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META-ANALYSIS OF BEHAVIORAL SELF-MANAGEMENT INTERVENTIONS

Abstract:

The purpose of this presentation is to report results of a comprehensive meta-analytic review of recent Behavioral Self-Management (BSM) interventions (2005-2014) used by individuals with disabilities in inclusive settings. Our current review follows up on two reviews we published previously (1998, 2006), in which we analyzed BSM studies published from 1970 – 2005. We analyze critically these more recent BSM studies and provide corresponding recommendations for researchers and practitioners. We address three major research questions, plus one comparative question.

1. How have BSM techniques been implemented (e.g., specific procedures used, participants and types of disabilities selected, and outcome variables targeted)? Have investigators diversified BSM techniques and applied novel BSM techniques, including technology-mediated cuing systems (e.g., via mobile devices such as smart phones) in integrated or inclusive settings?

2. How effective have BSM techniques been in improving academic and social outcomes for individuals with disabilities in inclusive settings? To what extent have BSM techniques fulfilled their oft-cited potential as inclusive techniques?

3. How well have researchers conducted BSM intervention studies (e.g., procedural integrity, reliability of measurement, intervention fidelity)?

4. Compared to BSM studies conducted from 1970 – 2005, to what extent have researchers investigated more recently (2005-2014) the use of BSM techniques by individuals with disabilities in inclusive education settings? Have researchers expanded investigations of BSM techniques in integrated or inclusive settings?

Keywords:

self-management, interventions, meta-analysis

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