

# ABC DATA



## WHAT IS ABC DATA?

Have you ever said "That the behavior came out of nowhere?" Well, ABA research has show there is a direct correlation to environment and behavior, or, that there is a triggering event occurring right before the behavior changes. This is the "Antecedent" to the behavior which can be an event, action, or circumstance. When an ABC type event occurs, the behavior and the consequence that follows are recorded. Consequences are our response to the behavior that occurred.

## WHAT IS ABC DATA USED FOR?

ABC data is collected to determine the function of behavior that needs to be adjusted. There are four main functions of behavior: Sensory/Automatic Reinforcement, Escape, Attention, and Access to tangible items. Once the function of behavior is determined we can find effective behavior intervention plans to increase and decrease behaviors.



## HOW DOES ABC DATA HELP?

ABC Behaviors can occur at anytime or place such as school, home, or the ABA clinic. Collecting data before, during and after the event can help collect important information and obtain a clear understanding of the situational triggers. Using this data, our BCBA can formulate treatment plans as we as develop strategies for coping with stressful situations.

