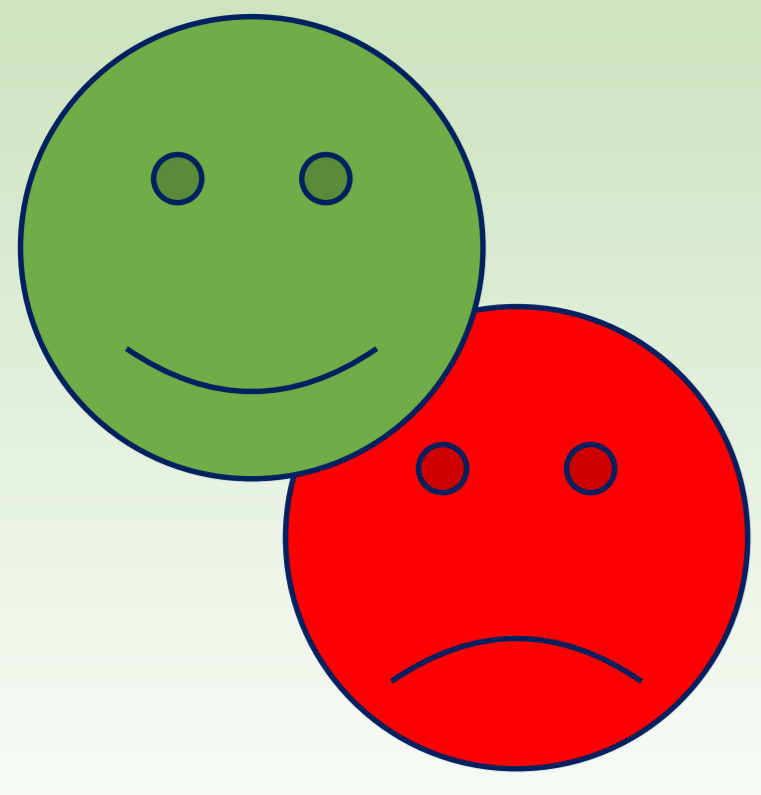


Use of Self-Management Strategy in Training for Students with ASD



T.S. Terence Ma & Irene T. Ho

tma1013@connect.hku.hk

itfho@hku.hk

Department of Psychology, The University of Hong Kong

Background

Autism Spectrum Disorder (ASD)

- Social, emotional and behavioral difficulties
- Often weak self-management skills

Self-Management

- Observe, assess and modify own behavior
- + Social skills
- + Peer relationships
- + Independence
- + Self-regulation

Self & Match System

- Systemized self-management system
- Researched as a component of IEPs
- + Appropriate classroom behaviors
- Maladaptive classroom behaviors



Objectives

Examination of self-management system's effectiveness in group training regarding:

- Achievement of training goals
- Improvement in daily skills at school, especially self-regulation skills

Participants

279 students with ASD

- Grade 1 to Grade 6
- Age 6 to 13
- 25 experimental groups $N = 134$ (102M, 32F)
- 27 control groups $N = 145$ (124M, 21F)
- Matched on age and initial levels of daily skills

