

# Example of essay on single-case research design

[Technology](#), [Development](#)



Single-case research design refers to the type of research design used in used in sociology, human behavior, education and psychology in which the subject of research serves as his/her own control. It does not use another individual or group to act as a control. Single-case research design is quite important and can help in finding out more information about the progress of individuals under study. For instance, when used during counseling therapy, the information received from it can be used in tracking and understanding the progress of the client. Meaning, the performance of the counseling process can be easily evaluated because there is up dated information. Single-case research design can also be used to establish the utility of the intervention methods used by the counselor. Since counseling therapy is a very complicated exercise, the therapist has to adopt different strategies depending on the type of the client and the nature of the problem being handled. Therefore, in such a case, it can be easier to ascertain the utility and functionality of the chosen methods used by the counselor while handling that particular client.

Lastly, Single-case research design can be useful in providing feedback to the client. When a client is been offered counseling services, the counselor might find it easier to provide them with the feedback regarding their progress. However, while doing this, the therapist can rely on this research design to it. This is because in this research design, no variables are relied upon rather than the subject him/herself. Thus, the counselor can be in a position of giving the client the required feedback about their problem and recovery process. Conclusively, Single-case research design is quite appropriate for this kind of research because it is so flexible and adaptive.