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How Behavior Analysis Can Change Your Life

1. In a monumental study conducted by Wolf and colleagues in 1964, what behavioral intervention was implemented?

A. extinction
B. verbal praise
C. time-out
D. token economy

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2. How do behavior analysts believe that socially significant behaviors should be treated?

A. with effective treatment
B. through collaborative efforts
C. with statistical analysis
D. though meaningful connections within the environment

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3. What does the term analysis refer to?

A. to determine the functional relationship between the individual and the behavior being exhibited
B. to objectively determine the cause of why individuals maintain a behavior
C. detailed examination of the variables within an individual's environment
D. the search for maintaining variables that signal a behavior as well as for the individuals that continue, or reinforce, the behavior

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4. What methodology did behavior modification lead to?

A. the use of positive reinforcement to change the demonstration of behavior
B. the use of aversive consequences as a method of suppressing or eliminating the behaviors
C. the use of verbal praise to reinforce alternative behaviors
D. the use of negative reinforcement as a method for increasing targeted behaviors

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5. What type of checks are behavioral researchers advised to complete?

A. inter-observer agreement checks
B. treatment fidelity checks
C. methodology checks
D. data analysis checks

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6. What is known as seeking to find out if members of the public would find the research that has been conducted as useful?

A. social endorsement
B. community acceptance
C. social validation
D. treatment integration

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7. What are behavior analysts focused on?

A. decreasing challenging behaviors so that the individual is able to integrate into the community successfully
B. improving socially acceptable behaviors that only the individual's family finds appropriate to change
C. ensuring that the environment in which the individual resides is free of harm and allows for therapeutic support to be provided
D. providing a higher-quality of life for the individuals they provide services to that contains less pain and frustration and more enjoyment for the individual and their family

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8. What is the main purpose of the different functional assessment procedures?

A. to assist the behavior analyst in collecting collateral information to help determine intervention selection
B. to use various consequences as a method for determining the best intervention for behavior reduction
C. to determine the extraneous variables that may signal the exhibition of the targeted behavior
D. to guide the behavior analyst in identifying a variable that may be maintaining the behavior

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9. What is the first step in replacing challenging behaviors?

A. identify the consequence of the targeted behavior
B. identify the function of the behavior
C. determine the replacement behavior
D. teach the replacement behavior to the individual

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10. How does a behavior analyst view an individual's personality?

A. behaviors that an individual exhibits, which are under the control of different contingencies in their environment, which more than likely match that of these contingencies
B. differences that exist within characteristic patterns of thinking, feeling, and behaving
C. the contingencies that exist within an environment that are used to shape an individual's behavior
D. combination of characteristics or qualities that form an individual's distinctive character that are determined by the consequences within one's environment

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11. Why are behaviors with a strong reinforcement history often more difficult to change?

A. they are biologically predetermined
B. they have been reinforced consistently over time
C. they only occur in one environment
D. they are controlled by internal traits

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