BASIC FUNCTIONAL BEHAVIOR ASSESSMENT (B-FBA) FOR HIGH SCHOOL STUDENTS

Michelle A. Duda, PhD, BCBA-D & Suzanne Kucharczyk, EdD
October 2014



Learning Objectives

After this module, participants will be able to:

- Articulate reasons why challenging behavior occurs through use of specific strategies
- Describe a systematic approach to help understand challenging behaviors -A "Mini" or Basic Functional Behavior Assessment (B-FBA)
- Have access to tools to help use data from the B-FBA for intervention planning using the PRISM process

About this Module

Functional Behavior Assessment and Basic Functional Assessment

Basic FBA Process

- Identify a behavior of concern
- Identify predictors in the environment
- Identify the function
- Teach a replacement behavior
- Change the environment to prevent behavior

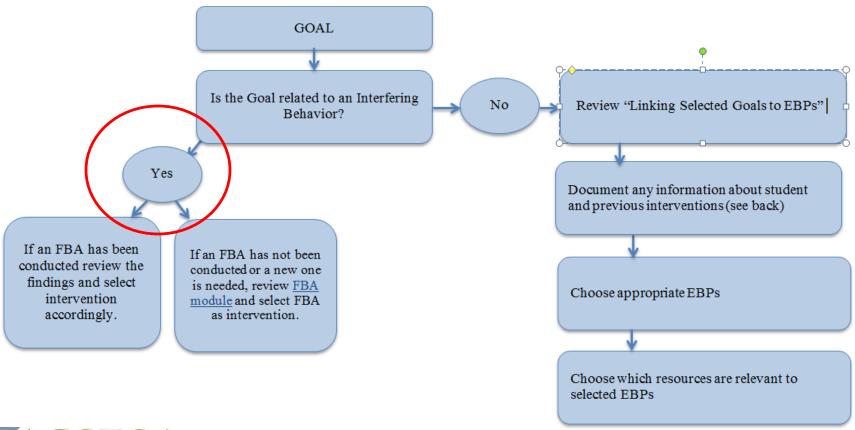
What's Next – Using the PRISM process

PRISM PROCESS

Identifying the Need for an FBA

Independence and Behavior Planning Flow Chart

Decide on the most appropriate intervention or strategy to address the selected goal using the following flowchart.





Target Audience

The information presented in this module can be applied to any student exhibiting challenging behavior. It is intended to support the following groups of people:

- ✓ Autism Team Members
- √ Family Members
- ✓ Special/General Education Teachers School Administrators
- √ Coaches and Trainers



BASIC AND COMPREHENSIVE FBA—WHAT'S THE DIFFERENCE?



Basic FBA vs Comprehensive FBA

	Basic FBA	Comprehensive FBA
For:	Students with mild to moderate problem behaviors (behaviors that are NOT dangerous or occurring in many settings)	Students with moderate to severe behavioral problems; may be dangerous and/or occurring in many settings
What:	Relatively simple and efficient process to guide behavior support planning	Time-intensive and thorough process that also involves archival records review, family-centered planning, and collaboration with agencies outside of school
Conduct ed by whom:	School-based personnel (e.g., teachers, counselors, administrators)	Professionals trained to conduct functional assessments with students with severe problem behaviors (e.g., school psychologists, behavior specialists)

Adapted from Lollman, Brogmeier, Stickland-Cohen, & Horner, (2013)

We All Have a Role

	Student/ Family	Teachers/ Staff	School Specialist (autism specialist)	District Specialist (school psych., coach)	Behavior Analysts
BASIC FBA	X	X	X		
Level II: Comprehe nsive FBA	X	X	X	X	
Level III: Functional Analysis	X	X	X	X	X

THE BASIC FBA PROCESS



Steps of the Basic FBA

- Identify a behavior of concern
 - Define in a way that is observable
- 2. Identify predictors in the environment
 - Things that happen before and after
- 3. Identify the function
 - Why does that happen?
- Teach a replacement behavior
 - What is appropriate way to get same function?
- 5. Change the environment to prevent behavior
 - What could make the problem not happen?
 - What consequences are functional?





