

RBT Behavior Reduction Quiz (15 Questions)

Q1. What is the primary goal of behavior reduction strategies in ABA?

- A. To punish unwanted behavior
- B. To eliminate the child's independence
- C. To reduce socially significant problem behaviors
- D. To make data collection easier

Correct Answer: C - The main purpose is to reduce problem behaviors that interfere with learning and independence.

Q2. Which of the following is an example of extinction?

- A. Giving candy after every response
- B. Ignoring a tantrum maintained by attention
- C. Taking away a toy after a behavior
- D. Praising appropriate behavior

Correct Answer: B - Extinction means withholding reinforcement, so ignoring attention-seeking behavior is correct.

Q3. Differential Reinforcement of Other Behavior (DRO) means:

- A. Reinforce behaviors similar to the problem
- B. Punish all problem behavior
- C. Reinforce when the problem behavior does not occur

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D. Reinforce the problem behavior occasionally

Correct Answer: C - DRO means reinforcing the absence of the behavior during a set time.

Q4. What is an antecedent intervention?

A. Ignoring the behavior

B. Offering choices to prevent escape behavior

C. Giving a time-out

D. Giving a token after behavior

Correct Answer: B - Antecedent strategies occur before behavior to reduce its likelihood.

Q5. Which is an example of punishment?

A. Giving praise for good behavior

B. Ignoring a student

C. Giving a chore after hitting

D. Reinforcing compliance

Correct Answer: C - Punishment is any consequence that reduces future behavior, like adding a chore.

Q6. What does response cost involve?

A. Adding something unpleasant

B. Taking away a reinforcer after behavior

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C. Ignoring the student

D. Reinforcing appropriate behavior

Correct Answer: B - Response cost is removing a reinforcer (like tokens) after problem behavior.

Q7. What's the main difference between reinforcement and punishment?

A. Reinforcement increases behavior; punishment decreases it

B. Reinforcement happens less often

C. Punishment is more effective

D. Punishment always uses time-outs

Correct Answer: A - Reinforcement strengthens behavior; punishment reduces it.

Q8. Which is an example of Differential Reinforcement of Incompatible Behavior (DRI)?

A. Reinforcing clapping instead of hitting

B. Reinforcing hitting with candy

C. Ignoring all behaviors

D. Using extinction for every behavior

Correct Answer: A - Clapping cannot happen at the same time as hitting, so it's incompatible.

Q9. What's the best reason to take baseline data before behavior reduction?

A. To see how long sessions last

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- B. To impress supervisors
- C. To know the current behavior level
- D. To avoid taking data later

Correct Answer: C - You must know the current rate of behavior before planning to reduce it.

Q10. Non-contingent reinforcement (NCR) means:

- A. Reinforcing only bad behavior
- B. Giving reinforcement on a time schedule
- C. Ignoring all behavior
- D. Reinforcing after the behavior

Correct Answer: B - NCR is providing reinforcement regardless of behavior, usually on a fixed time.

Q11. What does a functional behavior assessment (FBA) help determine?

- A. The function or reason behind a behavior
- B. The best time for lunch
- C. How to punish students
- D. Whether to send a child home

Correct Answer: A - An FBA finds the function or 'why' of the behavior, so we can treat it correctly.

Q12. Which is NOT a function of behavior?

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- A. Attention
- B. Escape
- C. Sensory
- D. Intelligence

Correct Answer: D - Intelligence is not a behavioral function; the others are common ones.

Q13. What is the purpose of a behavior intervention plan (BIP)?

- A. To punish all inappropriate behavior
- B. To ignore students
- C. To outline strategies for reducing problem behavior
- D. To suspend students

Correct Answer: C - A BIP details strategies for changing behavior, based on the FBA.

Q14. Time-out works best when:

- A. When the child wants to be alone
- B. When it removes access to a preferred activity
- C. When used randomly
- D. When used all day

Correct Answer: B - Time-out is effective when it removes reinforcement, like preferred attention or activities.

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Q15. Which statement about extinction bursts is TRUE?

- A. Behavior goes away instantly
- B. Behavior gets worse before it gets better
- C. Behavior becomes quieter
- D. Behavior switches functions

Correct Answer: B - Extinction bursts are when behavior temporarily increases before decreasing.