**Self-monitoring Paper**

Abnormal Psychology

Dr. Brady

**DUE DATE: NOVEMBER 23RD, 2020**

**Activity and Paper Description**

For this paper, you will conduct two activities (appreciation/gratitude & altruistic acts) that have been shown to impact mood (happiness & irritability). Prior to these activities, you will conduct a library search to find relevant, peer-reviewed articles that are directly related to the purpose of the study and the self-monitoring activities you will be recording[[1]](#footnote-1). You will then summarize your data in the results section and discuss your findings as it relates to the course, your research articles/text, clinical practice, and your own experience. Finally, you will provide your sources (research articles) in the reference section.

This manuscript needs to include an abstract[[2]](#footnote-2), introduction, method, results, discussion, and a reference section. Finally, the document must be written according the 7th edition of the APA style manual. For a minimum of 6 consecutive days, you will conduct 2 different behavioral activities and document them on the included self-monitoring sheet on page 4. You can duplicate this form or use an alternative way to track your activities and their descriptions (e.g., notes on your phone or computer). Just make sure to describe how you tracked your own data in the method section. **NOTE**: There is also a sample of the overall paper format, the sub-headings required (minimum) , and some descriptions included on page 3 of this document called “Paper Sample.”

***Gratitude Activity***

For 6 consecutive days, you will write down 3 things that you are grateful for and/or appreciate. You can do this any time throughout the day, but some people find that it’s helpful to write down your thoughts of gratitude around the same time each day. Some people find it helpful to make it part of your daily routine (e.g., during your morning coffee/tea; at bedtime when you are relaxed). Prior students have made it a point to go outside and write down their appreciations without the distraction of cell phones, computers, etc.). During COVID, this might be a nice way to collect your data for this project. Regardless, find what works for you and pay attention to the process itself. This will be helpful for you when you write your discussion section.

Mindfulness is a concept you will learn about throughout the semester and is a cognitive intervention that can be used in conjunction with other therapy techniques (e.g., behavioral activation). For this assignment, you will be asked to be thoughtful about things in your life with regards to gratefulness and appreciations. This exercise is often used in conjunction with *noticing without judgment,* which is a key component of mindfulness. During this 6-day period of self-monitoring, try to notice things around you (nearby) and in your interactions with others, without being critical of them of judging them.

*Noticing* is a skill that is learned, and it comes in many forms (e.g., meditation, 5 sense exercises, etc.). This ability gets better with time and often goes along with the gratitude exercise or altruistic acts that you are conducting. When noticing or using mindfulness activities are in experimental or clinical settings, here are some suggestions about things yourself, clients, or participants can consider *before* writing down what you appreciate each day and belng altruistic.

* What things you would be sad about if they were missing from your life?
* Are there things you usually don’t think about that you can appreciate?
* Did something good happen to you today?

After reflecting on these questions, write down 3 things that you are grateful for on that day.

***Altruism Activity***

You will also conduct one act of kindness per day (see list of altruistic act ideas) and describe what behavior(s) you performed and the reaction that occurred in responses to your altruistic act. This act does not need to cost a penny and can be simple and take just a few minutes. Examples may include opening the door for someone, giving someone a compliment, smiling at someone crossing the street, or letting someone go ahead of you in line. However, you can take as much time as you like, and it is recommended that you vary your kind acts. This will make for a more diverse experience and give you more to consider for your discussion section.

***Mood ratings***

You will rate your mood using the same scale, which is presented here and on your self-monitoring sheets:

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0 10 20 30 40 50 60 70 80 90 100

Not at all Moderately Extremely

Mood #1: Happiness (similar to joyfulness or contentment)

Mood #2: Irritability (similar to feeling frustrated, annoyed, or impatient)

Before and after each activity, you will rate both moods before and after the self-monitoring activities using a following 100-point scale. You should have a total of 8 mood ratings per day, resulting in a total 48 total mood ratings.

