

Abstract

The present study investigates the effectiveness of simplified habit reversal (SHR) on enhancing emotion regulation of three children with mild mental retardation. Although SHR is traditionally used to treat habit behaviors, its components namely awareness training, competing response training and social support correspond to the components of emotion and is believed to be effective in enhancing emotion control of individuals. A multiple baseline across subjects design was employed. The treatment phase lasted for eight to ten weeks with four 45-minute sessions being implemented per weeks. The limitations of SHR in enhancing emotion regulation and the social meaning of emotion regulation will be discussed.