AFIRM

Autism Focused Intervention Resources & Modules

ABI

EBP Brief Packet: Antecedent-Based Interventions

UNC Frank Porter Graham Child Development Institute
Autism Focused Intervention Resources & Modules
Sam, A., & AFIRM Team, Updated 2024

The National Professional Development Center on Autism

The National Clearinghouse on Autism Evidence & Practice
NCAEP • BRIDGING PRACTICE AND SCIENCE

UNC FRANK PORTER GRAHAM CHILD DEVELOPMENT INSTITUTE

Overview of Content

1. **Table of ABI Contents:** This list details the specific ABI resources that apply to antecedent-based interventions.
2. **What is ABI:** A quick summary of salient features of antecedent-based interventions, including what it is, who it can be used with, what skills it has been used with, and settings for instruction.
3. **Evidence-base:** The evidence-base details the National Clearinghouse on Autism Evidence and Practice (NCAEP) criteria for inclusion as an evidence-based practice and the specific studies that meet the criteria for antecedent-based interventions.
4. **Planning Checklist:** This checklist details the steps for planning for antecedent-based interventions, including what prerequisite learning of practices are needed, collecting baseline data of the target goal/behavior/skill if needed, and what materials/resources are needed.
5. **Other Resources:** Other resources may include decision trees, checklists, and/or template forms that will support the use of antecedent-based interventions.
6. **Step-by-Step Guide:** Use this guide as an outline for how to plan for, use, and monitor antecedent-based interventions. Each step includes a brief description as a helpful reminder while learning the process.
7. **Implementation Checklist:** Use this checklist to determine if antecedent-based interventions are being implemented as intended.
8. **Data Collection Form(s):** Use this form as a method for collecting and analyzing data to determine if the learner on the spectrum is making progress towards the target goal/behavior/skill.
9. **Tip Sheet for Professionals:** Use this tip sheet, intended for professionals working with learners on the spectrum, as a supplemental resource to help provide basic information about antecedent-based interventions.
10. **Parent Guide:** Use this guide intended for parents or family members of learners on the spectrum to help them understand basic information about antecedent-based interventions and how it is being used with their child.
11. **Additional Resources:** This list provides additional information for learning more about antecedent-based interventions as well as resources.
12. **CEC Standards:** This list details the specific CEC standards that apply to antecedent-based interventions.
13. **Glossary:** This glossary contains key terms that apply specifically to antecedent-based interventions.
14. **References:** This list details the specific references used for developing this ABI module in numerical order.

Table of Contents

ANTECEDENT-BASED INTERVENTIONS

WHAT IS ABI?

Antecedent-based interventions (ABI) can be used to decrease an identified interfering behavior by using environmental modifications to change the conditions in the setting that prompt the learner to engage in the interfering behavior. Interfering behaviors are more likely to occur when specific environmental conditions accompany the behavior and provide reinforcement for the interfering behavior's use.[1] The goal of ABI is to identify factors that are reinforcing the identified interfering behavior and then to modify the environment or activity so that the factors no longer elicit the interfering behavior.

EVIDENCE-BASE:

Based upon the 2020 systematic review conducted by the National Clearinghouse on Autism Evidence and Practice (NCAEP), antecedent-based interventions are a focused intervention that meets evidence-based practice criteria with 47 single case design and 2 group design studies. Antecedent-based interventions has been effective for early intervention (0-2 years), preschoolers (3-5 years), elementary school learners (6-11 years), middle school learners (12-14 years), high schoolers (15-18 years), and young adults (19-22 years) on the spectrum. Studies included in the 2020 EBP report (Steinbrenner et al., 2020) detail how antecedent-based interventions can be used to effectively address the following outcomes for a target goal/behavior/skill: academic/pre-academic, adaptive/self-help, behavior (behaviors that interfere with learning), communication, mental health, play, school-readiness, and social.

HOW IS ABI BEING USED?

Antecedent-based interventions can be used by a variety of professionals, including teachers, special educators, therapists, paraprofessionals, and early interventionists in educational and community-based environments. Parents and family members also can use antecedent-based interventions in the home.

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EVIDENCE-BASE

The National Clearinghouse on Autism Evidence and Practice has adopted the following criteria to determine if a practice is evidence-based. The 2020 EBP report (Steinbrenner et al., 2020) provides more information about the systematic review process.