**Grading and Point Values**

Adhered to APA Style 2 point

Approved Research article 2 points

Introduction 6 points

Method 8 points

Discussion 6 points

Completed Data Logs 6 points

\_\_\_\_\_\_\_\_

Total 30 points

|  |
| --- |
| **Introduction**  What was the purpose of this self-study (n=1)? You can you first person or use “the participant throughout the entire paper. Just make sure you are consistent.” What is self-monitoring and how does it relate to clinical psychology and practices? What is altruism and gratitude? Summarize the research articles that you obtained for this paper and use them to provide a rationale for the self-monitoring exercise. Transition into the method and results.  **Method**  In the method and results section, you need to be as specific as possible and use either first person or “the participant.” For example, “The participant in this study was a 2nd generation, Mexican American Female who was a 3rd year undergraduate student at a moderately sized college in Southern California.”  These sections should be written in a way that anyone could replicate your study exactly without talking with you first, just by reading your paper.  **Participants**  **Materials and Measures**  **Measures**  **Procedure**  **Results**  Describe the outcome of your self-monitoring. Thing to include: the duration of each act of kindness; the frequency of gratitude statements each day; what kinds of things did (you don’t have to say each thing, but you can give examples.” When and where did your acts of kindness/altrusm take place (e.g., mornings, evening, a variety?  Regarding mood, you can describe how your mood was at the beginning of the study (irritability and mood), and how it changed over time (e.g., what was your average increase or decrease of irritability over time – you can use a difference score for this. You can demonstrate change in mood over time using table or line graphs. However, make sure you include both moods before and after each exercise (gratitude and altruistic acts).  Only report quantitative findings here (means, standard deviations) that come from your data. Any qualitative data comments and observations that you noticed doing this project can be integrated throughout your discussion.  **Discussion**  What did learn about the process of self-monitoring? What did you learn about yourself from this exercise? What were some of the interesting, surprising, pleasing, and/or unpleasant things that occurred across the 7 days? How does the article that you chose relate to your experience? Would you recommend that these become a daily, weekly, or periodic activity? What have you learned about completing these activities from a client’s perspective? What if you were asking someone to complete these? How might you encourage them? Who do you think could benefit most from performing mental acts and why? Who would not benefit from these activities?  **References**  Two peer-reviewed articles that are directly relevant to this self-monitoring activity are required for this paper. They must be approved by the instructor by and uploaded into cc by October 26th. If you do not he you article reviewed by October 26th, you will not receive the 2 points. |

**Suggestions**

1. Do your best to be proactive (a nice way of saying don’t procrastinate)
2. Break up your paper into multiple, smaller steps
   1. First being search for your first article and read multiple abstracts
   2. Second, select article #1 and read it, highlighting key points related to your introduction and discussion
   3. Third, upload article #1 on cc
3. You are encouraged to keep a separate log of your experiences which will assist you in writing up your method section and discussion.
   1. Use your physical calendar, a notebook, notes on your phone, or a voice recorder to keep track of your activities, their length, and to document interesting, surprising, or relevant experiences (e.g., I was complimented by a bystander after I help open the door for a customer and Ralph’s and this really boosted my mood).

**Articles**

Obtain two peer-reviewed articles related to two separate topics listed here: self-monitoring, gratitude and well-being, altruistic acts and mood or well-being, correlates to irritability/good mood, mood tracking, self-management, self-reinforcement. Use the library search button located on the main library page (under academics).

Examples of rigorous clinical psychology journals related to the paper may include:

* The Journal of Consulting and Clinical Psychology
* The Journal of Abnormal Psychology
* Cognitive Behavior Therapy
* Mindfulness
* The Journal of Anxiety Disorders
* International Journal of Stress Management
* The Journal of Clinical Psychology
* The British Journal of Clinical Psychology
* The Journal of Clinical Child and Adolescence
* Professional Psychology: Research and Practice

**Written Paper**

Your paper must beat least 2000 words, or 8 pages**.**  All papers need to be double-spaced, have an abstract, running head, and conform to all other 7th edition APA standards. If you would like to submit your data logs, you may email them to me but they are not required. You will demonstrate the completion of this through a detailed description and summary in your results sections. Using APA style, complete the following sections in the text box below

Self-Monitoring Sheet

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Entry # \_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_

BEFORE

\_\_\_\_\_\_Level of Irritability

\_\_\_\_\_\_Level of Happiness

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

0 10 20 30 40 50 60 70 80 90 100

Not at all Moderately Extremely

Today I am grateful for:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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AFTER

\_\_\_\_\_\_Level of Irritability

\_\_\_\_\_\_Level of Happiness

BEFORE

\_\_\_\_\_\_Level of Irritability

\_\_\_\_\_\_Level of Happiness

Altruistic Act - Describe an act of kindness that engaged in and the circumstance where it partook. What did you do? How long did it take? What kind of response you receive from the other person and those around you?

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AFTER

\_\_\_\_\_\_Level of Irritability

\_\_\_\_\_\_Level of Happiness

G**rading Rubric**

**Paper 2**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name | Articles –  Peer-reviewed;  Relevant | APA Style | Intro | Method &  Results  (includes sample and procedural summary, and outcome data summary) | Discussion | Data Logs | Total | Comments/Bonus |
|  | 2 | 2 | 6 | 8 | 6 | 6 | 30 | Symbol(s) and written feedback |
| Student 1 |  |  |  |  |  |  |  |  |
| Student 2 |  |  |  |  |  |  |  |  |

**♥ Write-out all authors 1st time Went above and beyond @ extra data presentation**

**+ Expand Work on Transitions # extra articles integrated in the intro or discussion**

**` Incomplete sentence ! Add reference/Give credit & Extremely well-written**

**\* Run-on Sentence(s) ☺ Nice Summary**

**# Stay in the same tense Murky vs. Clear phrases.**



1. Library search ideas may include: self-monitoring, behavior activation, gratitude, altruism, positive psychology

   You can combine all of these with “mood,” “irritability,” “happiness,” “well-being,” [↑](#footnote-ref-1)
2. Perdue OWL is a great resource for APA style [↑](#footnote-ref-2)