



Applying SMART Goal Intervention Leads to Greater Goal Attainment, Need Satisfaction and Positive Affect

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ABSTRACT (upto 300 words)

Previous research suggests that planning interventions lead to increased goal attainment, while other research suggests that goal attainment leads to increased well-being. This research integrates these two sets of research findings by investigating the effectiveness of one goal planning intervention, the SMART goal program, on goal attainment, and thus need satisfaction and well-being, in university students. An experimental design across a one-week period was employed to test whether participants in the experimental group, who received the SMART goal instructions, better obtained their goal in comparison to control group participants who did not receive those specific instructions. Findings indicated that the SMART goal program led to greater rated goal attainment and need satisfaction, but not greater subjective well-being (SWB). Nevertheless, one component of SWB, positive affect, was greater in the Experimental group. Type of individually chosen self-concordant goal content had no impact on whether participants attained their goal.

BIOGRAPHY (upto 200 words)

Zeynab bahrami has completed his PHD at the age of 35 years from University of New South Wales, Australia. She is the Assistant Professor at University of Tehran, Iran. He has been serving as an editorial board member of some journals.



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