

Worksheet 8.2: Using the ABC model to understand a behaviour and consider a menu of options

The ABC model is just as useful a tool when considering changing Edi behaviours as it is when considering changing carer responses.

Step three of the five-step approach The ABC model of behaviour is used within the New Maudsley method to consider how a behaviour (Edi or carer) can usefully be broken down and perhaps changed for the better. Behaviour never happens in isolation, there is always something that causes it and something that happens as a consequence.

Addressing challenging behaviour with ABC
SBC, Chapter 12, pp. 185–91

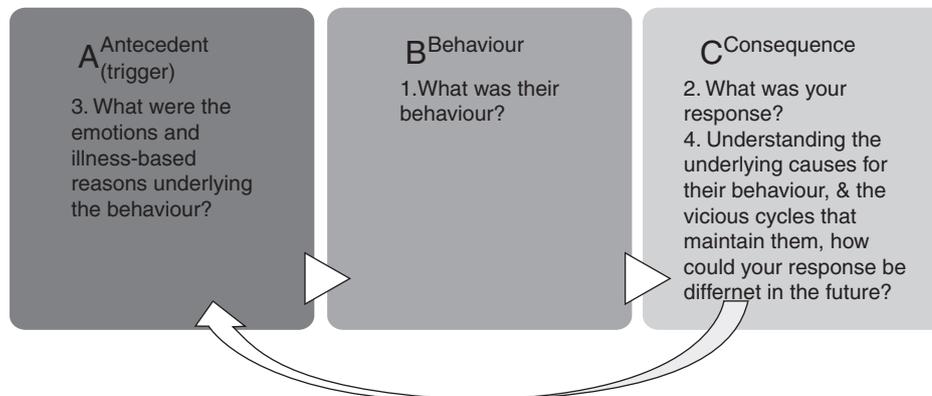


Figure 8.5 Description of how to use the functional analysis ABC model when assessing possible antecedents and consequences of Edi behaviours

Table 8.7 Blank functional analysis ABC table

Antecedent	ED behaviour	Consequence

Common antecedents

Sometimes it is difficult to identify specific antecedents. The behaviour may have become entrenched and is now a habit.

Table 8.8 Identifying possible antecedents

Intense negative thoughts about self and world
Hidden emotions behind ED
Extreme low self-worth
Teenage hormones
Starved/unbalanced brain
High expressed emotion environment
Carer accommodates and enables
Carer refuses to accommodate/enable (short-term trigger, long-term supportive)
Fear of change and moving away from ED safety behaviours

Once a behaviour has been explored using the ABC model carers are asked to come up with a menu of possible options.

The ABC approach can help carer to consider things they might change themselves, as well as things Edi might try to change. It also helps carers to have a better understanding of the challenges for Edi of breaking away from established ED behaviours.