Introduction

- Three antecedent manipulations were evaluated over the course of 26 weeks with the final intervention being the most successful for obtaining maximum participation in journaling.

Purpose: achieve effective stress relief by writing a journal entry of at least 500 words daily.

Measurement & Design

- The entries were only counted as occurring if they reached a word count of at least 500.
- The entries were written on Microsoft Word to keep track of the word count.

Procedure

- Baseline: No programmed contingencies
- Intervention 1: An alarm was created to sound every day at 5:00 p.m.
- Intervention 2: Microsoft Word document tab kept opened where the journal is located while homework and other tasks were completed.
- Intervention 3: A reminder was created as a screensaver on the participant’s iPhone.

Results and Discussion

- Baseline, Intervention 1, and Intervention 2 were unsuccessful in creating consistent occurrences of the target behavior.
- Intervention 3 provided functional control over journaling.

Limitations

- Self-management project
- No set routine or time limit was in place while the heart rate was recorded.
- A therapeutic journaling approach could have been applied to the journal entries.