Efficacy must be established through high-quality, peer-reviewed research in scientific journals using:

- At least 2 randomized or quasi-experimental group design studies, or
- At least 5 single subject/case design studies, or a
- Combination of evidence of 1 randomized or quasi-experimental group design study and 3 single subject/case design studies

OVERVIEW:

Based upon the 2020 systematic review conducted by the National Clearinghouse on Autism Evidence and Practice (NCAEP), antecedent-based interventions are a focused intervention that meets evidence-based practice criteria with 47 single case design and 2 group design studies. Antecedent-based interventions has been effective for early intervention (0-2 years), preschoolers (3-5 years), elementary school learners (6-11 years), middle school learners (12-14 years), high schoolers (15-18 years), and young adults (19-22 years) on the spectrum. Studies included in the 2020 EBP report (Steinbrenner et al., 2020) detail how antecedent-based interventions can be used to effectively address the following outcomes for a target goal/behavior/skill: academic/pre-academic, adaptive/self-help, behavior, communication, mental health, play, school-readiness, and social.

In the table below, the instructional outcomes identified by the evidence base are shown by age of participants.

Age	Academic	Adaptive	Behavior	Comm-unication	Mental Health	Play	School-readiness	Social
0-2		Yes	Yes	Yes		Yes		
3-5	Yes	Yes	Yes	Yes		Yes	Yes	Yes
6-11	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
12-14		Yes	Yes	Yes	Yes		Yes	Yes
15-18	Yes	Yes	Yes	Yes	Yes			
19-22			Yes					Yes

EARLY INTERVENTION (0-2 YEARS):

*** Delemere, E., & Dounavi, K. (2017). Parent-implemented bedtime fading and positive routines for children with autism spectrum disorders. *Journal of Autism and Developmental Disorders, 48*, 1002-1019. https://doi.org/10.1007/s10803-017-3398-4**

* Jocelyn, L. J., Casiro, O. G., Beattie, D., Bow, J., & Kneisz, J. (1998). Treatment of children with autism: A randomized controlled trial to evaluate a caregiver-based intervention program in community day-care centers. *Journal of Developmental & Behavioral Pediatrics*, *19*(5), 326-334. https://doi.org/10.1097/00004703-199810000-00002

Reinhartsen, D. B., Garfinkle, A. N., & Wolery, M. (2002). Engagement with toys in two-year-old children with autism: Teacher selection versus child choice. *Research and Practice for Persons with Severe Disabilities*, *27*(3), 175-187. https://doi.org/10.2511/rpsd.27.3.175

PRESCHOOL (3-5 YEARS):

*** Albert, K. M., Carbone, V. J., Murray, D. D., Hagerty, M., & Sweeney-Kerwin, E. J. (2012). Increasing the mand repertoire of children with autism through the use of an interrupted chain procedure. *Behavior Analysis in Practice, 5*(2), 65-76. https://doi.org/10.1007/bf03391825**

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Kuo, N., & Plavnick, J. B. (2015). Using an antecedent art intervention to improve the behavior of a child with Autism. *Art Therapy, 32*(2), 54-59. https://doi.org/10.1080/07421656.2015.1028312

* Lanovaz, M. J., Sladeczek, I. E., & Rapp, J. T. (2011). Effects of music on vocal stereotypy in children with autism. *Journal of Applied Behavior Analysis*, *44*(3), 647-651. https://doi.org/10.1901/jaba.2011.44-647

LeBlanc, L. A., Carr, J. E., Crossett, S. E., Bennett, C. M., & Detweiler, D. D. (2005). Intensive outpatient behavioral treatment of primary urinary incontinence of children with autism. *Focus on Autism and Other Developmental Disabilities*, *20*(2), 98-105. https://doi.org/10.1177/10883576050200020601

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Adcock, J., & Cuvo, A. J. (2009). Enhancing learning for children with autism spectrum disorders in regular education by instructional modifications. *Research in Autism Spectrum Disorders*, *3*(2), 319-328. https://doi.org/10.1016/j.rasd.2008.07.004

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MIDDLE SCHOOL (12-14 YEARS):

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HIGH SCHOOL (15-18 YEARS):

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YOUNG ADULT (19-22 YEARS):

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Notes: * denotes the study has participants in at least two age ranges
Bold denotes new studies since 2011 (2012 till 2017)

PLANNING WORKSHEET

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Complete this checklist to determine if this is an appropriate practice to use with the learner on the spectrum as well as if ABI is ready to be implemented.

IDENTIFY FEATURES OF THE BEHAVIOR:

1. Where does the behavior occur?

2. With whom does the behavior occur?

3. When does the behavior occur?

4. During what activities does the behavior occur?

IDENTIFY FEATURES OF THE ENVIRONMENT:

5. What are other students/peers doing when the behavior occurs?

6. What is the proximity of other students, teachers, and/or adults when the behavior occurs?

7. Number of individuals in the area:

8. Other environmental conditions:

DETERMINE THE FUNCTION OF THE BEHAVIOR:

9. To get or obtain:
   - ❑ Attention
   - ❑ Food
   - ❑ Toys
   - ❑ Hugs
   - ❑ Sensory stimulation
   - ❑ Other: _____

To escape or avoid:
- ❑ Attention
- ❑ Difficult task/activity
- ❑ Undesirable activity
- ❑ Social stimulation
- ❑ Sensory stimulation
- ❑ Other: _____

