

ABC Analysis

An ABC Analysis Form is a tool that can be used to monitor and plan interventions in cases of challenging behaviors. ABC stands for **A**ntecedent, **B**ehavior, **C**onsequence.

Using an ABC form to log those events that occur before, during and after a problematic behavior can help provide the ground work for eliminating or managing a behavior. It helps determine how often a particular behavior is actually occurring, why a behavior may be occurring, and the success of interventions.

ENVIRONMENT

Setting

Where and when did the behavior occur? Some possible setting might be:

- Dining Room
- Elevator
- Patio
- Therapy room
- Bath room
- Bed room
- Hallway

People

Who was in the area or involved in the activity? Try to note those people who interacted with the resident before, during, and after the incident. Also include anyone who may have entered or left the area just before or after the behavior occurred.

Activity

What was the resident doing when the behavior occurred? Some activities might be:

- Eating
- Sleeping
- Waiting
- Reading
- Arriving/Leaving
- Attending an activity as part of a large group
- Attending an activity as part of a small group
- Toileting
- Moving to a new area or task

ANTECEDENT

What happened just before the behavior occurred that the resident may be responding to? Some ideas may include:

- A sensory experience (sight, sound, taste, texture, temperature)
 - E.g. sunshine in the eyes, music, pureed meat, a draft, moving from carpeted floor to shiny floor

- Physical contact
- Difficulty with a task
- Attention given to something or someone else
- Approach of a staff member
- Approach of another resident
- A request
- A physical need (hunger, pain, toileting needs)

BEHAVIORS

What did the resident actually do? Be as descriptive as possible.

CONSEQUENCE

What happened after the behavior occurred? How did people around the resident react? Did staff intervene? How? Were medications given?

REACTION

How did the resident behave following the behavior and consequence? Was the intervention successful? Did the behavior escalate? Could a smaller scale intervention have been used?

