sure they do not actually fit.
- Sixth, in addition to discussing behaviors, also discuss how your token economy and what tokens were earned, supported the success of your plan. If your plan was not successful, still comment on the token economy. This is the fifth analysis in Section 16.1.2. In this case, you would not have very many tokens earned. You will have to plot how many tokens you earned during the treatment phase by week. You might have already submitted this to your instructor for feedback with the Treatment Phase Token Log assignment. Your token graph will be placed in Appendix G after your log found in Appendix F. Make sure you reference it in this section as you did with your graph in Appendix E.

## Discussion

### Writing Your Discussion section:

- First, state the main findings of the study and whether they support the hypothesis or not. This will be a few sentences in length.
- Second, you should then interpret the findings in the context of your ABC charts and journal entries and the analyses discussed in the Results section. Do not restate numbers here. This should be a several paragraphs in length.
- Third, list 2-3 strengths of the study. This should be one paragraph in length.
- Fourth, list 2-3 limitations of the study. These might be in relation to temptations and mistakes. See Section 6 of your proposal and Section 7 in relation to rules. This should be one paragraph in length.
- Fifth, discuss implications of the study and future research or behavioral planning in relation to the target behavior. What would you do to improve your plan? How might you address your temptations if they became problematic? This should be one paragraph in length.

- Sixth, describe how you will move into the maintenance phase and prevent relapse. Be clear on which strategies will stay, which will go, and how you will phase out or fade strategies.
- Seventh, be sure you discuss your maintenance self-efficacy and use what you submitted for the Maintenance Phase Self-Efficacy assignment. Bear in mind that most of you are still continuing your projects and so you are not really in maintenance phase. You are just thinking ahead to how likely you think you will be with sticking to your plan once you are at this point. This should be at least one paragraph in length.

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Note to Student: The Abstract starts on a separate page. The Introduction follows this on a separate page but then the Method, Results, and Discussion sections follow one after another. I may have the four main sections starting on separate pages for ease of reading. Be sure they follow one another in your paper. Finally, the Appendices fall on separate pages each. Do not have them follow one another. They also start after the Discussion on a new page.

Be sure you have deleted this note, and all others, before submitting. This includes the ones listed under the Appendices.

There should be NO RED TEXT in your paper upon final submission. If you have any, you will be deducted for not following instructions.

## Appendix A

### Antecedents, Behaviors, and Consequences (ABC) Charts and Journals

1. Include 2 sample ABC charts from your baseline phase as found in your proposal under Appendix 3. Recall that you originally submitted 4 sample ABC charts. You will reduce that to two for the final paper and please include one from each week of the baseline phase.
2. Include the Baseline Phase Summary Table from the proposal as found in Appendix 4.
3. Include 1 sample ABC chart and journal entries from **each** week of your treatment phase. So you should have **three** different charts and journal entries from three different weeks (or two during the summer).
4. Include the Treatment Phase Summary Table submitted with the Treatment Phase ABC Charts and Journals.



## Appendix B

### Token Economy

*Table 1. Behaviors and Token Values*

*Table 2. Reinforcers and Cost*

*Table 3. Max Tokens Table – Projected Numbers if 100% Successful*

**NOTE: Include your CORRECTED token economy tables from Appendix 2 of the proposal, if changes were required. If not, just submit as is.**

## Appendix C

### Behavioral Contract

**NOTE: Include the behavioral contract from the proposal as found in Appendix 1.**

## Appendix D

### Behavior Modification Plan Rules

NOTE: Include a list of all rules used in your plan. See Appendix 5 of your proposal. These should be bulleted with the headings I asked that you use.

## Appendix E

Title

NOTE: Include the target behavior line graph here. Give the appendix a title.

*Figure 1.* Mean number of **XXX** behaviors performed per week during each phase: Baseline and Treatment. The mean number of behaviors for the Baseline Phase was **X**. The mean number of behaviors performed for the Treatment Phase was **X**.

NOTE: Include a figure caption and figure for your third appendix. Change the text in red under the figure caption. The **XXX** should be replaced with the target behavior.

## Appendix F

### Treatment Phase Token Log

**NOTE:** Include the Treatment Phase Token Log from the assignment submitted at the end of, or near the end of, the treatment phase.

## Appendix G

### Title

NOTE: Include the line graph here showing the number of tokens earned during treatment phase. Give the appendix a title. You may have submitted this for feedback with your Treatment Phase Token Log. If so, make the required changes and copy and paste here. If not, see Module 16 for details.

*Figure 2. XXX*

NOTE: Include a figure caption describing your line graph. Start the text where the XXX is.