IDENTIFY FEATURES OF THE ENVIRONMENT:

10. Antecedents & Consequences:

11. Interfering behavior:

12. Function of behavior:

13. Hypothesis statement:

DETERMINE OVERALL GOAL FOR ABI:

14. Determine overall goal for ABI:

ASSESSMENT WORKSHEET: EC

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Complete this worksheet to assess/determine the preferences of a learner on the spectrum, observe them for at least 30 minutes during a free choice activity time. Every 2 to 5 minutes, check off or shade in the material or toy that the learner is interacting with or looking at. If the material/toy is not listed in the following chart, please record in the blank spaces at the bottom of the chart. Complete at least 3 observations to identify highly preferred materials or toys. Highly preferred materials/toys can then be incorporated into non-preferred activities to increase motivation and engagement.

RECORD EVERY 2 TO 5 MINUTES:

Item	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Animals															
Balls															
Blocks															
Books															
Cars															
Computer															
Dolls															
Gross Motor															
Kitchen															
Letters															
Little People															
Playdough															
Pop-up toy															
Put-in toy															
Puzzles															
Sensory toy															
Sensory															
Sorting toy															
Stacking toy															
Swing															
Vehicles															

QUESTIONS TO CONSIDER (DUNST, HERTER, & SHIELDS, 2000):

1. What makes the learner smile and laugh?

2. What makes the learner happy and feel good?

3. What kinds of things get the learner excited?

4. What are the learner's favorite things to do?

5. What does the learner work especially hard at doing?

6. What gets and keeps the learner's attention?

7. What gets the learner to try new things?

IDENTIFIED HIGHLY PREFERRED MATERIALS/TOYS:

8. Identified highly preferred materials/toys:

ASSESSMENT WORKSHEET: E, M, OR H

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____

Directions: Complete this worksheet to assess/determine the preferences of a learner on the spectrum, observe them for at least 30 minutes during a free choice activity time. Every 2 to 5 minutes, check off or shade in the material or toy that the learner is interacting with or looking at. If the material/toy is not listed in the following chart, please record in the blank spaces at the bottom of the chart. Complete at least 3 observations to identify highly preferred materials or toys. Highly preferred materials/toys can then be incorporated into non-preferred activities to increase motivation and engagement.

RECORD EVERY 2 TO 5 MINUTES:

Item	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Balls															
Board game															
Books															
Card game															
Comic books															
Computer															
Cooking															
Gross motor															
Paint															
Puzzles															
Sand/Water															
Sensory material															
Swing															
Writing															

QUESTIONS TO CONSIDER (DUNST, HERTER, & SHIELDS, 2000):

1. What makes the learner smile and laugh?

2. What makes the learner happy and feel good?

3. What kinds of things get the learner excited?

4. What are the learner's favorite things to do?

5. What does the learner work especially hard at doing?

6. What gets and keeps the learner's attention?

7. What gets the learner to try new things?

IDENTIFIED HIGHLY PREFERRED MATERIALS/TOYS:

8. Identified highly preferred materials/toys:

ABI EVENTS/CONDITIONS

SETTING EVENT:

Anything that increases the likelihood that the identified event will occur

- Loud noise
- Group work
- Starting new medicine
- Not getting enough sleep

ANTECEDENT:

Events or conditions that occur directly before the identified interfering behavior occurs

- School bell rings to change classes
- Teacher asks learner to wash their hands
- Assignment of a math worksheet
- Peer asks learner for a book

BEHAVIOR:

Identified behavior that interferes with learning and/or safety

- Screaming
- Crying
- Hitting
- Biting
- Hand flapping

CONSEQUENCE:

Events or conditions that occur directly after the identified interfering behavior occurs

- Teacher says, "No biting"
- Learner allowed to go to the resource room
- Learner gets a break
- Learner allowed to work alone

ABI STRATEGIES

USING LEARNER PREFERENCE:

Tasks/activities are modified and adapted to increase the learner's interest

- Functions addressed: Escape/avoid
  - Use monster trucks in math problems
  - Use a Batman pencil for writing activities

CHANGING SCHEDULES/ROUTINES:

Routines/schedules are changed to decrease interfering behaviors

- Functions addressed: Escape/avoid
  - Changing hand washing routine
  - Going outside (preferred activity) after completing work assignment (non-preferred activity)
  - Using a visual timer to show how long learner must remain seated
  - Clearly labeling parts of the classroom

IMPLEMENTING PRE-ACTIVITY INTERVENTIONS:

Implemented before a task/activity associated with the interfering behavior

- Functions addressed: Escape/avoid
  - Reviewing assignment components before receiving assignment
  - Using visual activity schedules
  - Providing a warning before time to switch centers or activities

USING CHOICE-MAKING:

Learner is presented with choice materials or tasks

- Functions addressed: Escape/avoid
  - Choosing where to sit at circle time
  - Choosing who to work with in a group
  - Choosing which assignment to complete first

ALTERING HOW INSTRUCTION IS DELIVERED:

Modify instruction in order for learner to understand expectations

- Functions addressed: Escape/avoid
  - Provide written instructions rather than verbal instructions
  - Read text passage rather than requiring learner to read silently

ENRICHING ENVIRONMENT WITH SENSORY STIMULI:

Provide access to appropriate behaviors

- Functions addressed: Get/obtain
  - Allow learner to play with a fidget toy when teacher is reading from text
  - Provide access to a rocking chair to allow for rocking

Activity Matrix

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Use this form to develop a plan for using ABI strategies to promote learner engagement across the day.

PLAN ACTIVITIES IN ADVANCE:

Routine or Activity	Target Skill(s)	Strategy

Adapted from: Grisham-Brown, J., Hemmeter, M. L., & Pretti-Frontczak, K. (2005). *Blended practices for teaching young children in inclusive settings*. Baltimore: Paul H. Brooks Pub. Co.

ADAPTATIONS WORKSHEET

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Use this worksheet to identify instructional adaptations for the learner.

CONDUCT A TASK ANALYSIS ASSESSMENT:

1. Complete an inventory of a typically developing peer completing the skill, task, or activity. As you observe a peer completing the task or activity, write down each step. For more detailed information on this process, check out the Task Analysis module.
2. Observe the learner completing the skill, task, or activity. Record behaviors/steps that are performed independently and those that are not performed independently.
3. Identify behaviors that the learner on the spectrum cannot be expected to perform independently.
4. Create a list of potential adaptations that would allow the learner on the spectrum to participate in the activity. This step will help identify specific instructional modifications that can help the learner participate in a specific activity and reduce interfering behavior.

IDENTIFY BEHAVIORS/STEPS AND ADAPTATIONS:

Step	Independent	Notes	Adaptations
1.	Yes No		
2.	Yes No		
3.	Yes No		
4.	Yes No		
5.	Yes No		
6.	Yes No		

LESSON PLAN

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Use this form to develop a lesson plan for using a selected ABI strategy.

OBJECTIVE/GOALS:

STRATEGY:

MATERIALS NEEDED:

TO IMPLEMENT THIS STRATEGY, I WILL:

1.

2.

3.

4.

5.

EXAMPLE: LESSON PLAN

Learner's Name: Sam **Date/Time:** 2/17/2016

Observer(s): Ms. Hodge (3rd _grade)

Interfering Behavior: Work in a small group for 5 minutes

Directions: Use this form to develop a lesson plan for using a selected ABI strategy.

OBJECTIVE/GOALS:

Sam will work on an assignment without crumpling his work and putting his head down on the desk when asked to participate in a small group for 5 minutes

STRATEGY:

Learner preference, Altering instruction

MATERIALS NEEDED:

Written instructions for assignment
Timer
Comic book

TO IMPLEMENT THIS STRATEGY, I WILL:

1. Provide Sam with written instructions for assignment rather than providing them verbally
2. Allow Sam to select the peers he would like to work with during the small group
3. Set a timer for 5 minutes to signal when Sam can leave the small group
4. Allow Sam to have 5 minutes of reading his comic book (his preferred activity) after staying 5 minutes in his small group
5.

DATA COLLECTION: A-B-C

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Collect data what happens directly before the behavior (antecedent), describe the behavior, and determine what happens directly after the behavior (consequence).

Date	Start Time	Stop Time	Antecedent	Behavior	Consequence

ANECDOTAL NOTES:

DATA COLLECTION: SCATTERPLOT

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Collect data on the setting and time of the learner's behavior to identify patterns.

		Date									
Time	**Activity**										

ANECDOTAL NOTES:

DATA COLLECTION: PREFERENCE

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Collect data at 30-second intervals on the duration of the learner's engagement with an item.

Item	30	60	90	120	150	180	210	240	270	300

IDENTIFY ITEMS THAT THE LEARNER ENGAGED WITH FOR AT LEAST 75% OF THE 30-SECOND INTERVALS::

Data Collection: Event Sampling

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: Collect data on the frequency of the learner demonstrating a behavior that is interfering with their learning.

Date	Tally (each occurrence of the interfering behavior)	Total Tally

ANECDOTAL NOTES:

Data Collection: Duration (Bar)

Learner's Name: _____ **Date/Time:** _____
Observer(s): _____
Interfering Behavior: _____
Directions: This sheet could be completed by highlighting, circling, or shading the duration (length of the behavior). The sheet is designed to provide a graphic representation of the duration over time (the resulting data, if blocks are circled or highlighted, will appear similar to a bar graph). Starting from the bottom, shade the number of boxes that represent the length of the interfering behavior. Each box represents ONE minute.

