Title of Intervention:

Using a Reward System to Encourage Children to Follow Directions

Developers of Manual:

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Summary:

The premise of this intervention is using positive reinforcement to encourage children to follow directions. Once data is gathered to determine the frequency of the behavior, this intervention can be implemented in order to decrease the amount of non-compliant behaviors. When the child is given directions and they are followed, the child is immediately told that he/she can color in a shape. Every time the child colors in five shapes the child receives a reward. The child chooses the reward before the intervention begins. Non-compliant behaviors are ignored however frequency of non-compliant behavior is documented and monitored for intervention efficacy.

Target/Goal:

To decrease non-compliant behavior

Materials Needed:

Counter, coloring page of shapes, crayon, graphing materials, treatment integrity worksheet

Set up for materials:

Talk to the child about what will be reinforcing for that child. Prepare the shape-coloring page. Print out graphs.

Collection of Baseline Data:

For three days collect data on the frequency of non-compliant behaviors.

Steps: Introduction/Training

Mom: Everyday I am going to be charting your non-compliant behaviors, every time you follow directions you get to color in a shape, after you have colored in five shapes you will get the agreed upon reward.
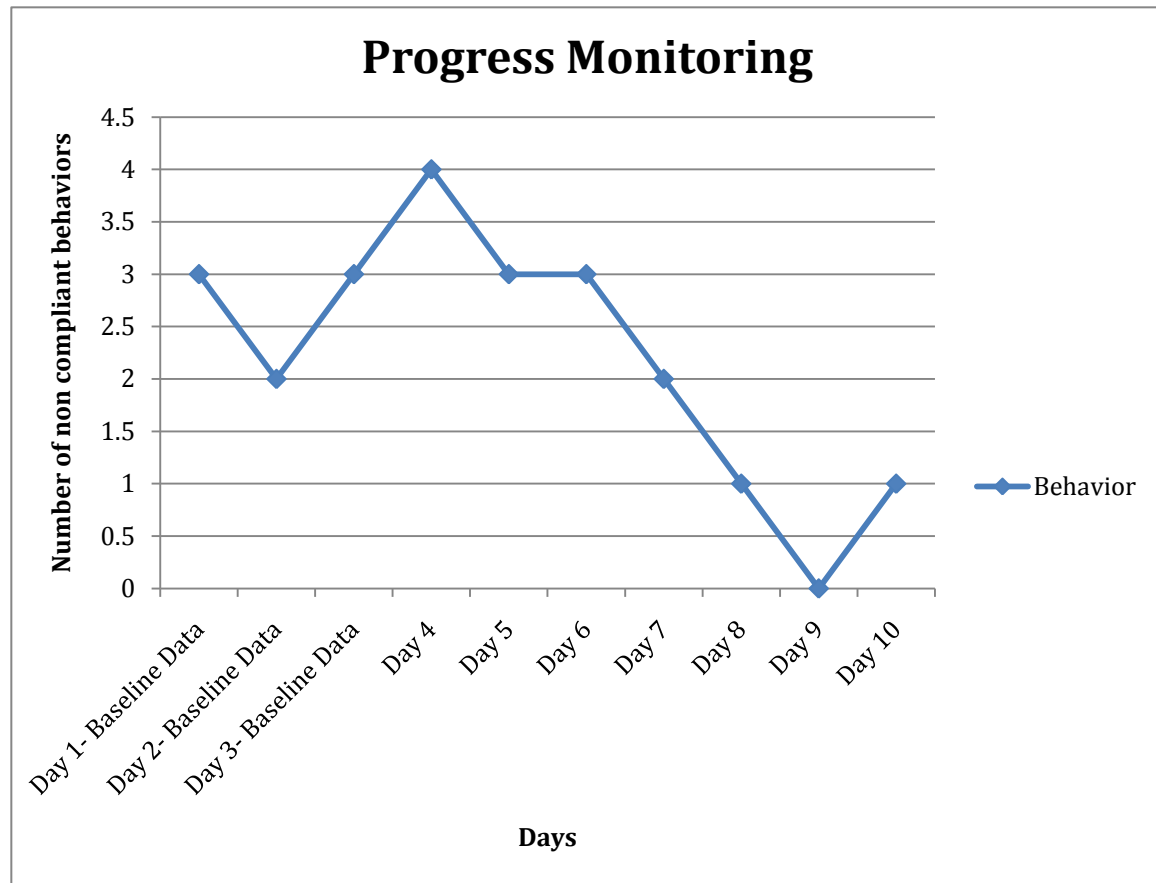
Steps: Implementation