Get the "FACTS"

Here are some tools you can use to gather and get the information you need:

- Functional Assessment Checklist for Teachers & Staff
- ABC (Antecedent/Behavior/Consequence) Observations
- Talk to teachers/staff/parents who see the same behavior in other settings to:



TIP: Have a plan and keep your information organized!

Functional assessment checklist



hunger __conflict at home __conflict at school __missed medication __illness __failure in previous class

SUMMARY OF BEHAVIOR

lack of sleep __change in routine __homework not done __not sure __Other

al/Recreat	ngths -	three strengths or contributions	the student brings to so	chool.			
r - TINES AN	NALYSIS: Where, Wh	en and With Whom Problem Beh	aviors are Most Likely.		Identify the Target Routine: Se	Assessment Checklis	t for Teachers & Staff (FACTS-Part B) routines from FACTS-Part A for assessment.
l'ime ,	Activity & Staff Involved	Likelihood of Problem Behavior	Specific Problem Behavior	Current Intervention for the Problem Behavior	Routine/Activities/Context	or the prioritized	Problem Behavior(s) – make description observable
		Low High 1 2 3 4 5 6					
		1 2 3 4 5 6		-	ANTECEDENT(s): Rank Order the corresponding follow-up question(s) Environmental Features (Rank order)	ne strongest triggers/predic s) to get a <i>detailed</i> underst	ctors of problem behavior in the routine above. Then as anding of triggers ranked #1 & 2.
		1 2 3 4 5 6			a. task too hard b. task too easy	g. large group instruction h. small group work	Follow Up Questions – Get as Specific as possible If a,b,c,d or e - describe task/demand in detail
-		1 2 3 4 5 6		+	e. physical demand	i. independent work j. unstructured time k. transitions	If f - describe purpose of correction, voice tone, volume etc.
		1 2 3 4 5 6			f. correction/reprimand Other 	I. with peers m. isolated/no attention	If g, h, I, j or k - describe setting/activity/content in detail If 1 - what peers?
		1 2 3 4 5 6		*	CONSEQUENCE(s): Rank Order to	he strongest pay-off for stu	If m - describe - detail consequences most likely to maintain the problem
-		1 2 3 4 5 6	-		Consequences/Function		
- 1		1 2 3 4 5 6			a. get adult attention	As applicable.	Follow Up Questions - Get as Specific as possible se attention is obtained?
		1 2 3 4 5 6			b. get peer attention c. get preferred activity d. get object/things/money	E HOLD - WILO	se attention is obtained? ive or negative) attention provided?
		1 2 3 4 5 6		~	e. get sensation f. get other, describe	If c,d, e, or f \	What specific items, activities, or sensations are obtained?
	12.92	1 2 3 4 5 6		3	g. avoid adult attention h. avoid peer attention		
st the Rou	tines in order of Prior	rity for Behavior Support: Select	routines with ratings o	f 5 or 6. Only combine routines oblem behavior(s). Complete the	i. avoid undesired activity/task	If g or h - Who why avoiding this	is avoided?s person?
FACTS-Pa	art B for each of the pri	ioritized routine(s) identified. nes/Activities/Context		m Behavior(s)	j. avoid sensationk. avoid/escape other, describe	If i, i, or k- Desc Be specific, DO N	ribe specific task/activity/sensation avoided? IOT simply list subject area, but specifically describe type of work
Loutine # 1						subject area?	work and a specifically describe type of work

Knowing your "A-B-C's"

Antecedents

- What happened prior to the occurrence of interfering behavior
- What was the person doing?
- Who else was there?

Behavior

- Describe what the behavior looks like
- How long did it last?
- How intense?

Consequence/reaction

- What happened after the behavior occurred?
- Who responded?
- What was said or done?

ABC SAMPLE #1: Observation card, print pocket size form to complete each time interfering behavior is observed

Name: **Observer:** Date: Time: **General Context:** Trigger: Does your district have specific ABC form? **Behavior Problem: Maintaining Consequence: POSSIBLE FUNCTION:**

ABC SAMPLE #2: Recording Form, print 1 full page and complete each time interfering behavior is observed)

oate: Student: _	Behavior	being tracked:
ime Started: Tir	ne Ended:	
Antecedent	Behavior	Consequences
What specific activity or event happened before the behavior?	What specifically did the student do or say?	What happened after or as a result of the behavior?