Date				
15	15	15	15	15
14	14	14	14	14
13	13	13	13	13
12	12	12	12	12
11	11	11	11	11
10	10	10	10	10
9	9	9	9	9
8	8	8	8	8
7	7	7	7	7
6	6	6	6	6
5	5	5	5	5
4	4	4	4	4
3	3	3	3	3
2	2	2	2	2
1	1	1	1	1
0	0	0	0	0

Step-by-Step Guide

This step-by-step practice guide outlines how to plan for, use, and monitor Antecedent-Based Interventions.

BEFORE YOU BEGIN…

Each of the following points is important to address so that you can be sure Antecedent-Based Interventions is likely to address the target goal/behavior/skill of your learner on the spectrum.

HAVE YOU FOUND OUT MORE INFORMATION ABOUT…?

- ❑ Identifying the interfering behavior…?
- ❑ Collecting baseline data through direct observation…?
- ❑ Establishing a target goal or outcome that clearly states when the behavior will occur, what the target goal or outcome is, and how team members and/or observers will know when the skill is mastered…?

If the answer to any of the above questions is 'No,' review the process of how to select an appropriate EBP (https://afirm.fpg.unc.edu/selecting-EBP).

For more information about Antecedent-Based Interventions, please visit https://afirm.fpg.unc.edu/ .

Keep in mind that **Antecedent-Based Interventions** can be used to decrease interfering behaviors and increase engagement.

STEP 1: PLANNING FOR ABI

The planning step details the initial steps and considerations involved to prepare for using antecedent-based interventions with a learner on the spectrum. Be sure to use a functional behavior assessment (FBA) to identify and define the interfering behavior.

1.1 Identify and define the interfering behavior through an FBA

To assist in identifying a behavior that interferes with learning and/or development, team members should complete a functional behavior assessment (FBA). For more information, visit the Functional Behavior Assessment module.

1.2 Collect data using direct observation methods

To collect data on the interfering behavior, team members should use A-B-C data charts. A-B-C data charts help team members identify what happens directly before the behavior (antecedent), describe the behavior, and determine what happens directly after the behavior (consequence).

The **ABC Data Chart** can be used to record observations of the learner's behavior.

1.3 Review data collected from direct observations

Data tables (commonly referred to as scatterplots in the FBA literature) can be used to help teams determine possible functions of the behavior, when the behavior is occurring, and times of the day when an intervention might be implemented to reduce the interfering behavior.

The **Scatterplot** can be used to identify patterns in the learner's behavior.

1.4 Develop a hypothesis statement and overall goal

Based upon the information gathered, the team develops a hypothesis statement that includes the following:

- The setting events, immediate antecedents, and immediate consequences that surround the interfering behavior.
- A restatement and refinement of the description of the interfering behavior that is occurring.
- The function the behavior serves (i.e., get/obtain, escape/avoid).

The **Planning Worksheet** can be used to develop a hypothesis and goal for the learner's behavior.

STEP 2: USING ABI

This step details the process of implementing antecedent-based interventions with a learner on the spectrum through selection of an ABI strategy that addresses the function of the behavior.

2.1 Select an ABI strategy that addressed the function of the identified interfering behavior

Based upon information gathered from the FBA and planning step, team members identify an ABI strategy that will address the function of the interfering behaviors (Kern & Clemens, 2007). Possible ABI strategies include:

- Using learner preferences (include highly preferred items within a non-preferred activity to prevent learners from wanting to escape or avoid the activity)
- Changing schedules/routines (create predictable schedules/routines and use visual supports)
- Implementing pre-activity interventions (provide learners with information they need to participate in an activity or routine)
- Using choice-making (offer choices to increase learner's control of a situation)
- Altering how instruction is delivered (adapt or modify instruction in order to promote active participation and engagement with classroom materials and activities) or
- Enriching the environment with sensory stimuli (provide access to preferred sensory stimuli).

These **ABI Strategies** can be used to support your understanding of antecedent-based interventions.

2.2 Create a lesson plan that includes the selected ABI strategy

Develop lesson plans that include the following components to ensure the selected antecedent-based intervention strategy is included:

- Weekly objectives for the learner on the spectrum that will lead to a decrease in an interfering behavior,
- A statement of the strategy and what the teachers/practitioners will do, and
- The materials needed to implement the antecedent-based intervention strategy.

This **LESSON PLAN** can be used to identify steps needed for using an ABI strategy.

2.3 Ignore interfering behavior

Teachers and practitioners should not provide reinforcement for the identified interfering behavior when it occurs. For more information on extinction, check out the Extinction module.

2.4 Provide learner with reinforcement

To promote appropriate behavior, remember to provide reinforcement each time the learner does not engage in the interfering behavior and completes the weekly objective. For more information on reinforcement, check out the Reinforcement module.