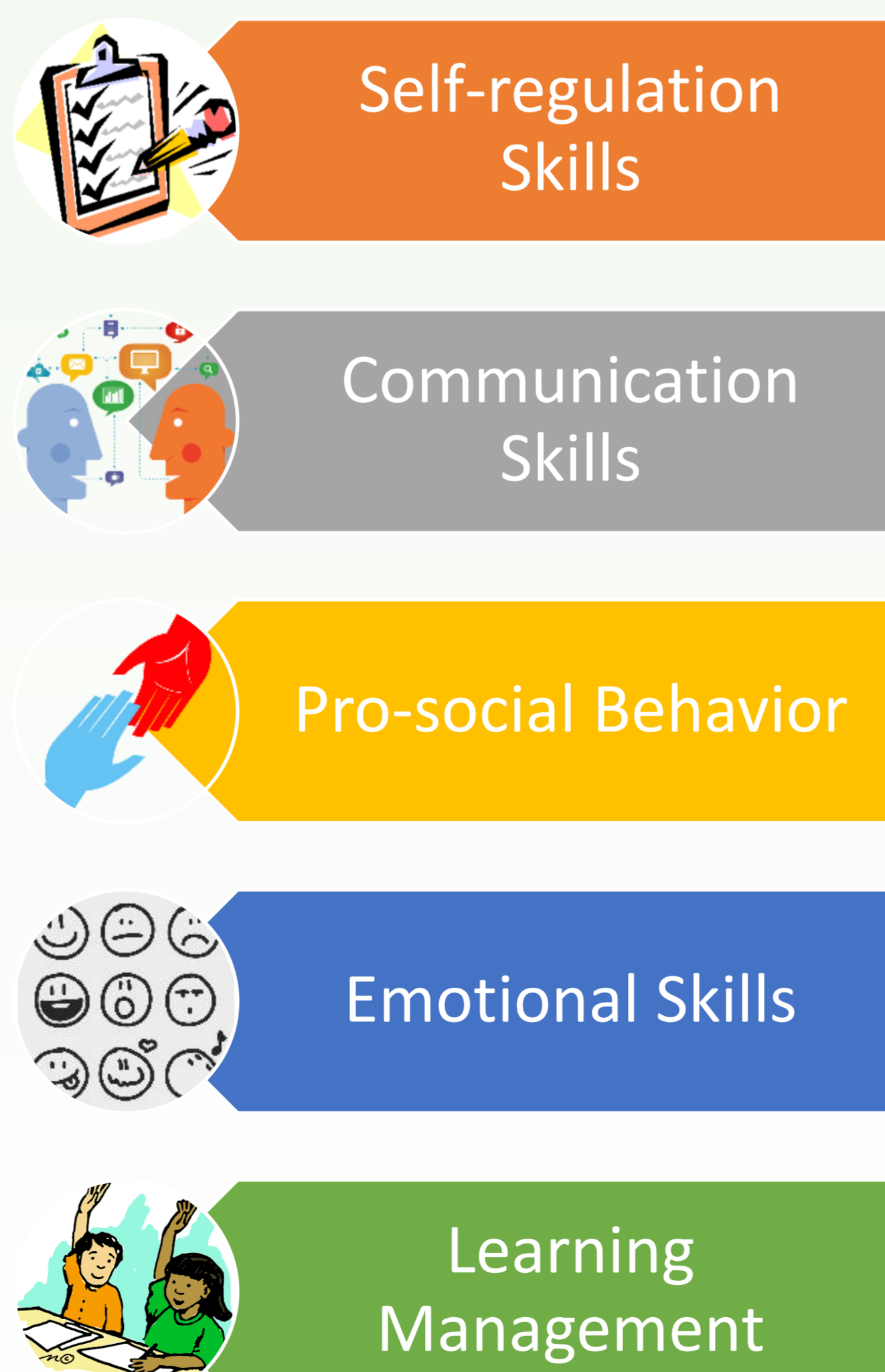
Method

Intervention:

- 12 weekly group training sessions in social, emotional or mixed (social & emotional) skills
- Experimental groups had self-management system integrated as part of training
- Treatment integrity was established

