

*STUDENT PAPER WINNER:**ABSTRACT**A SENIOR CITIZEN'S SELF-MANAGEMENT OF POSITIVE AND NEGATIVE
INNER BEHAVIOURS*

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This investigation evaluated a senior citizen's self-management of positive and negative inner behaviours, namely thoughts and feelings. Throughout the course of the study every instance of positive and negative inners per day was counted, recorded and charted on a Standard Celeration Chart. Following baseline (Condition A), the initial intervention strategy involved the introduction of timed counting procedures, varying between 30-seconds and 1-minute in duration, during which the participant was instructed to free/tally as many positive inners as possible (Condition B). Resultant data led to the implementation of response-prompt practice and assessment procedures (Condition C), which included SAFMEDS and a personalised response-prompt worksheet designed by the participant for use during daily 1-minute counting periods. Behaviour maintenance was determined by a return to baseline (Condition A) and subsequent follow-up assessment (Condition D). The main finding was that response-prompt procedures (Condition C), particularly the personalised response-prompt worksheet, proved most effective in increasing the frequency of positive inners, both during daily 1-minute counting periods and throughout the day, whilst reducing the frequency of daily recorded negative inners. The implications of these findings in relation to future research and applications are discussed.