Worksheet

Professional Version | US English

Functional Analysis With Intervention Planning



Description

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.

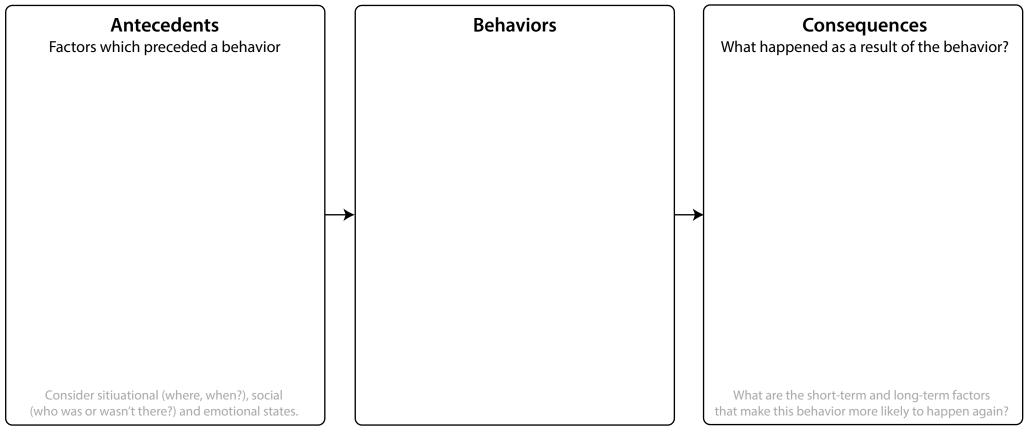
Instructions

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'.

References

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

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Potential interventions on antecedents

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

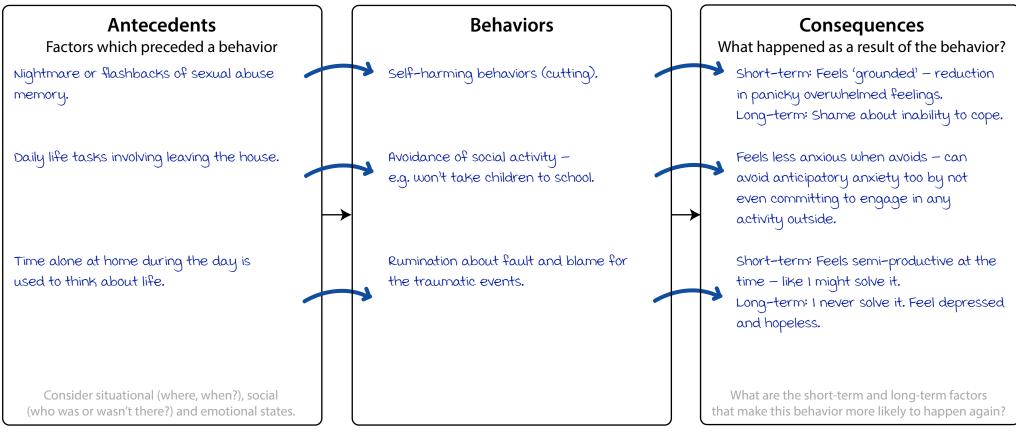
Potential interventions on behaviors

What alternative behaviors could be attempted?

Potential interventions on consequences

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

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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

(e.g. ice cubes, elastic bands).

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

Replace cutting with less harmful methods

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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Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



Resource details

Title: Functional Analysis With Intervention Planning Type: Worksheet Language: English (US)

Translated title: Functional Analysis With Intervention Planning

URL: https://www.psychologytools.com/resource/functional-analysis-with-intervention-planning/
Resource format: Professional

Version: 20230721 Last updated by: EB

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