

# 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
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**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
- 

**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
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**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
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**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
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**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
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**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
- 

**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
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**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
- 

**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
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**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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