

4670 Final Paper Guidelines

Your final paper for this course should contain the following sections and appropriately address the questions listed under each section below:

Introduction (this will probably be drawn from Chapters 1 & 2)

- What is the problem that you have chosen to address?
- What is the operational definition of the problem? What is the target of change?
- Why have you chosen this problem? How/why is it important?
- What goals are you seeking to accomplish?
- How will you know if you are successful in attaining your goal or not?
- What specific subgoals are you addressing?

Method

From Chapters 3 & 4:

- Describe your self-monitoring. What system did you choose and why? How is the form of self-monitoring you chose a good match for the behaviour you've chosen to address?
- Further operationalize the target problem by addressing the questions at the end of Chapter 4 – what did you learn as a result of self-monitoring in terms of the ABCs of your behaviour?

From Chapters 5, 6, 7, 8

- What are the antecedents to your behaviour? What is your plan for addressing these?
- What new behaviours are you seeking to develop?
- What consequences will you attempt to control?

Results (Chapters 8-10)

- Here you will present the data from all of the preceding weeks of self-monitoring. This should indicate when you introduced new aspects of your plan, for example, addressing antecedents, then behaviours, then consequences.
- Include a format of data presentation that is well-suited to the behaviour you have chosen to target. For example, graphs, tables, figures. Summarize your results both numerically and descriptively.

Discussion

- Discuss the results you observed with your project. Did you observe change? Why or why not?
- What worked? Which principles were helpful in promoting change? How do you know what was helpful?
- Which principles did you try that were not helpful? Why were these principles not helpful to you?
- Were you happy with your plan? What might you change in the future?
- What did you learn from this project about planning and conducting clinical research?