Example - Mona

A – B – C Recording Form

Date: October 10 Student: Mona Behavior being tracked: Not participating – head on desk

Time Started: 9:15 Time Ended: 9:45

Antecedent	Behavior	Consequences
What specific activity or event happened before the behavior?	What specifically did the student do or say?	What happened after or as a result of the behavior?
Bell rang, M came in from hall where a teacher was asking her about homework due	M came in. But down bag. Opened computer and did not look up.	Teacher asked M to put away computer during discussion.
M put away computer. Discussion continued. Discussion moved to M's table.	M puther head on her desk	Every student in Mis group was asked discussion question but not M.
Students working on group assignment	M continued to keep her head on her desk the rest of the class period	Other students did not engage M.

ABC SAMPLE #3: Observation card, print pocket size checklist and complete each time interfering behavior is observed). This version includes setting event and notes section

DESCRIBE CHALLENGING BEHAVIOR:

WHAT HAPPENED BEFORE? _Told or asked to do something _Changed or ended activity _Removed an object _Object out of reach _Not a preferred activity WHAT HAPPENED AFTER?	Playing aloneMoved from one activity/location to anotherTold "No", "Don't", "Stop"Attention given to othersDifficult task/activityOther (specify)				
Given social attention Given an object/activity/food Removed from activity or area Ignored Put in "time out"	Punished or scolded Request or demand withdrawn Request or demand delayed Given assistance/help Other (specify)				
PURPOSE OF BEHAVIOR:	_				
To Get or Obtain:ActivityAttentionObjectFoodPersonPlaceHelpOther (specify)	To Get Out Of or Avoid:ActivityAttentionObjectFoodPersonPlaceDemand/RequestTransitionOther (specify)				
SETTING EVENTS/LIFESTYLE INFLUENCES					
 Hunger Absence of fun activities, toys Absence of a person Sick Unexpected loss or change in activity/object Other (specify) 	Uncomfortable clothing Too hot or too cold Loud noise Lack of sleep Medication side effects Extreme change in routine				
LIST NOTES / COMMENTS / UNUSUAL EVENTS:					



Let's TRY it!!

Now that we have information gathering plan in place, it's time to get started.

As we work through this case study...
think of a student you know who exhibit interfering behavior.

Student: _____

Behavior:

Steps of the Basic FBA

- Identify a behavior of concern
 - Define in a way that is observable
- 2. Identify predictors in the environment
 - Things that happen before and after
- 3. Identify the function
 - Why does that happen?
- 4. Teach a replacement behavior
 - What is appropriate way to get same function?
- 5. Change the environment to prevent behavior
 - What could make the problem not happen?
 - What consequences are functional?





CASE EXAMPLE: Meet Ben

- Ben is a sophomore in High School
- Ben enjoys video and computer games
- Ben has two school friends who he met through a peer group. He socializes with them in school
- Ben does well in his classes especially when grades are based on tests and quizzes
- Ben's parents are worried and teachers are frustrated with the number of questions (on topic and off topic) Ben asks during a class period.

Defining Behavior that is Concerning:Observable and Measurable

Be so clear in your definition that anyone could use it to act out the problem and it would look/sound just like it does in reality.

Non-Examples

- Hyperactive
- Aggressive
- Delinquent
- Psychotic
- Irresponsible
- Disrespectful

Observable Examples

- Out of seat 55% of the time during independent work time
- Hits with hands and kicks peers
- Takes materials that belong to others
- Arrives to class late 75% of the time



Ben

Behavior – Ben asks too many questions during class

In conversation, two of Ben's teachers guessed that he asked 15-20 questions in a class period

Observable and Measurable:

When data was taken in 2 classes:

	Physical Sciences	English
On Topic Questions	31	27
Off Topic Questions	15	18

Steps of the Basic FBA

- 1. Identify a behavior of concern
 - Define in a way that is observable
- Identify predictors in the environment
 - Things that happen before and after
- Identify the function
 - Why does that happen?
- 4. Teach a replacement behavior
 - What is appropriate way to get same function?
- 5. Change the environment to prevent behavior
 - What could make the problem not happen?
 - What consequences are functional?



