

Affordable ABA

Caregiver Training

1. Which of the following is not a benefit of caregiver training?

- A. Promoting generalization
 - B. To show caregivers how ABA is superior to other treatment options
 - C. Ensuring maintenance of skills
 - D. Consistency across settings
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2. Caregiver "buy-in" refers to:

- A. When a caregiver agrees to 40 hours per week of ABA
 - B. When a caregiver disagrees with treatment recommendations
 - C. The degree to which the caregiver trusts the clinician and agrees to treatment recommendations
 - D. All of the above
-

3. The ABA team observes an increase in aggressions during therapy sessions, while caregivers report a decrease in the home environment. This is an example of _____.

- A. Behavior contrast
 - B. Behavior reinforcement
 - C. Contrasting reinforcement
 - D. behavior modification
-

4. When selecting caregiver goals, which of the following should be of highest priority?

- A. Goals that result in benefit to the child's school team
 - B. Goals that result in benefit to the parents
 - C. Goals that result in benefit to the child
 - D. Goals that result in benefit to peers
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5. What is the difference between reinforcement and bribery?

- A. Bribery and reinforcement are the same
 - B. Bribery results in more positive outcomes
 - C. Bribery consists of an offering of money, while reinforcement does not
 - D. In bribery, the stimulus is provided before the behavior, while in reinforcement, the stimulus is provided contingent on the behavior occurring.
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6. Caregivers can promote generalization via which of the following ways?

- A. Conduct maintenance checks monthly
 - B. Implement training procedures with new stimuli and in new settings
 - C. Provide a more dense schedule of reinforcement
 - D. Teach new skills at a table
-

7. What is one antecedent modification that caregivers should be trained on?

- A. Altering motivating operations
 - B. Using punishment
 - C. VR3 schedule
 - D. None of the above
-

8. What are the four steps to BST?

- A. instruction, implementation, role-play, rehearsal
 - B. Implementation, modeling, role-play, feedback
 - C. Implementation, instruction, modeling, feedback
 - D. Instruction, modeling, rehearsal, feedback
-

9. What occurs after the 4th step of BST?

- A. Discontinue goal
 - B. Master goal
 - C. Repeat steps if learner did not yet demonstrate competency
 - D. Repeat all steps 3 more times
-

10. How many components are there in the ACT Hexaflex?

- A. 2
 - B. 1
 - C. 4
 - D. 6
-

11. Another term for present moment awareness is _____

- A. mindfulness
 - B. cloudy awareness
 - C. free association
 - D. thinking
-

12. Per the concept of defusion, thoughts are _____.

- A. Environmental stimuli that control behavior
 - B. Environmental stimuli that do not control behavior
 - C. not behavior
 - D. External verbal stimuli
-

13. When might caregiver training "homework" not be assigned?

- A. Homework must always be a component of training
 - B. When it's likely to result in increased stress and/or minimal benefit to the client and family
 - C. Homework should never be a component of training
 - D. When you want a caregiver to like you
-

14. What is the main focus of ACT?

- A. Reducing psychological flexibility
 - B. Teaching new skills
 - C. Increasing psychological flexibility
 - D. Troubleshooting barriers to effective care
-

15. In ACT, a committed action is one that is aligned with your:

- A. Values
 - B. Beliefs
 - C. Biases
 - D. Preferences
-

16. Telehealth is a _____

- A. Separate healthcare entity or service
 - B. A mode of delivering healthcare services
 - C. A one size fits all approach to caregiver training
 - D. non-evidence based approach
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17. Which is not one of the benefits to telehealth caregiver training?

- A. The BCBA and caregiver can slack off/not work as hard
 - B. Access to care for waitlisted families
 - C. Access to care for rural families
 - D. Access to care for families experiencing covid or other illnesses
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18. Which modality of telehealth do most insurance providers authorize?

- A. Asynchronous video trainings
 - B. Text communication
 - C. Synchronous audio-visual communications
 - D. Email communication
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19. Which ethical code would require behavior analysts to assess whether they are adequately trained for providing telehealth based caregiver training?

- A. 2.07 Fees
 - B. 1.13 Coercive and exploitative relationships
 - C. 1.05 Scope of competence
 - D. 1.01 Being truthful
-

20. How often should behavior analysts monitor caregiver training progress?

- A. On an ongoing basis
 - B. At each 6 month review
 - C. Monthly
 - D. Quarterly
-

21. Each caregiver training session should have a planned _____.

- A. Curriculum
 - B. Structure
 - C. homework assignment
 - D. All of the above
-

22. What is one antecedent strategy to reduce cancellations and no shows for caregiver trainings?

- A. Schedule sessions on an ongoing basis for the same day and time
 - B. Discontinue services if the family cancels
 - C. Reduce frequency
 - D. Increase frequency
-

23. What CPT code is associated with caregiver training?

- A. 97151
 - B. 97153
 - C. 97155
 - D. 97156
-

24. If a family does not have access to resources necessary for training to be provided via telehealth, how should the BCBA proceed?

- A. Refuse services
 - B. Support the family by providing email training instead
 - C. Support the family by directing them toward resources in their area
 - D. None of the above
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25. Which of the following is not a factor when evaluating the progress in caregiver training?

- A. Caregiver's skill acquisition rate
 - B. Client's skill acquisition rate
 - C. The effects on the family unit
 - D. Whether the BCBA thinks the caregiver is a "good parent"
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26. If a caregiver is making minimal to no progress in caregiver training goals, who's responsibility is it to make modifications?

- A. The caregiver
 - B. The client
 - C. The BCBA
 - D. The caregiver, client and BCBA equally
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27. In BST, during which step would a video model of a chaining procedure be presented?

- A. 1st
 - B. 2nd
 - C. 3rd
 - D. 4th
-

28. The six points in ACT are referred to in the _____.

- A. Octaflex
 - B. Hexaflex
 - C. Flexi six
 - D. Six core values
-

29. One ACT values-exploration is:

- A. The one wish
 - B. The shout out
 - C. The defusion procedure
 - D. The three wishes
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30. What has been demonstrated to reduce the overall costs of autism-related therapies?

- A. 10 hours/week of direct care
 - B. Caregiver training combined with 1:1
 - C. Supervision at 5%
 - D. Starting therapy after 7
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