

Effects of Defusion and Deictic Frames on the Development of Self-As-Context in Individuals with Disabilities

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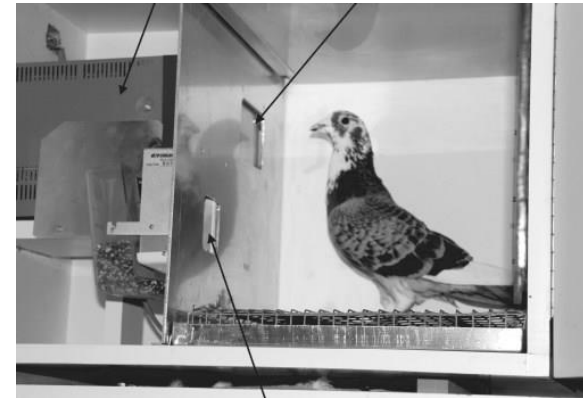


Disclosure

- » Authors do not have NO affiliations with or involvement in any organization or entity with any financial interest or non-financial interest in the subject matter or materials discussed in this presentation.

Background

- Self-awareness involves 3 behaviors (Skinner, 1974)
 - The behavior in context
 - The behavior of reporting that the person is behaving
 - The behavior of identifying the causes of the behavior in progress
- » Individuals learn to respond based on their own behavior, showing evidence in favor of the definition of self-awareness provided by Skinner (Pérez Acosta, Benjumea Rodríguez, & Navarro Guzman, 2001).
 - Rescorla (1967)
 - Maier et al. (1969)
 - Lattal (1975)
 - Killeen (1978)



Self from RFT

- » Human self-awareness involves behave based on their own behavior and behave verbally in relation to their own behavior (S. C. Hayes & Wilson, 1993).
- » The development of the self is built upon multiple exemplars of deictic frames that describe the relationship between the stimulus and the perspective of the speaker (Barnes-Holmes, McHugh, & Barnes-Holmes, 2004).

Previous research

- » Luciano, Ruiz, Vizcaíno, Sánchez, Gutiérrez and López (2011) compared two defusion protocols (Hierarchical VS deictic frames)
 - Hierarchical framing had a higher effect than deictic frames

- » Foody, Barnes-Holmes, Barnes-Holmes and Luciano (2013).
 - Hierarchical intervention did not produce a significant decrease in discomfort, but it was effective to reduce stress in participants.

- » Foody, Barnes-Holmes, Barnes-Holmes, Rai and Luciano (2015)
 - Little or no significant differences between self-distinction and self-hierarchy interventions on anxiety and discomfort measures

Purpose

- » To extend the studies on the codification of verbal behavior associated with the development of the self.
- » Evaluate the effects of a brief protocol of defusion and perspective taking on the statements associated with self-as-context.

METHOD

PARTICIPANTS

- » Non-probabilistic sample
 - Determined by convenience (N=20; 4 women, 16 men)
 - People with disabilities receiving rehabilitation services
 - Potential participant emitted at least one self-evaluation during the initial interview

- » Age range between 13 and 27 years ($M= 19.6$, $SD= 2.9$).

Design

- » A nomothetic quasi-experimental design was implemented.
- » A pre-post design with a control group was used to evaluate the effects of defusion and deictic frames (treatment group) on the self-as-context.
- » The control group receives a typical treatment session
- » Procedural integrity: 94% in 25% of sessions.
- » IOA: 96% in 30% of sessions

Dependent variables (Atkins & Styles, 2016).

Behavioral definition

Example

Self-as-content: One sentence in which the client described himself through the use of I – YOU, using an evaluation of himself or a permanent attribute of himself in the frame HERE-NOW

"I am a depressive person"



Self-as-context: One sentence in which the client described himself through the use of I – YOU, describing an experience of the self (I-HERE-NOW) in a relation of distinction from private experiences THERE-THEN.

When I take a math test, I feel confused



Self-rules: the sentence is referred to the speaker using I-YOU, describing a response that should be emitted under specific circumstances to achieve an outcome.

