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Self-Management Strategies within Behavior Analysis

1. Which individual is known for being the first to use the philosophy and theory of radical behaviorism to explain behavior that is controlled by one's self?

- A. Thorndike
 - B. Skinner
 - C. Pavlov
 - D. Watson
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2. What is known as something that is not certain to occur and limits its own effectiveness as a behavioral consequence?

- A. Delayed consequence
 - B. Reinforcement trap
 - C. Weak rule
 - D. Rule-governed behavior
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3. Which behavioral mechanisms are responsible for the effectiveness of self-monitoring?

- A. These are not completely understood
 - B. Positive reinforcement
 - C. Clear contingencies
 - D. Negative reinforcement
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4. Which type of contingency would be implemented if the initial performance criterion is set at a level that is too high?

- A. Punishing
 - B. Negative reinforcement
 - C. Extinction
 - D. Avoidance
-

5. Which type of response affects variables in a manner that can change the probability of another response?

- A. Controlling response
 - B. Discriminated response
 - C. Exhibited response
 - D. Controlled response
-

6. Which self-monitoring form denotes the contingency with several cartoon-like frames?

- A. Comic-strips
 - B. Cartoons
 - C. Checklists
 - D. Countoons
-

7. Which response is not an example of a self-control technique provided in the information?

- A. Physical restraint
 - B. Antecedent Stimulus
 - C. Chemical restraint
 - D. Engaging in a different behavior
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8. Which response is not considered an antecedent-based self-management strategy?

- A. Manipulating the motivating operation
 - B. Using response prompts
 - C. Using a checklist to help complete the targeted behavior
 - D. Taking away items that are needed for emitting the targeted behavior
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9. What is known as a device that vibrates that indicates to an individual that it is time to engage in self-monitoring of the targeted behavior?

- A. Tactile prompt
 - B. Auditory prompt
 - C. Gestural prompt
 - D. Visual prompt
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10. Which is not considered a component of self-management?

- A. Goal completion
 - B. Self-instruction
 - C. Strategy instruction
 - D. Self-evaluation
-

11. Which type of reinforcement allows an individual to be able to access reinforcement that is as equally reinforcing without having to meet the requirements of the contingency that have been set forth?

- A. Differential reinforcement
 - B. Undervalued reinforcement
 - C. Bootleg reinforcement
 - D. Social reinforcement
-

12. Goal setting is used in coordination with _____ and _____.

- A. self-monitoring/self-instruction
 - B. self-evaluation/self-control
 - C. self-monitoring/self-evaluation
 - D. self-instruction/self-reinforcement
-

13. What is known as an object that can be used over and over again that serves as a cue for a variety of behaviors?

- A. Generic response prompt
 - B. Stimulus prompt
 - C. Response prompt
 - D. Positional prompt
-

14. What method is responsible for explaining behavior that is exhibited as being controlled by one's self?

- A. Experimental behaviorism
 - B. Radical behaviorism
 - C. Selectionism
 - D. Pragmatism
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15. At what point during a self-monitoring intervention should frequent prompts be administered?

- A. They should be consistent throughout the intervention
 - B. In the middle
 - C. At the beginning
 - D. At the end
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16. What term is known as assessing one's own performance to the goals that have been specified?

- A. Self-control
 - B. Self-monitoring
 - C. Self-appraisal
 - D. Self-evaluation
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17. Which response is not considered a confounding variable for interventions that feature self-administered rewards?

- A. Criterion setting
 - B. Self-control
 - C. Self-monitoring
 - D. Self-evaluation
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18. Which response is not a condition required for the administration of self-reinforcement?

- A. Clearly defined targeted behavior
 - B. Individual can directly access the reinforcer
 - C. Individual determines reinforcement
 - D. Reinforcers administered on a conditional basis
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19. Flipping one's self with a rubber band to decrease snacking behavior is known as which self-reinforcement strategy?

- A. Self-administered positive punishment
 - B. Self-administered positive reinforcement
 - C. Self-administered negative reinforcement
 - D. Self-administered negative punishment
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20. What are the effects on an individual's behavior called that occur as a result of an assessment or measurement procedure?

- A. Susequent effects
 - B. Response effects
 - C. Measurement effects
 - D. Reactivity effects
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