Predictors

Think about:

- Make a best guess on what predicts the behavior.
 When is the behavior most likely to happen? (people, task, environment)
 When is it least likely to happen?
- If you wanted to set the student off, what would you need to do?
- Factors that may predict behavior:
 - Setting events
 - Antecedents
 - Consequences

How predictors work together...

- Setting events set the stage for the behavior to occur
 - Adam had 2 hours of sleep night before
 - Jill has an ear infection
 - Randy hates English class
 - Tom's mom and dad had a huge fight that morning
- Antecedents trigger the behavior
 - Adam was asked to do something hard for him
 - Jill doesn't understand the assignment
 - Randy is put on the spot by his small group
 - Tom has a test
- Consequences increase/decrease likelihood behavior will occur again
 - Teacher lets Adam not finish task
 - No one helps Jill understand assignment
 - Randy's group skips him
 - Tom suspended for not showing up for class

Functional assessment checklist



hunger __conflict at home __conflict at school __missed medication __illness __failure in previous class

SUMMARY OF BEHAVIOR

lack of sleep __change in routine __homework not done __not sure __Other

al/Recreat	ngths -	three strengths or contributions	the student brings to so	chool.			
r - TINES AN	NALYSIS: Where, Wh	en and With Whom Problem Beh	aviors are Most Likely.		Identify the Target Routine: Se	Assessment Checklis	t for Teachers & Staff (FACTS-Part B) routines from FACTS-Part A for assessment.
l'ime ,	Activity & Staff Involved	Likelihood of Problem Behavior	Specific Problem Behavior	Current Intervention for the Problem Behavior	Routine/Activities/Context	or the prioritized	Problem Behavior(s) – make description observable
		Low High 1 2 3 4 5 6					
		1 2 3 4 5 6		-	ANTECEDENT(s): Rank Order the corresponding follow-up question(s) Environmental Features (Rank order)	ne strongest triggers/predic s) to get a <i>detailed</i> underst	ctors of problem behavior in the routine above. Then as anding of triggers ranked #1 & 2.
		1 2 3 4 5 6			a. task too hard b. task too easy	g. large group instruction h. small group work	Follow Up Questions – Get as Specific as possible If a,b,c,d or e - describe task/demand in detail
-		1 2 3 4 5 6		+	e. physical demand	i. independent work j. unstructured time k. transitions	If f - describe purpose of correction, voice tone, volume etc.
		1 2 3 4 5 6			f. correction/reprimand Other 	I. with peers m. isolated/no attention	If g, h, I, j or k - describe setting/activity/content in detail If 1 - what peers?
		1 2 3 4 5 6		*	CONSEQUENCE(s): Rank Order to	he strongest pay-off for stu	If m - describe - detail consequences most likely to maintain the problem
-		1 2 3 4 5 6	-		Consequences/Function		
- 1		1 2 3 4 5 6			a. get adult attention	As applicable.	Follow Up Questions - Get as Specific as possible se attention is obtained?
		1 2 3 4 5 6			b. get peer attention c. get preferred activity d. get object/things/money	E HOLD - WILO	se attention is obtained? ive or negative) attention provided?
		1 2 3 4 5 6		~	e. get sensation f. get other, describe	If c,d, e, or f \	What specific items, activities, or sensations are obtained?
	12.92	1 2 3 4 5 6		3	g. avoid adult attention h. avoid peer attention		
st the Rou	tines in order of Prior	rity for Behavior Support: Select	routines with ratings o	f 5 or 6. Only combine routines oblem behavior(s). Complete the	i. avoid undesired activity/task	If g or h - Who why avoiding this	is avoided?s person?
FACTS-Pa	art B for each of the pri	ioritized routine(s) identified. nes/Activities/Context		m Behavior(s)	j. avoid sensationk. avoid/escape other, describe	If i, i, or k- Desc Be specific, DO N	ribe specific task/activity/sensation avoided? IOT simply list subject area, but specifically describe type of work
Loutine # 1						subject area?	work and a specifically describe type of work

