Identifying Indices of Happiness and Unhappiness Among Adults With Autism: Potential Targets for Behavioral Assessment and Intervention
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Summary By: Tiffany Kilby
Background

- Prerequisite for effectively promoting happiness: valid means of identification
Purpose

- Evaluate means of identifying and validating happiness and unhappiness indices
- Systematic, practical process for practitioners
Procedure

- Caregivers identified indices and situations
- Participants observed in situations
- Participants chose situation
Sessions and IOA

- Alternating treatments design
- 10s partial-interval
- IOA 68% of sessions
  - Interval-by-interval
  - 1 happiness & 1 unhappiness IOA range
    - Different participants
<table>
<thead>
<tr>
<th>Participant</th>
<th>Happiness</th>
<th>Unhappiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr. Greer</td>
<td>pat person on back, laugh, smile</td>
<td>hit head, cry, press finger on eye, sign “finish” during activity, physically force staff to do something, turn over furniture</td>
</tr>
<tr>
<td>Mr. Hogan</td>
<td>responding to a playful social interaction (continuing the interaction by reacting with a playful response), smile, laugh</td>
<td>move item for no apparent purpose, property destruction (throwing object or turning over furniture), not responding to a playful social interaction, cry, yell, frown</td>
</tr>
<tr>
<td>Mr. Jones</td>
<td>running (indoors), patting leg or stomach, laugh, smile</td>
<td>bite hand, cry, yell, frown</td>
</tr>
</tbody>
</table>
Discussion of Results

- Results not to be generalized to other populations or ages
- Results “appear” to support process
  - All displayed more happiness in happiness situation
  - 2/3 displayed more unhappiness in unhappiness situation
  - All chose situation in which they previously displayed more happiness in