Name - _____

Activity 1: Interpreting Data from a Behavior Modification Plan

Goals:

Goal 1 – Drink 8oz of water at least 6 days of the week, for 1 week (criterion).

Goal 2 - Drink 16oz of water each day of the week, for 2 weeks (criterion).

*Example Weekly Counts Log – Treatment Phase (**Strategy 1**)*

Day	Week 1	Week 2	Week 3
Monday	8	16	16
Tuesday	8	16	16
Wednesday	8	24	8
Thursday	16	16	16
Friday	8	16	16
Saturday	4	16	8
Sunday	8	16	8
TOTALS	60	120	88

How many ounces of water should you drink for the week in Goal 1? _____

    Did you achieve this?   YES   NO

    Did you achieve Goal 1?   YES   NO

How many ounces of water should you drink for the week in Goal 2? _____

    Did you achieve this?   YES   NO

    Did you achieve Goal 2?   YES   NO

    If not, what do you do?

Module 13 Activities

What is the **average** or mean amount of water drunk each day (Strategy 2)?

Week 1		Week 2		Week 3	

Was this consistent with the predicted amount to be drank for each goal? Why or why not?

What is the **percentage of opportunities** for each week of Treatment Phase (Strategy 3)? Remember, it is calculated by dividing the total amount of water drank for the week by the total amount of water that could have been consumed.

Week 1		Week 2		Week 3	

Was this consistent with the predicted amount to be drank for each goal? Why or why not?

Now you can also look at your **behavioral counts** (Strategy 4). For this project, we said one behavior is equal to drinking 8oz of water.

How many behaviors are you making each day for Goal 1?

How many behaviors are you making for the week for Goal 1?

How many behaviors are you making each day for Goal 2?

How many behaviors are you making for the week for Goal 2?

Now look at your data table. What can you say about it in relation to your behavioral counts?

Module 13 Activities

In terms of **tokens earned** (Strategy 5), what might you expect to find if you plan is successful?

What if your plan is not successful, as in Week 3?

REMINDER:

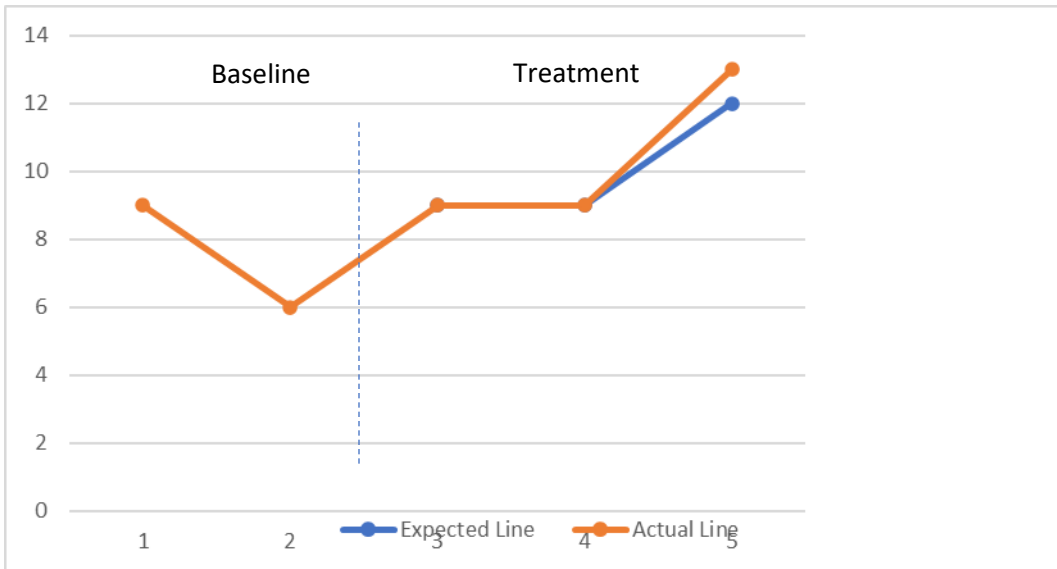*Table 13.2. Treatment Phase Summary Table*

