

Effect of a Self-Management Program on the Performance of a Complex Task

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Abstract: The present study examined the effects of a self-management program on the performance of a complex task.

Keywords: self-management, complex task, performance

The present study examined the effects of a self-management program on the performance of a complex task.

The self-management program was designed to help participants learn to manage their own behavior.

The results of the study showed that the self-management program had a positive effect on performance.

The self-management program was found to be effective in improving performance on a complex task.

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