ABC Form



	Ohaa	N.O.	ABC Recording Forn	1	
	Obser				;
Setting (e.g., class #, gym, playground): Date:					
#	Time:	Activity/Task	Antecedent	Behavior	Outcome/Consequence
1	,	□Large group instruction □Small group work □ Independent work □Unstructured time Specify:	Given instruction Given correction Alone (no attention/no activities) With Peers Engaged in preferred activity Preferred activity removed Transition: Change in activity Other/Notes:		Adult Attention Provided Peer Attention Provided Got Preferred Activity/Item Got Sensation Adult Attention Avoided Peer Attention Avoided Task/Activity Avoided Sensation Avoided Other/Notes:
2		Large group instruction Small group work Independent work Unstructured time Specify:	Given instruction Given correction Alone (no attention/no activities) With Peers Eagaged in preferred activity Preferred activity removed Transition: Change in activity Other/Notes:		□ Adult Attention Provided □ Peer Attention Provided □ Got Preferred Activity/Item □ Got Sensation □ Adult Attention Avoided □ Peer Attention Avoided □ Task/Activity Avoided □ Sensation Avoided □ Other/Notes:
3		□Large group instruction □Small group work □ Independent work □Unstructured time Specify:	Given instruction Given correction Alone (no attention/no activities) With Peers Engaged in preferred activity Preferred activity removed Transition: Change in activity Other/Notes:		Adult Attention Provided Peer Attention Provided Got Preferred Activity/Item Got Sensation Adult Attention Avoided Peer Attention Avoided Task/Activity Avoided Sensation Avoided Other/Notes:

ABC SAMPLE #2: Recording Form, print 1 full page and complete each time interfering behavior is observed)

A – B – C Recording Form

Date: September 23 Student: Dan Time Started: 11:15 Time Ended: 11:45

Behavior being tracked: Disruptive Noises in Lunchroom (hooting, buzzing)

Antecedent	Behavior	Consequences
What specific activity or event	What specifically did the	What happened after or as a
happened before the behavior?	student do or say?	result of the behavior?
Bell rings. D exits class and	D starts noises – gets lunch from	D enters bathroom and stops
enters noisy hallway.	locker, puts away notebook.	making noises.
	Goes to bathroom.	
D leaves bathroom and enters	D starts noises until he gets to	D eats alone.
hallway.	cafeteria.	



Ben -

Setting Events

- Being in class which doesn't have a set and consistent structure
- Being in class which has a test or quiz coming up
- The weekend

Antecedents

- Teacher asks a question of the whole group
- Teacher asks a question of a student sitting close to Ben
- A transition to another activity (ex from lecture to quiet reading)

Steps of the Basic FBA

- 1. Identify a behavior of concern
 - Define in a way that is observable
- 2. Identify predictors in the environment
 - Things that happen before and after
- Identify the function
 - Why does that happen?
- 4. Teach a replacement behavior
 - What is appropriate way to get same function?
- 5. Change the environment to prevent behavior
 - What could make the problem not happen?
 - What consequences are functional?



Functions of Behavior

- Potential Functions
 - Get something (attention, tangible, event, etc.)
 - Avoid something (attention, event, person, etc.)
 - Self-stimulation (hair twirling, rocking, etc.)
- Not Functions
 - Power (not specific all behavior is for power)
 - Control (not specific all behavior is for control)
 - Didn't take meds (antecedent not a function)
 - Parents (not a function)

Some Common Functions

- To "get" something
 - Peer Attention
 - Adult Attention
 - Comfort
 - Food, drink
 - Stimulation/automatic reinforcement

- To "escape" or "avoid"
 - Attention
 - Discomfort
 - Transition
 - Difficult Task
 - Easy Task
 - Boring Task
 - Physical demands
 - Stimulation



Ben

Two of Ben's teachers do the Functional Assessment Checklist and along with his parents decide that the function of Ben's behavior is two-fold:

- To obtain clarification, information when he feels confused or uncertain
 - "What page are we on?"
 - "What do we do next?"
- To obtain comfort by getting others on a topic that is of interest to him (e.g. movies)
 - "What movie did you see this weekend?"
 - "Who is the star of The Godfather?"