STEP 3: MONITORING ABI

The following step details how to monitor the use of antecedent-based interventions with a learner on the spectrum and how to determine next steps based on the data.

3.1 Collect and analyze data

Measure a learner's engagement in the interfering behavior by collecting frequency data and/or duration data.

The **EVENT SAMPLING FORM** can be used to monitor the identified interfering behavior.
The **DURATION (BAR CHART) FORM** can be used to monitor the identified interfering behavior.

3.2 Determine next steps based on learner progress

Collecting data will help team members determine if a learner is making progress and reducing the use of the identified interfering behavior. If a learner is making progress based upon data collected, team members should continue to use the selected strategies.

If team members determine that the learner is not making progress, consider the following:

- Is the identified interfering behavior well defined?
- Is the identified interfering behavior measurable and observable?
- Was a functional behavior assessment conducted?
- Did the functional behavior assessment indicate the function of the identified interfering behavior?
- Are the ABI strategies addressing the function of the identified interfering behavior?
- Are team members ignoring the identified interfering behavior?

- Has enough time been devoted to using antecedent-based interventions (frequency, intensity, and/or duration)?
- Were antecedent-based interventions implemented with fidelity (see **IMPLEMENTATION CHECKLIST**)?
- Does the learner need additional supports?
- Are team members providing the learner with reinforcement for remaining on-task?
- Are the selected reinforcers preferred items/activities for the learner?

If these issues have been addressed and the learner on the spectrum continues not to show progress, consider selecting a different evidence-based practice to use with the learner on the spectrum.

Implementation Checklist

BEFORE YOU START, HAVE YOU…?

- ❑ Identifying the interfering behavior…?
- ❑ Collecting baseline data through direct observation…?
- ❑ Establishing a target goal or outcome that clearly states when the behavior will occur, what the target goal or outcome is, and how team members and/or observers will know when the skill is mastered…?

If the answer to any of the above questions is 'No,' review the process of how to select an appropriate EBP (https://afirm.fpg.unc.edu/selecting-EBP).

	Observation:	**1**	**2**	**3**	**4**	**5**
	Date:					
	Observer's Initials:					
	STEP 1: PLANNING					
1.1	Identify and define interfering behavior through an FBA					
1.2	Collect data using direct observation methods					
1.3	Review data collected from direct observations					
1.4	Develop a hypothesis statement and an overall goal					
	STEP 2: USING					
2.1	Select an ABI strategy that addresses the function of the interfering behavior:					
2.1a	❑ Using learner preferences					
2.1b	❑ Changing schedules/routines					
2.1c	❑ Implementing pre-activity interventions					
2.1d	❑ Using choice-making					
2.1e	❑ Altering how instruction is delivered					
2.1f	❑ Enriching the environment with sensory stimuli					
2.2	Create a lesson plan that includes selected ABI strategy					
2.3	Ignore interfering behavior					
2.4	Provider the learner with reinforcement					
	STEP 3: MONITORING					
3.1	Collect and analyze data on interfering behavior					
3.2	Determine next steps based on learner progress					

Tip Sheet for Professionals

ANTECEDENT-BASED INTERVENTIONS ARE…

- An evidence-based practice for children and youth on the spectrum from 0-22 years old that can be implemented in multiple settings.
- Focus on identifying the events that take place immediately before and after an identified interfering behavior in order to modify the environment to change the conditions in the setting that prompt a learner to engage in the behavior.

TIPS:

- Complete an FBA to identify a behavior that interferes with learning and what function that behavior is serving
- Select an ABI strategy that addresses the functioning of the interfering behavior
- Ignore interfering behavior and provide reinforcement to the learner for not engaging in the interfering behavior and for completing a task or activity.

WHY USE WITH LEARNERS ON THE SPECTRUM?

- ABI are designed to prevent the identified interfering behavior from occurring.
- Team members can use ABI to increase engagement and on-task behaviors.
- ABI are easy to implement and require little additional effort by team members

INSTRUCTIONAL OUTCOMES:

The evidence-base for antecedent-based interventions supports its use to address the following outcomes, according to age range, in the table below:

Age	Academic	Adaptive	Behavior	Comm-unication	Mental Health	Play	School-readiness	Social
0-2		Yes	Yes	Yes		Yes		
3-5	Yes	Yes	Yes	Yes		Yes	Yes	Yes
6-11	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
12-14		Yes	Yes	Yes	Yes		Yes	Yes
15-18	Yes	Yes	Yes	Yes	Yes			
19-22			Yes					Yes

STEPS FOR IMPLEMENTING:

1. **PLAN**
   - Identify and define interfering behavior through an FBA
   - Collect data using direct observation methods
   - Review data collected from direct observations
   - Develop a hypothesis statement and an overall goal

2. **USE**
   - Select an ABI strategy that addresses the function of the interfering behavior. ABI strategies include:
     - Using learner preferences
     - Changing schedules/routines
     - Implementing pre-activity interventions
     - Using choice-making
     - Altering how instruction is delivered
     - Enriching the environment with sensory stimuli
   - Create lesson plan that includes selected ABI strategy.
   - Ignore interfering behavior.
   - Provide learner with reinforcement.

