

Target Area: Behaviour Problems

<p>Alderman, Fry & Youngson (1995). <i>Improvement of Self-Monitoring Skills, Reduction of Behavioral Disturbance and the Dysexecutive Syndrome: Comparison of Response Cost and a New Programme of Self-Monitoring Training</i>. <i>Neuropsychological Rehabilitation</i> 5(3): 193-221</p>	<p>SCED score - <i>to be confirmed</i></p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Study type:</p> <ol style="list-style-type: none"> 1. Procedure 1 (Response cost): ABAB (A=baseline/withdrawal, B=intervention). 2. Procedure 2 (Self-monitoring): ABCDE (A=baseline, B=spontaneous self-monitoring, C=prompted self-monitoring, D=independent self-monitoring and accuracy reward, E=independent self-monitoring and differential reinforcement of low rates of responding (DRL)). <p>Y Participant: female, age 21 years, 13 months after Herpes simplex encephalitis.</p> <p>Y Setting: Inpatient behavioural unit.</p> <p>Target behaviour measure/s:</p> <p>Y Patient's inappropriate self initiated utterances.</p> <p>Primary outcome measure/s:</p> <p>Y None.</p> <p>Result: Response Cost treatment successful in reducing target behaviour but did not generalize to other settings. Self-Monitoring training also reduced target behaviour and generalized to settings outside the treatment centre.</p>	<p>Aim: Implement classical behaviour management techniques (based on positive reinforcement and extinction principles) to reduce frequency and duration of patient's (inappropriate) self-initiated utterances.</p> <p>Treatment plan/procedure (1: Response cost)</p> <p>Y Materials: Tokens</p> <p>Y Duration: 34 interventions (length unspecified) conducted within daily group rehabilitation sessions, Monday to Friday.</p> <p>Y Procedure:</p> <ol style="list-style-type: none"> 1. A1=baseline (9 <i>sessions</i>); B1= treatment (5 <i>sessions</i>); 2. A2=withdrawal (10 <i>sessions</i>); B2=treatment (10 <i>sessions</i>) 3. Each <i>session</i> consisted of four 15-minute daily trials. <p>Y Content: A1 and A2 phases: Time out on the spot (TOOTS) from positive reinforcement applied to each occurrence of target behaviour (ie, self-initiated verbal utterances) B1 and B2 phases: for each occurrence of target behaviour, TOOTS applied during trials 1 and 3. Response Cost is applied during trials 2 and 4 of each treatment <i>session</i>. (Response Cost= patient loses a token from a 'bank' of 60 for each self-initiated utterance. If sufficient tokens remain at end of day, they can be exchanged for reward).</p> <p>Treatment plan/procedure (2: Self-monitoring)</p> <p>Y Materials: Digital counter</p> <p>Y Duration: 92 days, but duration of treatment is variable because transition from one <i>Stage</i> of training to the next is contingent on performance in the previous <i>Stage</i>.</p> <p>Y Procedure: Five Stages of training with variable number of 20-minute sessions.</p> <p>Y Content: Stage1 - Baseline; Stage 2 - Spontaneous SM; Stage 3 - Prompted SM; Stage 4 - Independent SM and patient rewarded for accuracy of SM; Stage 5 Independent SM and DRL. Patient's self-initiated utterances are</p>



monitored by therapist and patient in Stages 2-5 of training.

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