Developing our Hypothesis Statements

Now that we have:

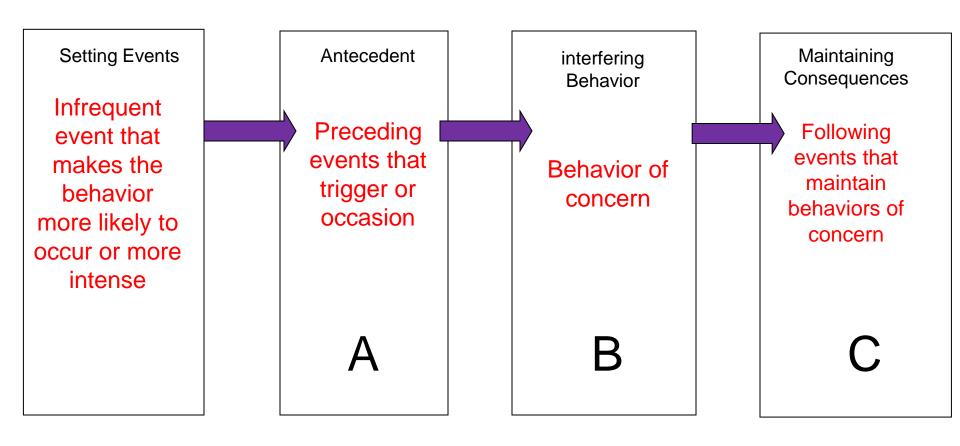
- Defined what the behavior is that we are targeting (what)
- ✓ We have collected information in an objective way to determine where/when/who triggers the target behaviors
- ✓ Have reviewed the information for patterns
- ✓ We have good best guess for why (function) the behavior is occurring

We can start developing our hypothesis statement or summary statement

 TIP: It's helpful to work with your Team to formulate your hypothesis

Summary Statement Template

FUNCTION:____





Summary Statement Example

FUNCTION: __Clarification/Comfort

When in a class without a specific structure or very specific routine

Antecedent

And when given a task without very clear parameters

interfering Behavior

Ben will ask on and off topic questions Maintaining Consequences

In order to obtain clarification on the task or to move the dialogue to one he's comfortable with.

Check Your Assumptions

Test your hypothesis by observing it in action.

Questions to consider:

- 1. Are we able to observe and predict the triggers to increasing/decreasing interfering behavior?
- 2. Do we have a good understanding of why the target behavior happens?



Steps of the Basic FBA

- 1. Identify a behavior of concern
 - Define in a way that is observable
- Identify predictors in the environment
 - Things that happen before and after
- 3. Identify the function
 - Why does that happen?
- Teach a replacement behavior
 - What is appropriate way to get same function?
- 5. Change the environment to prevent behavior
 - What could make the problem not happen?
 - What consequences are functional?