3. **MONITOR**
   - Collect and analyze data on interfering behavior.
   - Determine next steps based on learner progress.

Antecedent-Based Interventions ABI

This sheet was designed as a supplemental resource to provide basic information about antecedent-based interventions for professionals working with learners on the spectrum.

For more information about this selected evidence-based practice, please visit https://afirm.fpg.unc.edu/.

PARENT'S GUIDE

WHAT IS ABI?

- Antecedent-based interventions is an evidence-based practice for children and youth on the spectrum from 0-22 years old.
- ABI is used to make changes to the environment to decrease an identified interfering behavior and increase on-task behaviors.

WHY USE THIS ABI WITH MY CHILD?

- Antecedent-based interventions can be used to prevent or reduce interfering behaviors and increase engagement in an activity.
- Research studies have shown that antecedent-based interventions have been used effectively with learners in early intervention, preschool, elementary school, middle school, high school, and young adults on the spectrum to effectively address academic/pre-academic, adaptive/self-help, interfering behavior, communication, mental health, play, school-readiness, and social outcomes.

WHAT ACTIVITIES CAN I DO AT HOME?

- When your child has a behavior that harms their safety or interferes with their learning, think about what happened before and after the behavior.
- Think of ways you can change what happens before the interfering behavior. For example, if your child refuses to brush his or her teeth, consider introducing a visual schedule to signal your child needs to brush teeth and the steps involved. Changing the environment before an activity (such as using a picture rather than words) the interfering behavior may decrease.
- Remember to praise your child or provide reinforcement for completing a task or activity.

Antecedent-Based Interventions ABI

This parent introduction to ABI was designed as a supplemental resource to help answer questions about antecedent-based interventions.

To find out more about how this ABI is being used with your child, please talk with:

_____

For more information about this selected evidence-based practice, please visit https://afirm.fpg.unc.edu/.

Additional Resources

APPS:

Icon	Developer	Name	Available	Pricing
	Handhold Adaptative, LLC	*iPrompts*	Google Play iTunes Amazon	$9.99-$99.99
	Marz Consulting Inc.	*Behavior Tracker Pro*	iTunes	$29.99
	Good Karma Applications, Inc.	*First Then Visual Schedule HD*	iTunes	$14.99
	AssistiveWare	*Pictello: Talking Visual Story Creator*	iTunes	$18.99

BOOKS:

Tarbox, J., & Bermudez, T. L. (2017*). Treating Feeding Challenges in Autism: Turning the Tables on Mealtime.* Academic Press.

WEBSITES:

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National Professional Development Center on Autism Spectrum Disorders. Antecedent-Based Interventions (ABI). CSESA. https://csesa.fpg.unc.edu/resources/antecedent-based-interventions-abi.

Pratt, & Dubie. Observing Behavior Using A-B-C Data. Indiana Resource Center for Autism. https://www.iidc.indiana.edu/irca/articles/observing-behavior-using-a-b-c-data.html.

Webster, J. ABC: Antecedent, Behavior, Consequence. ThoughtCo. https://www.thoughtco.com/abc-antecedent-behavior-and-consequence-3111263.

CEC Standards

INITIAL PRACTICE-BASED STANDARDS FOR EARLY INTERVENTIONISTS/EARLY CHILDHOOD (0-5 YEARS; CEC, 2020)

Standard 3: Collaboration and Teaming

3.1 Apply teaming models, skills, and processes, including appropriate uses of technology, when collaborating and communicating with families; professionals representing multiple disciplines, skills, expertise, and roles; and community partners and agencies.

3.2 Use a variety of collaborative strategies when working with other adults that are evidence-based, appropriate to the task, culturally and linguistically responsive, and take into consideration the environment and service delivery approach.

3.3 Partner with families and other professionals to develop individualized plans and support the various transitions that occur for the young child and their family throughout the birth through 8 age-span.

Standard 4: Assessment Processes

4.1 Understand the purposes of formal and informal assessment, including ethical and legal considerations, and use this information to choose developmentally, culturally and linguistically appropriate, valid, reliable tools and methods that are responsive to the characteristics of the young child, family, and program

4.2 Develop and administer informal assessments and/or select and use valid, reliable formal assessments using evidence-based practices, including technology, in partnership with families and other professionals.

4.3 Analyze, interpret, document, and share assessment information using a strengths-based approach with families and other professionals.

4.4 In collaboration with families and other team members, use assessment data to determine eligibility, develop child and family-based outcomes/goals, plan for interventions and instruction, and monitor progress to determine efficacy of programming.