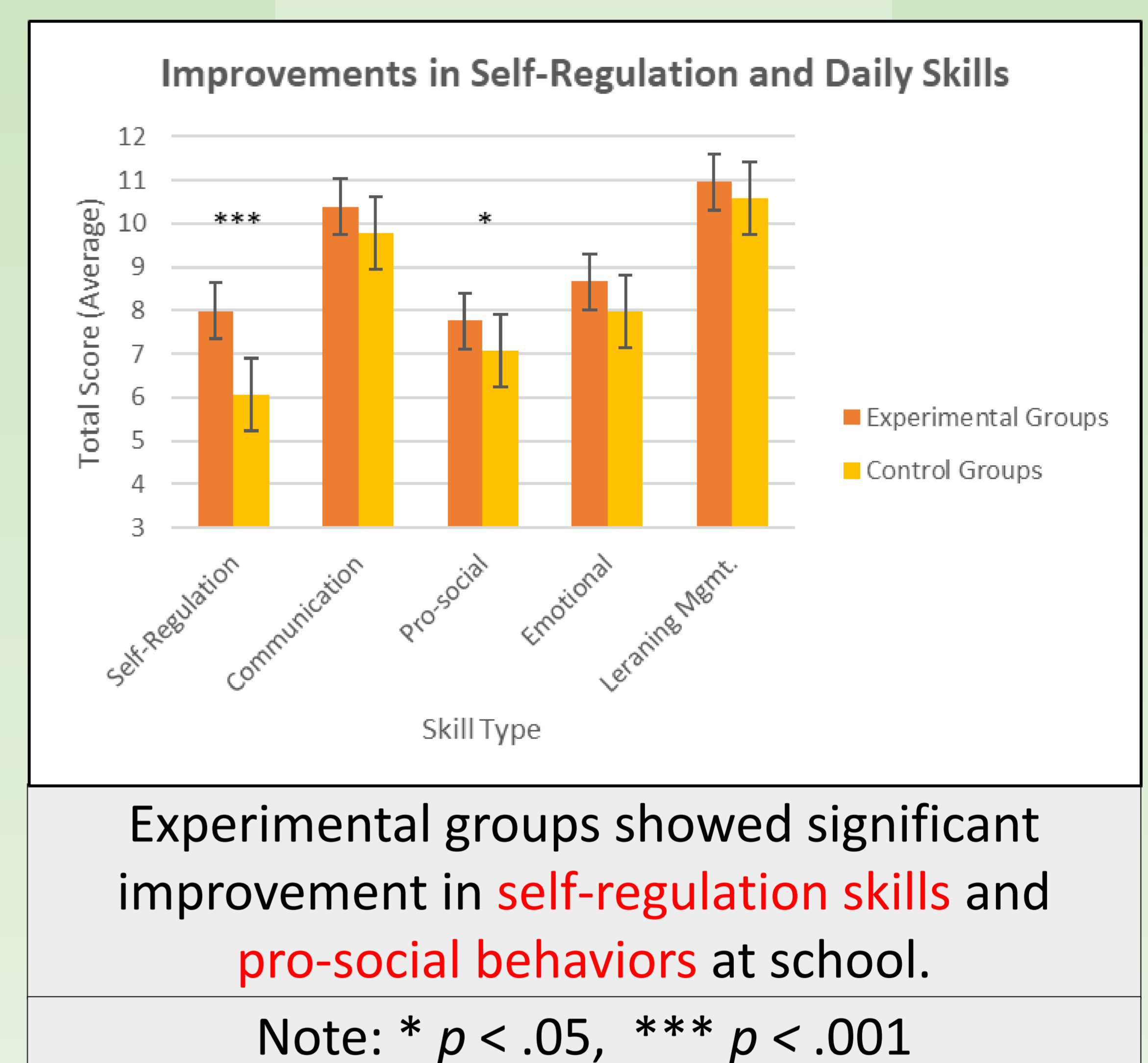
Measures:

- Assessing acquisition of training goals
- Assessing self-regulation skills and other daily skills



Self-regulation skills and other daily skills

Results



Conclusion

Use of self-management system:

- Helped students with ASD learn better in group training
- Enhanced students' self-regulation and other daily skills beyond the group training context
- Should be applied more in different training contexts

Acknowledgement

Thanks to the **Caritas Hong Kong Team, JC A-Connect School Program** for their collaboration in this study



Reference

Salter, J. S., & Croce, K. M. (2013). The Self & Match System: Systematic use of self-monitoring as a behavioral intervention. *San Marcos, CA: Self & Match.*