"I must do something meaningful with my life"



Levels of independent variable

Treatment group

- » Chessboard metaphor (Stoddard & Afari, 2014).
- » Defusion






Control group

- » Conversation about private experiences

RESULTS

Intervention group

Behavior	Pre-test	Post-test
Self-as-content	2.7	1.9 
Self-as-context	1.8	3.8 
Self-rules:	0.5	0.9 

Control group

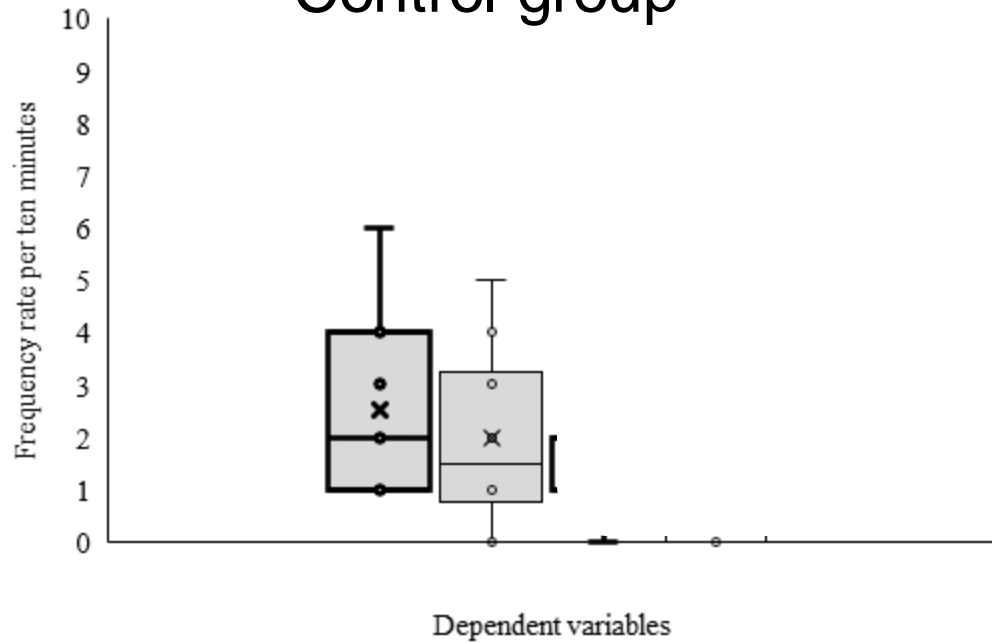
Behavior	Pre-test	Post-test
Self-as-content	1.3	1.3 
Self-as-context	2.5	2 
Self-rules	0.8	0.9 

No significant differences were found between groups on the pre-tests scores (self-as-content: $U= 37.5, p= .35$; and self-as-context: $U= .39, p= .43$)