Standard 6: Using Responsive and Reciprocal Interactions, Interventions, and Instruction

6.2 Engage in reciprocal partnerships with families and other professionals to facilitate responsive adult-child interactions, interventions, and instruction in support of child learning and development.

6.3 Engage in ongoing planning and use flexible and embedded instructional and environmental arrangements and appropriate materials to support the use of interactions, interventions, and instruction addressing developmental and academic content domains, which are adapted to meet the needs of each and every child and their family.

6.4 Promote young children's social and emotional competence and communication, and proactively plan and implement function-based interventions to prevent and address challenging behaviors.

6.6 Use responsive interactions, interventions, and instruction with sufficient intensity and types of support across activities, routines, and environments to promote child learning and development and facilitate access, participation, and engagement in natural environments and inclusive settings.

6.7 Plan for, adapt, and improve approaches to interactions, interventions, and instruction based on multiple sources of data across a range of natural environments and inclusive settings.

INITIAL PRACTICE-BASED STANDARDS FOR (GRADES K-12; CEC, 2020):

Standard 2: Understanding and Addressing Each Individual's Developmental and Learning Needs

2.1 Apply understanding of human growth and development to create developmentally appropriate and meaningful learning experiences that address individualized strengths and needs of students with exceptionalities.

2.2 Use knowledge and understanding of diverse factors that influence development and learning, including differences related to families, languages, cultures, and communities, and individual differences, including exceptionalities, to plan and implement learning experiences and environments.

Standard 4: Using Assessment to Understand the Learner and the Learning Environment for Data-Based Decision Making

4.1 Collaboratively develop, select, administer, analyze, and interpret multiple measures of student learning, behavior, and the classroom environment to evaluate and support classroom and school-based systems of intervention for students with and without exceptionalities.

4.2 Develop, select, administer, and interpret multiple, formal and informal, culturally and linguistically appropriate measures and procedures that are valid and reliable to contribute to eligibility determination for special education services.

4.3 Assess, collaboratively analyze, interpret, and communicate students' progress toward measurable outcomes using technology as appropriate, to inform both short- and long-term planning, and make ongoing adjustments to instruction.

Standard 5: Supporting Learning Using Effective Instruction

5.2 Use effective strategies to promote active student engagement, increase student motivation, increase opportunities to respond, and enhance self-regulation of student learning.

5.6 Plan and deliver specialized, individualized instruction that is used to meet the learning needs of each individual.

Standard 6: Supporting Social, Emotional, and Behavioral Growth

6.1 Use effective routines and procedures to create safe, caring, respectful, and productive learning environments for individuals with exceptionalities.

6.2 Use a range of preventive and responsive practices documented as effective to support individuals' social, emotional, and educational well-being.

6.3 Systematically use data from a variety of sources to identify the purpose or function served by problem behavior to plan, implement, and evaluate behavioral interventions and social skills programs, including generalization to other environments.

ADVANCED PRACTICE-BASED STANDARDS (CEC, 2012):

Standard 1: Assessment

1.1 Minimize bias in assessment.

GLOSSARY

A-B-C data charts: help team members determine what happens before the behavior (the antecedent), when the behavior that occurs (behavior), and what happens directly after the behavior (the consequence)

Antecedent: the activities and specific events preceding the behavior

Antecedent-based interventions: an evidence-based practice that can be used to decrease an identified interfering engagement and/or increase engagement by modifying the environment to change the conditions that prompt the interfering behavior from the learner

Consequence: events that followed or results of the behavior

Duration data: records how long a learner engages in a particular behavior or skill

Event sampling: collects frequency data at every instance the behavior occurs

Functional Behavior Assessment: is an evidence-based practice used when the intensity, duration, or type of interfering behavior creates safety concerns or impacts a child's development

Hypothesis statement: used in FBA, these statements include 1) the setting events, immediate antecedents, and immediate consequences that surround the interfering behavior, 2) a restatement and refinement of the description of the interfering behavior, and 2) the function the behavior serves (i.e., get/obtain, escape/avoid)

Individual schedule: a type of visual support that includes visually presenting the learner's day

Interfering behavior: is a behavior that interferes with the learner's ability to learn

Reinforcement: feedback that increases the use of a strategy or target behavior/skill

Room arrangement: type of visual support that includes arranging the environment in a systematic way

Sensory reinforcers: motivating for learner on the spectrum, only use when adult can control access to reinforcer, the reinforcer is acceptable and appropriate for the setting, and no other reinforcer is motivating

Team members: includes the parents, other primary caregivers, IEP/IFSP team members, teachers, therapists, early intervention providers, and other professionals involved in providing services for the learner on the spectrum

Visual instructions: a type of visual support that includes visually organizing an activity or task

Visual supports: visual supports are concrete cues that are paired with, or used in place of, a verbal cue to provide the learner with information about a routine, activity, behavioral expectation, or skill demonstration

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