Correctly Implemented?	Steps	
Y or N	1	Gather baseline data to establish the frequency of the behavior prior to intervention. Use a counter to count behaviors and graph data after three days
Y or N	2	Before implementing intervention explain to the child that for every five colored in shapes gets the child a reward
Y or N	3	Implement the intervention for seven days
Y or N	4	Following every compliant behavior allow child to color in a shape.
Y or N	5	Once the child colors in five shapes, give the child a reward.
Y or N	6	Continue counting non compliant behaviors throughout intervention
Y or N	7	Graph data in progress monitoring chart of non compliant behaviors. Include baseline data.
Y or N	8	Evaluate whether the intervention is successful throughout intervention and after seven days. If unsuccessful, adapt intervention.

Progress Monitoring:

Everyday the parent will chart the frequency of the child's non-compliant behavior.

Example:

Progress Monitoring

Treatment Integrity:

All parents must follow implementation. Making sure the intervention is properly performed is critical to maintaining successful behavior changes in your child. Treatment integrity can be established by following the steps of implementation chart (above) for the intervention demonstrated in this video. This chart should be completed daily throughout the course of the intervention. Integrity can be established by calculating the amount of correctly implemented steps divided by the total steps. This figure needs to be higher than 80%, if not, closer attention needs to be paid to the steps of implementation.

Reliability

Collecting "live" data can be difficult and is often subject to error. Thus, it is important that the recording of non compliant behaviors be as accurate and consistent as possible. To determine the accuracy of recording procedures, parents, when possible, should conduct reliability checks. One of the most commonly used approaches is the assessment of interrater reliability. In this procedure, two observers gather data at the same time and then check the extent to which they agree on what was observed. The reliability is usually reported as the percentage of agreement. Generally, reliability above 90% is desirable, though reliability of 80%

and above is acceptable. Reliability below 80% is considered problematic. To calculate interrater reliability, the following formula has been provided:

$$\frac{\text{Number of Agreements}}{\text{Number of Agreements+Disagreements}} \times 100 = \% \text{ of Agreement}$$

In this formula, you take the total number of agreements and divide that number by total number of agreements plus total number of disagreements multiplied by 100. This will give you the percentage of agreement. Below, an example of how to calculate reliability is given

Parent Observations	Noncompliant Behaviors	2nd Rater Observations	Noncompliant Behaviors
6:00pm	X	6:00pm	X
6:30pm	X	6:30pm	X
7:00pm	X	7:00pm	X
7:30pm		7:30pm	X
8:00pm	X	8:00pm	X
8:30pm	X	8:30pm	X
9:00pm	X	9:00pm	X

Calculation of Reliability: In the above example, the two observers agree on six of their observations and disagree on one of their observations. Reliability would be calculated (using the same formula provided above) as follows:

$$\frac{6 \text{ (agreements)}}{6 \text{ (agreements)} + 1 \text{ (disagreement)}} \times 100 = 85.7\%$$

Thus, the percentage of agreement between observers is nearly 86%, which means that the data are reliable!

Social Validity/Caveats:

This intervention is intended for children who are displaying non-compliant behaviors. Any parent can implement this intervention following a video presentation.
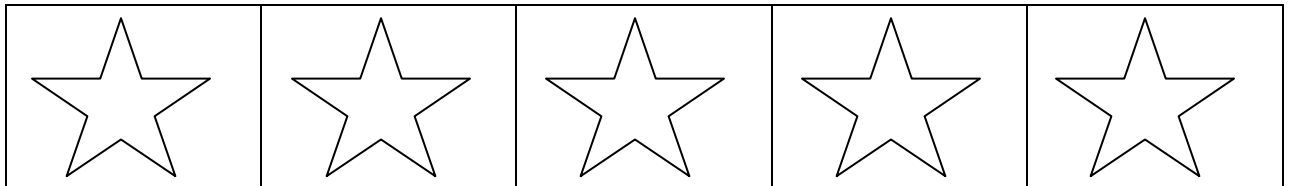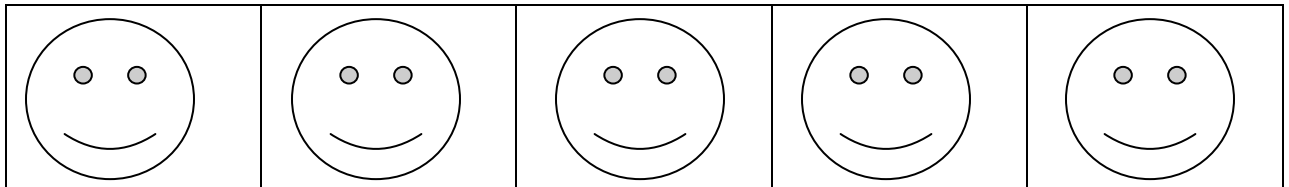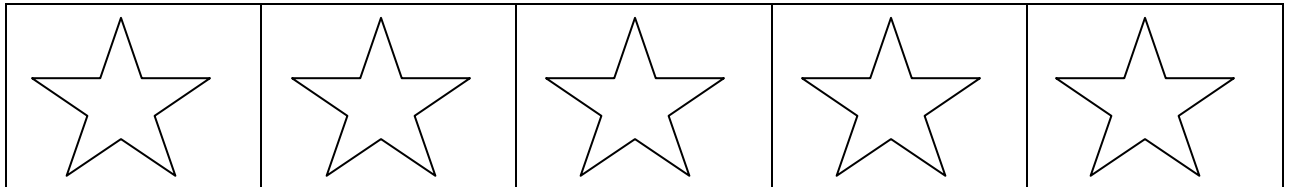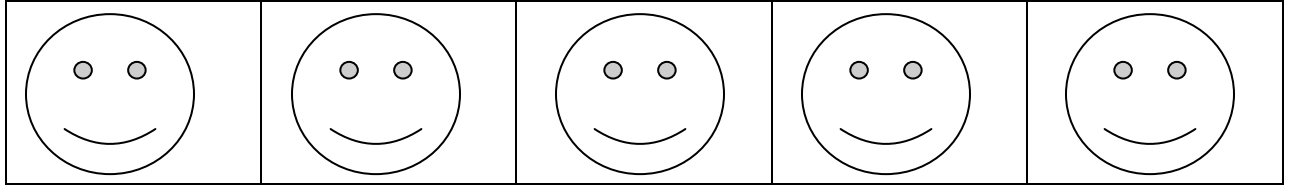
Based on:

Barkley, R.A. (1997). *Defiant children: A clinician's manual for assessment and parent training (2nd edition).* New York, NY: Guilford Press.
Ogden, T. & Hagen, K.A. (2008). Treatment effectiveness of parent management training in Norway: A randomized controlled trial of children with conduct problems. *Journal of Consulting and Clinical Psychology,* 4, 607-621.
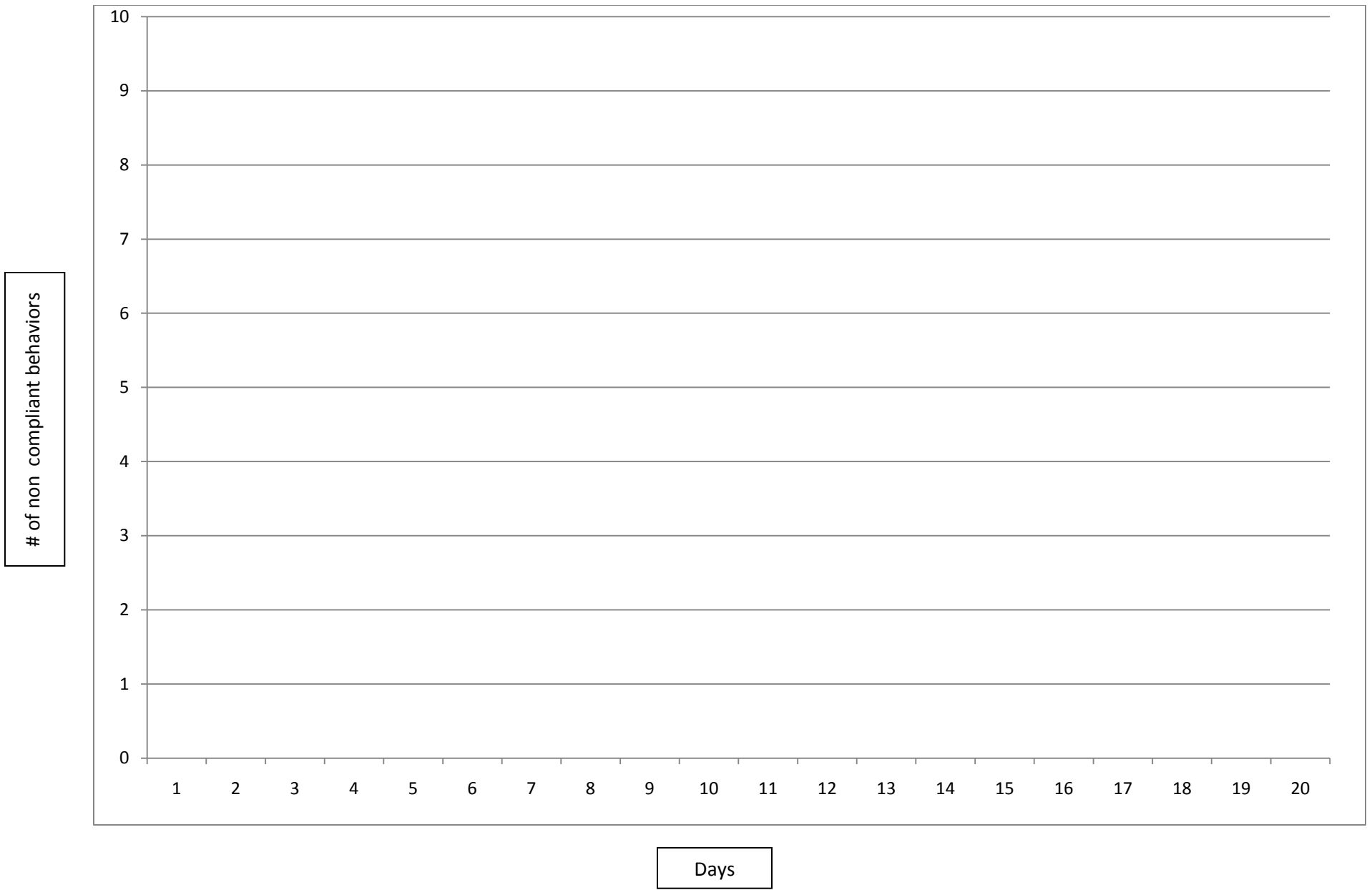Roberts, M.W. (1985). Praising child compliance: Reinforcement or ritual? *Journal of Abnormal Child Psychology y,* 13, 611-629.

Name:_____

Rewards for outstanding behavior

Data Collection Chart

10

9

8

7

6

# of non compliant behaviors

5

4

3

2

1

0

1   2   3   4   5   6   7   8   9   10   11   12   13   14   15   16   17   18   19   20

Days

Positive Reinforcement Menu:

_____

(Child's Name)

Praise/Recognition

- Be rewarded a trophy, medal, or other honor for good behavior
- Be praised privately by parent
- Be praised in the presence of friends or family
- Get a silent 'thumbs-up'
- Post drawing or writings of your child in a visible place in the home (refrigerator)
- Receive a "good job" note from parent(s)

Prizes/Privileges/Rewards

- Allow child to call a friend
- Allow child to choose a friend to visit home (with permission from parents)
- Be permitted to pick a prize from a 'prize box' (small, inexpensive toys or stickers that the child enjoys)
- Earn behavior -points or -tokens that can be redeemed for bigger privileges/prizes
- Have the choice in deciding menu for the family meal
- Have the choice of choosing seat at the dining table
- Extra time on T.V., video game or computer
- Be permitted to watch a video
- Be permitted to have a special snack or treat
- Get extra 'play time'
- Listen to music