

# Worksheet

Professional Version | US English

# Functional Analysis With Intervention Planning



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## Description

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Functional analysis examines the causes and consequences of behavior. One assumption of functional analysis is that behavior is contextual – it is influenced by the environment around the individual. Behavior has consequences and in operant conditioning terms these can be seen to reinforce or punish a behavior, making it more or less likely to occur in the future.

This classic A-B-C functional analysis with intervention planning worksheet can be used to collect information about what came before a behavior (antecedents), the behavior itself, and the consequences of the behavior. It also includes sections for hypothesizing around potential interventions which could act at the level of antecedents, behaviors, or consequences.

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## Instructions

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This is a Psychology Tools case formulation (case conceptualization) diagram. Put simply, case formulation is one method of a client and therapist coming to shared understanding of a difficulty. The formulation contextualizes the difficulty, making its origin and maintenance understandable. Case formulations are best completed collaboratively, with clients positioned as the 'experts in themselves'.

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## References

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Haynes, S. N., O'Brien, W. H. (1999). *Principles and practice of behavioral assessment*. Springer.

# Functional Analysis With Intervention Planning

## Antecedents

Factors which preceded a behavior

Consider situational (where, when?), social (who was or wasn't there?) and emotional states.

## Behaviors

## Consequences

What happened as a result of the behavior?

What are the short-term and long-term factors that make this behavior more likely to happen again?

## Potential interventions on antecedents

What changes could be made to antecedents to reduce the likelihood of the behavior?

## Potential interventions on behaviors

What alternative behaviors could be attempted?

## Potential interventions on consequences

What changes could be made to consequences to reduce the likelihood of the behavior?

# Functional Analysis With Intervention Planning

## Antecedents

Factors which preceded a behavior

Nightmare or flashbacks of sexual abuse memory.

Daily life tasks involving leaving the house.

Time alone at home during the day is used to think about life.

Consider situational (where, when?), social (who was or wasn't there?) and emotional states.

## Behaviors

Self-harming behaviors (cutting).

Avoidance of social activity – e.g. won't take children to school.

Rumination about fault and blame for the traumatic events.

## Consequences

What happened as a result of the behavior?

Short-term: Feels 'grounded' – reduction in panicky overwhelmed feelings.  
Long-term: Shame about inability to cope.

Feels less anxious when avoids – can avoid anticipatory anxiety too by not even committing to engage in any activity outside.

Short-term: Feels semi-productive at the time – like I might solve it.  
Long-term: I never solve it. Feel depressed and hopeless.

What are the short-term and long-term factors that make this behavior more likely to happen again?

## Potential interventions on antecedents

Exposure-based treatments to process traumatic memories and reduce their intrusive nature.

Experiment with decreasing time alone to decrease opportunities for unhelpful rumination.

Graded exposure to activity giving a sense of enjoyment and mastery.

What changes could be made to antecedents to reduce the likelihood of the behavior?

## Potential interventions on behaviors

Replace cutting with less harmful methods (e.g. ice cubes, elastic bands).

Practice problem-solving techniques instead of rumination, or try to instigate 'worry time'.

What alternative behaviors could be attempted?

## Potential interventions on consequences

Reinforce any social activity.

Reinforce less-risky anxiety-reducing methods.

Practice compassionate skills for shame and self-attack.

What changes could be made to consequences to reduce the likelihood of the behavior?

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