Frequency rate per ten minutes

Treatment group

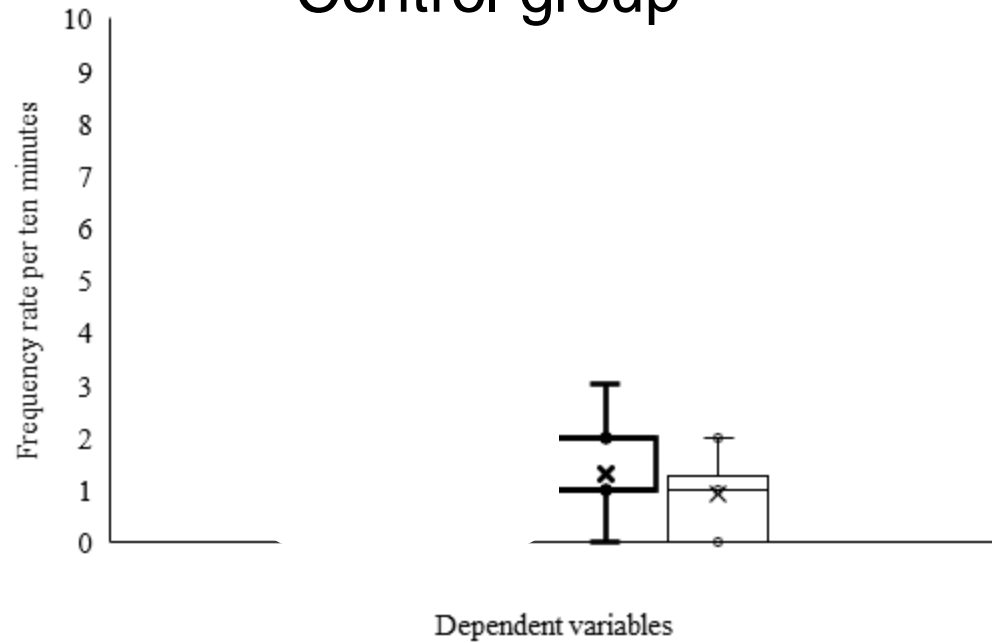
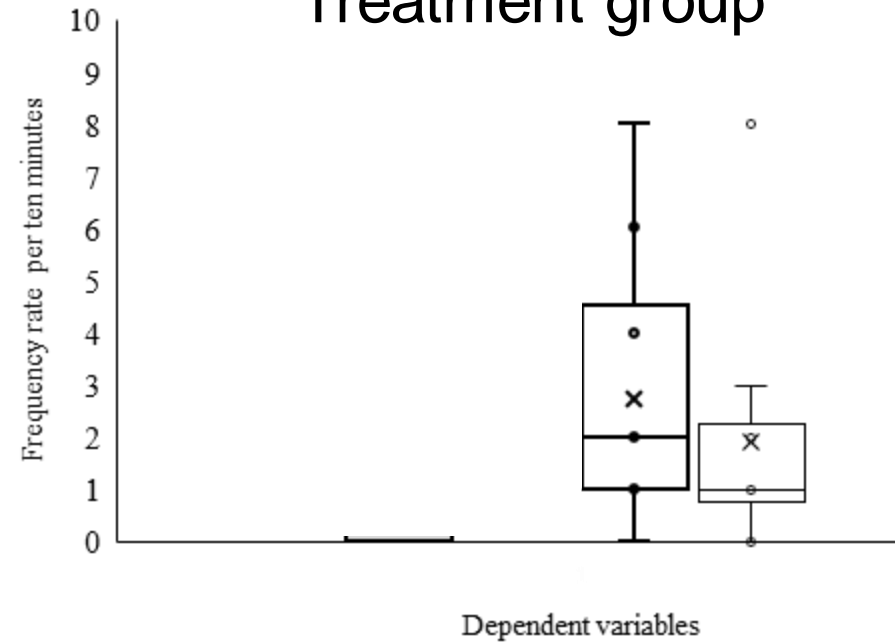
Control group



