PSYCHOLOGY**TO*LS Functional Analysis** British English

Functional Analysis

Description

Functional analysis examines the causes and consequences of behaviour. One assumption of functional analysis is that behaviour is contextual – it is influenced by the environment around the individual. Behaviour has consequences and in operant conditioning terms these can be seen to reinforce or punish a behaviour, making it more or less likely to occur in the future. This classic A-B-C functional analysis worksheet can be used to collect information about what came before a behaviour (antecedents), the behaviour itself, and the consequences of the behaviour.

Instructions

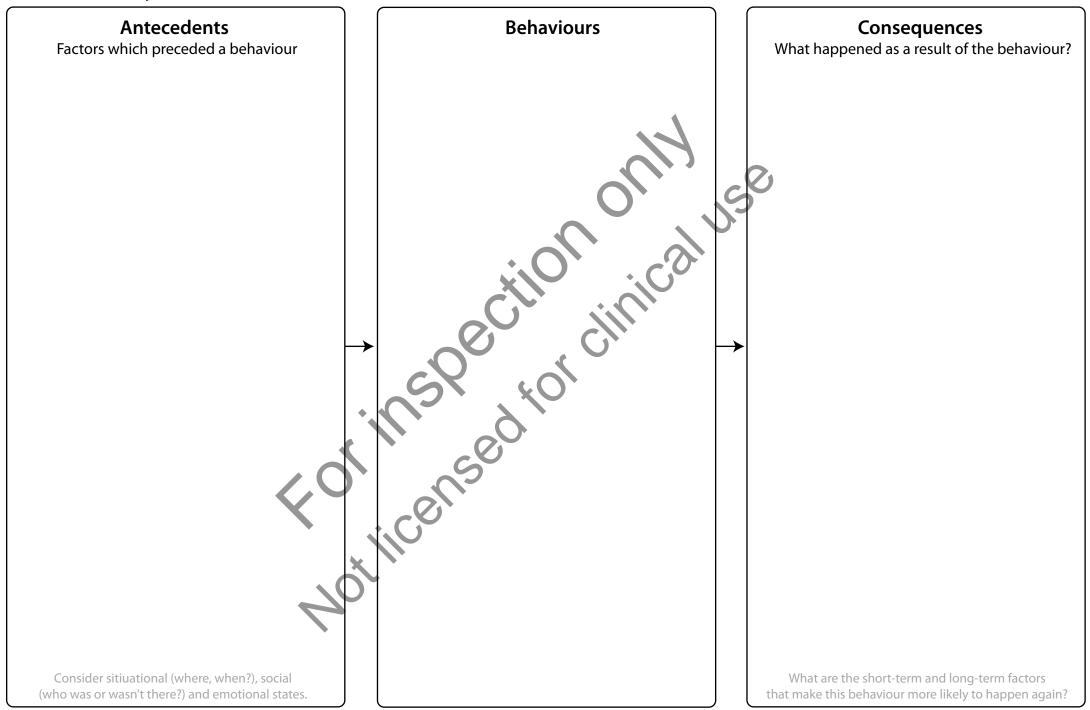
This is a Psychology Tools case formulation (case conceptualisation) diagram. Put simply, case formulation is one method of a client and therapist coming to shared understanding of a difficulty. The formulation contextualises the difficulty, making its origin and maintenance understandable. Case formulations are best completed collaboratively, with clients positioned as the 'experts in themselves'.

References

Kotinensedioleini Joineensediol Haynes, S. N., O'Brien, W. H. (1999). Principles and practice of behavioral assessment. Springer.



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Behaviours Antecedents Consequences What happened as a result of the behaviour? Factors which preceded a behaviour Self-harming behaviours (cutting) Short-term: Feels 'grounded' – reduction in Nightmare or flashbacks of sexual abuse panicy overwhemed feelings memory Long-term: Shame about inability to cope Avoidance of social activity - e.g. Feels less anxious when avoids – can avoid Daily life tasks involving leaving the house anticiptatory anxiety too by not even children to school committing to engage in any activity outside Rumination about Time alone at home during the day is 🔰 Short-term: Feels semi-productive at the time used to think about life the traumatic events - like I might solve it Long-term: I never solve it. Feel depressed and hopeless Consider sitiuational (where, when?), social What are the short-term and long-term factors (who was or wasn't there?) and emotional states. that make this behaviour more likely to happen again?

Contact us

contact@psychologytools.com

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