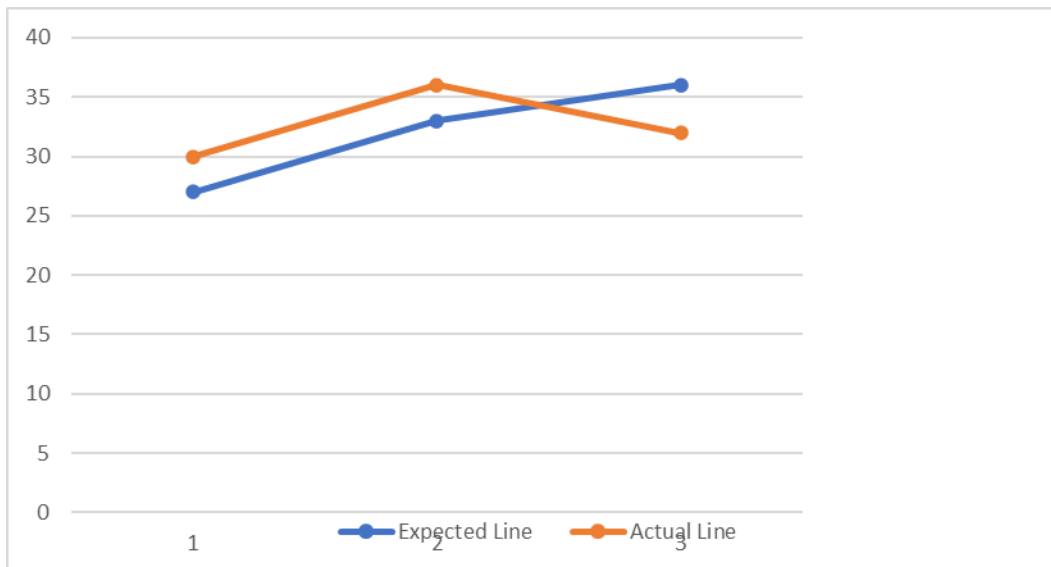| Day	Week 1	Week 2	Week 3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTALS			

Module 13 Activities

Activity 2: Interpreting Graphs from a Behavior Modification Plan

Examine the following graphs:

Behaviors Graph

Tokens Graph

Module 13 Activities

Behaviors Graph Questions

1. What can we say about the expected behaviors for the behavior modification plan compared to the actual data during the three weeks of treatment phase?

2. Overall, can we say the plan has been successful so far? How do we know and what data can we obtain from the graph?

3. Does the baseline phase have an expected line (that may be over the actual line)?

4. Do you think this is a graph for a deficit or excess behavior? What might the graph look like if it was the other one?

Tokens Graph Questions

1. Now look at the tokens graph. Why are there just three weeks on it?

2. What can we say about the plan's success from an examination of the tokens graph? Would this be an accurate statement?

3. What might be the cause of this discrepancy and what can we do about it?

Module 13 Activities

Activity 3: Adjust the Plan

In the water example, our plan was not successful in Week 3. Outside of repeating the goal to see if it is successful in Week 4, thereby allowing us to move on, what might we also do, especially if unsuccessful again? Consider our goals, criterion, strategies, temptations, and rules when answering as any, or all, could be factors.

Activity 4: Final Exam Practice

Directions: Using antecedent, behavior, and consequence focused strategies suggest specific strategies that can be used to change the behavior in question, whether increasing a deficit or reducing or eliminating an excess. Select all strategies that may apply to the scenario.

Tanya is a 5-year old who sucks her thumb during the day when she is watching tv or not actively engaged in an activity and then as she falls asleep and at intervals throughout the night. What strategies might you suggest Tanya's parents use to reduce this unwanted behavior?

Module 13 Activities