- SELF AS CONTEXT PRE
- SELF AS CONTEXT POST
- SELF AS CONTENT PRE
- SELF AS CONTENT POST

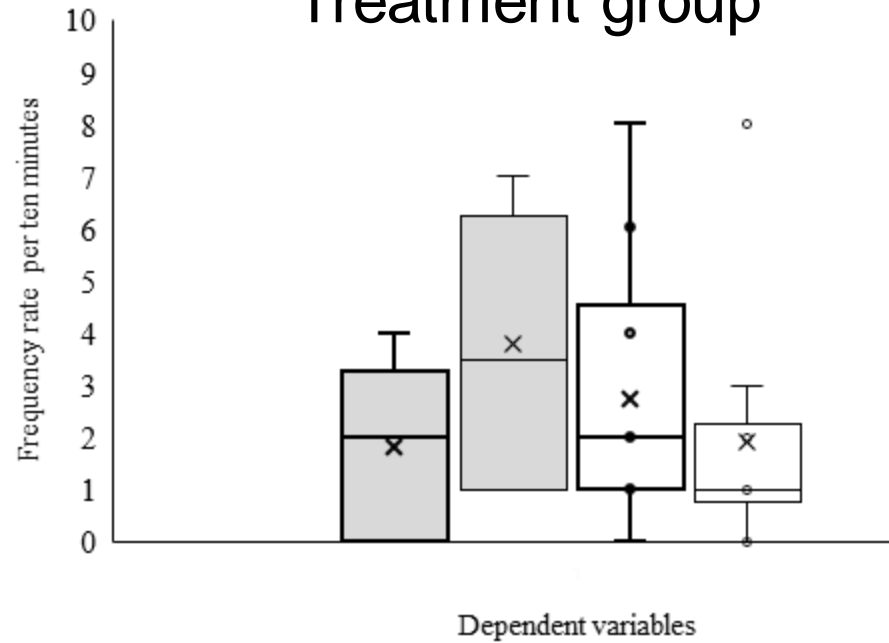
Treatment group

Control group

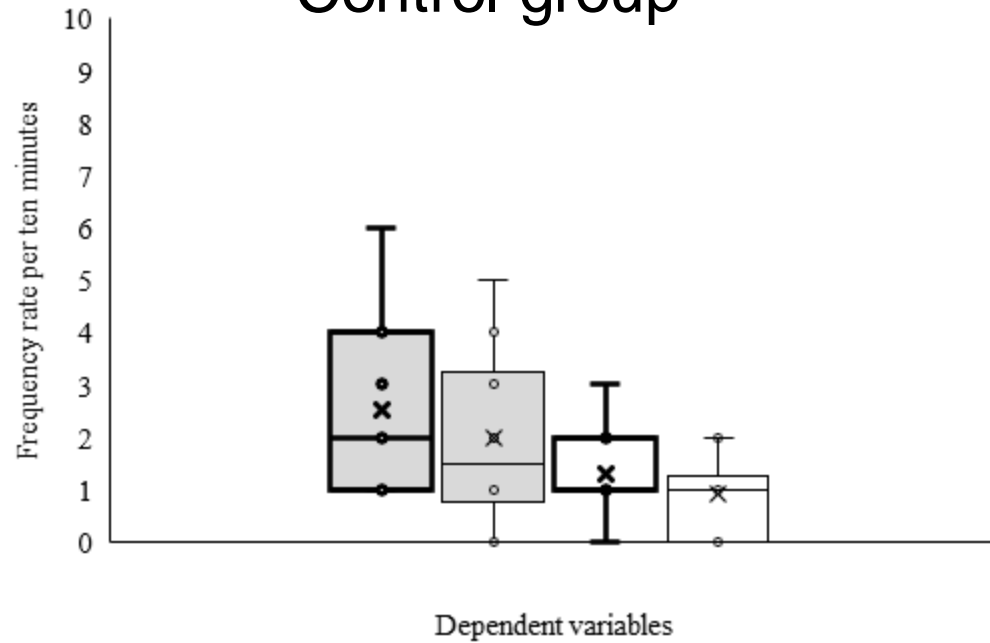


- SELF AS CONTEXT PRE
- SELF AS CONTEXT POST
- SELF AS CONTENT PRE
- SELF AS CONTENT POST

Treatment group



Control group



- SELF AS CONTEXT PRE
- SELF AS CONTEXT POST
- SELF AS CONTENT PRE
- SELF AS CONTENT POST

Discussion

- » Codification of the verbal behavior
 - Less number of dependent variables
 - Training
 - Definitions

- » Effects of the brief protocol
 - The implementation of the brief protocol did produce an increase of self-as-context statements.
 - The effects produced by the brief defusion and deictic frames protocol were not significant when they are compared with the results of the control group.

- » Statements related to the development of the self are susceptible to be modified through defusion exercises in combination with exercises of deictic frames.
- » This preliminary study shows that the ontogenetic contingencies established in the protocol session can modify the response rate of verbal behaviors related to the self.

Future directions

- » Use a group design with a larger sample or use a single case design.
- » Implement a protocol that has a greater effect on the verbal behavior
- » Evaluation of social validation



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