Behavioral Intervention Phase 3: Results and Reflection (50 points)

What modifications (to any part of the intervention plan) did you make? Describe each and the rationale for the change.

described 1 or more changes/modifications: somewhat clear (+1)   clear (+2)
the rationale for each change was made: somewhat clear (+1)   clear (+2)

HELP ME

Using excel, create two colorful and easy to interpret charts. One to show the baseline data and the other to show the data for the 3-week intervention. Alternatively, you may create one graph showing all 4-weeks of data. Clearly label the x and y-axis. If using one graph, make sure the baseline data is clearly distinguished from the intervention data. If you have several graphs - copy and paste them into a single word document (doc, docx) or pdf. Upload the graph(s) here.

HELP ME

graph showed baseline data   +2
graph showed 3-weeks of intervention data   +4
graph(s) axis (x and y) were appropriately labeled and clear:
      somewhat true (+1)   mostly true (+1.5)   100% true (+2)

graphs were aesthetically pleasing with good use of color:
      somewhat true (+1)   mostly true (+1.5)   100% true (+2)

How well did the intervention work? Address this from your subjective perception. This means, do not look at the empirical (numerical) data. What is your *opinion* of the intervention?

subjective perception was very clear, thorough, and insightful:
      barely true (1) somewhat true (2)   mostly true (3) 100% true (4)

HELP ME

How well did the intervention work? Address this from an objective assessment of the empirical data. Support your assessment with actual numbers and calculations (e.g. averages).

objective assessment was very clear, thorough, and well-supported:
      no, but made an effort (+1)   somewhat true (+2)   mostly true (+3)   100% true (+4)

At the beginning of this project, you chose a measure of well-being - something that you hoped would improve if you met your behavioral goals. Describe how this measure changed. Did it change and if so, how? How do you interpret this change - or the lack of change - as applicable?

Described if the measure went up, down, or stayed the same (1 point)

HELP
ME

   Provided an insightful interpretation for the change - or the lack of change:

   slightly true (+1)   moderately true (+2)   mostly true (+3)   100% true (+4)

What part of the intervention helped you the most? For example, was it a particular technique, the goals you set, identifying the variables that control the behavior etc.? What was it about this particular part of the intervention that you found helpful?

Very clearly identified one aspect of the intervention and very explained why it was so helpful: somewhat true (+1)   mostly true (+2)   100% true (+3)

What part of the intervention helped you the least, or even made the target behavior worse? For example, was it a particular technique, the goals you set, identifying the variables that control the behavior etc.? What was it about this particular part of the intervention that you found unhelpful or detrimental?

Very clearly identified one aspect of the intervention and very explained why it was unhelpful or detrimental:

   somewhat true (+1)   mostly true (+2)   100% true (+3)

Knowing what you know <u>now</u>, what would you do differently next time?

HELP
ME

Identified one or more changes in a very clear and thoughtful way: somewhat true (+1)   mostly true (+2)   100% true (+3)
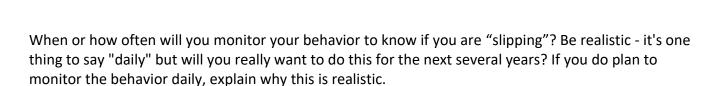
YOUR RELAPSE PREVENTION PLAN

This plan goes into effect AFTER the intervention is over. Think and reflect 1-5 years down the road when answering the next 4 questions. HELP ME

Generally, when a bad behavior re-appears or when a good behavior disappears, it happens gradually. We begin to "slip".

Define "slipping" in terms of the behavior you chose in a way that is **directly measurable** (e.g. "I know that I am slipping when I am looking at screens for 8 or more hours/day for 3 consecutive days." This is a good definition. But, "I know I am slipping when I am on screens for so long I feel guilty" is a weak definition. It is weak because "guilty" is not directly observable and measurable.

Defined "slipping" in a directly measurable, relevant, and specific way:
somewhat true (1)   mostly true (2)   100% true (3) HELP ME

When or how often will you monitor your behavior to know if you are "slipping"? Be realistic - it's one thing to say "daily" but will you really want to do this for the next several years? If you do plan to monitor the behavior daily, explain why this is realistic.

Has a realistic plan for how often they will monitor the behavior:
somewhat true (1) mostly true (2) 100% true (3)

What conditions down the road (physical, psychological, social, environmental) should you "be on guard for" because they might lead to slipping?

Identified and explained two or more conditions in a very clear and thoughtful way:
somewhat true (+1)   mostly true (+2)   100% true (+3) HELP ME

WRAPPING IT UP

Summarize what you learned from this entire project – good and bad - I want to hear it all. (200-300 words)

Provided a summary that was clear, thoughtful, insightful, and thorough
mostly untrue (+1)   slightly true (+2)   moderately true (+3)   mostly true (+4)   100% true (+5)

HELP
ME