

Behavior Momentum

WHAT IS IT? Also known as, High-Probability Command Sequence (HPCS) is an effective antecedent strategy that increases compliant behaviors.

WHY IS IT IMPORTANT?



- For behavior compliance, the child is likely to follow directions because they are getting reinforced for easy behaviors.
- Reduces frustration levels, because students are having success on easy tasks, increasing the likelihood that they will try harder behaviors.

- Prior to any difficult or low-probability behavior or task.
- To regain attention.
- To increase motivation.



WHEN CAN IT BE USED?

HOW TO IMPLEMENT?

- Identify low-p behaviors. Researchers typically identify low-p behaviors as complying with directives 50% or less. Researchers conducted 10 trials per behavior (low-p and high-p) to determine this percentage.
- Identify high-p behaviors. Researchers typically identify high-p behaviors as complying with directives 80% or better. Develop a list and vary the high-p requests given. Avoid repeating identical high-p chains.
- Deliver 3-5 high-p requests rapidly just prior to administering a low-p request.
- Deliver verbal or gestural praise (thumbs up, waving hands in the air) for each response to a high-p request.
- Deliver the low-p request within 5 seconds of reinforcing a response to the last high-p request. Delaying the low-p request (e.g., 20 second delay) can decrease the likelihood of compliance.
- The topography of high-p requests may need to be altered to be consistent with the student's age and functioning level.
- Generalize behavior with other instructors.
- Program to fade out high-p requests slowly. One study faded from 3 high-p's to 1 high-p prior to delivering 1 low-p.
- Record data on the target low-p behavior to monitor progress.



To view a short video, scan here:



REFERENCES

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