PART 4: THE PRISM PROCESS

Learning Objective 3

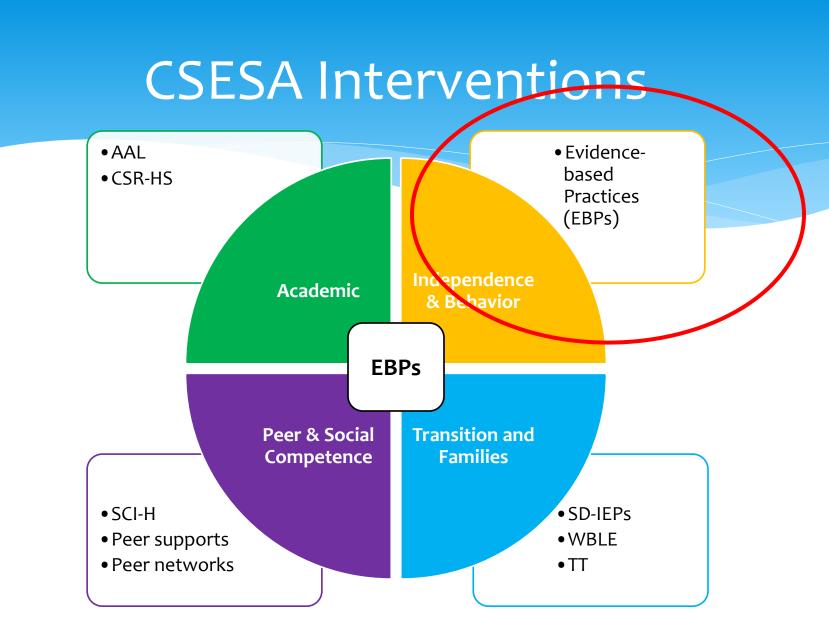


PRISM

For schools and districts partnering with the CSESA, the Basic FBA Process described in this modules, aligns directly with the PRISM Process

- * PRISM stands for **Promoting Responsibility, Independence, and Self-Management** the behavioral outcomes we are all striving for when working with adolescents on the autism spectrum.
- * PRISM is a **process** that supports school staff in selecting goals and interventions to support optimal outcomes for our students.









PRISM Interventions for Ben

Environmental Changes

- Visual support (post it note with number of questions he can ask in a period)
- Provide specific written instructions to Ben
- Highlight key instructions to help Ben focus on information

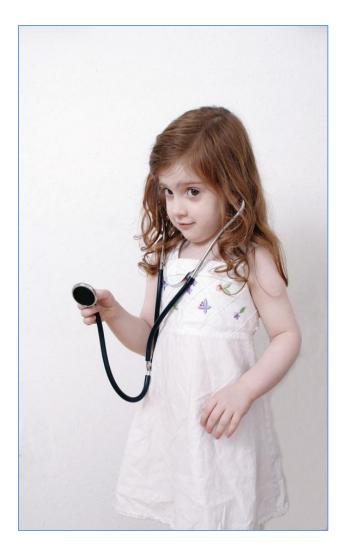
Replacement Behaviors

 Teacher works with Ben on coping process when he feels confused (deep breaths, making list of questions, prioritizing questions, finding information on his own when possible, seeking information from other students)

Learning Objectives CHECK-IN

Are you able to:

- Articulate reasons why challenging behavior occurs through use of specific strategies?
- 2. Describe a systematic approach to help understand challenging behaviors -A "Mini" or Basic Functional Behavior Assessment (B-FBA)?
- Have access to tools to help use data from the B-FBA for intervention planning using the PRISM process



Take Away Tips Remember that *Behavior*...

- ✓ communicates
- √ follows a pattern
- ✓ is sustained because it works for the person
- ✓ serves a function or functions
- when interfering, may be more efficient in communicating than other methods

Objective observation and data collection is key

Summary

- FBA is a process to help look for patterns of where, when, why
 and how certain behaviors occur, and what are the conditions
 in which they do NOT occur.
- FBA process always includes
 - ✓ more than 1 observation and
 - more that 1 piece of information to help use create a best guess of why behavior is happening
- FBA is a team process
- An outcome of the FBA process is to help develop a behavior support plan that will teach new skills (this may include beginning the PRISM process)

Acknowledgements



Thank you for all of you hard work!

Content Based in Part on:

- Duda, M.A. (2010) Do's and Don'ts of Functional Assessment. Invited Reprint in G.L. Flick <u>Understanding</u> and <u>Managing Emotional and Behavior Disorders in the</u> <u>Classroom</u>, (1st ed.) Prentice Hall.
- Fox, L. & Duda, M.A. (2008). Positive Behavior Support. The Complete Guide. Download from www.challengingbehavior.org
- Loman, S., Horner, R. H. (2013). Examining the efficacy of a basic functional behavioral assessment training package for school personnel. *Journal of Positive Behavior Interventions*, 16(1), 18-30.
- Loman, S., Strickland-Cohen, K., Borgmeier, C. & Horner, R. (2013). Basic FBA to BSP Trainer's Manual. Download from http://www.pbis.org/Common/Cms/files/Current%20Topics/TrainerManual.pdf
- Strickland-Cohen, M. K., & Horner, R. H. (in press).
 Typical school personnel developing and implementing basic behavior support plans. *Journal of Positive Behavior Interventions*.