Touro GSSW SW 730 Advanced Social Work Research
Single System/Subject Design (SSD) Project

The purpose of this assignment is to increase your familiarity with the single subject design method and to build your confidence in your ability to use this type of assessment in social work practice. Please submit the report via the Assignments Tab on Canvas.

Instructions for project:

1. You will be evaluating yourself or someone you know for this project. Choose ONE target behavior/feeling/thought of the person that you will attempt to change. For example: cigarette smoking, soda intake, checking Facebook, lateness, sleeping problems, weight loss, etc.
2. Choose an intervention that will assist you in making that change
3. Define the target behavior/feeling/thought that you attempt to change in measurable terms by creating two measurable indicators (can be measured by frequency, magnitude or duration), e.g. ounces of soda in a day.
4. Your indicator(s) must be specific enough to be measured and can be measured frequently. Select a behavior or thought that has the potential to have a wide range of values, not just if it happens or not (yes/no).
5. Create a graph with X and Y axes. The Y axis will measure your operationalized indicator for each attempt (what happened with that behavior/feeling/thought), the X axis will measure what day/trial this happened. I will circulate an excel file for you to plot the graph.
6. Take baseline measures for at least 7 days every day/times of your operationalized indicator.
7. After baseline, implement an intervention that is aimed at changing your target behavior/feeling/thought, and continue to measure it for at least 14 days to track the changes.

Instructions for the report (Approximately 6-8 pages narratives, 1-page data graph)

A. Background—Suggested length: 1 page

Briefly describe your study focus. Describe, in general terms, the current challenge that this single subject design is focused on improving (what changes are you seeking, and why?)

B. Methods— Suggested length: 2 pages

1. Describe the target behavior/feeling/thought that you are seeking to change. Justify why you want to address this target behavior/feeling/thought.
2. Describe how you operationalize this target behavior/feeling/thought into an indicator (frequency, magnitude, and duration). Justify why you operationalized this indicator in this way (for example, why frequency rather than magnitude; did you create a scale to measure magnitude, etc.?)
3. Describe your intervention. What is your step-by-step intervention plan? Describe any challenges you have encountered (e.g., difficulties sticking to the intervention plan, frustration, self-consciousness, etc.). Describe any positive experiences related to the intervention that occurred while conducting the intervention plan.

C. Findings/Results — Suggested length: 1 page for data and graph and 1 page for narrative summary

1. Paste the data to create a graph from your excel file.
2. Summarize your findings – report the scores for baseline and intervention and compare the averages; note any significant changes or trends visually from the graph. Did you achieve your goal; was there any improvement in your targeted behavior/feeling/thought? What factors may influence the results?

D. Discussion— Suggested length: 1 page

1. What were the strengths and weaknesses of your project in terms of research design (AB), intervention, and data collection methods? Why? Were there any reliability or validity/reactivity problems?
2. Would you say your intervention was successful or not? Why or why not?

E. Conclusion— Suggested length: 1 page

What was your overall evaluation of this experience? Did you like the experience? Do you think it was an effective way to make a change in someone/your life? What were the benefits and burdens of using this type of intervention for you? Now that you have practiced this type of research design, what are your thoughts on its applicability to social work practice?

References – Cite your sources using APA publication style for in-text citation and reference list.