



7 Dimensions of Applied Behaviour Analysis

Applied Behaviour Analysis (ABA) is an effective approach to understanding and changing behaviour, and teaching new skills by examining the relationship between the environment and behaviour (Ontario Ministry of Education, 2007). It is comprised of 7 interconnected dimensions/components and is the systematic application of behavioural principles designed to change socially significant behaviours to a meaningful degree. These 7 foundational dimensions of ABA were first outlined in 1968 in Baer, Wolf, and Risley's article "*Some Current Dimensions of Applied Behaviour Analysis*". The article continues to remain relevant and is the foundation of what quality ABA programs are based on. All interventions that are provided through ABA services should encompass all 7 of the dimensions to ensure that interventions put in place are supported by research, are socially significant, and are monitored for effectiveness. Without all 7 dimensions, ABA programs are considered incomplete and potentially compromised in their effectiveness.

The following 7 dimensions of ABA are the defining characteristics for ABA:

APPLIED

Goals and interventions are selected because they are socially significant to the individual and/or caregiver(s). What is important to the individual should be directly related to the goal of the program, and the anticipated outcome of the behaviour change should enhance and improve the quality of life for the individual and caregiver(s).

BEHAVIOURAL

The behaviour selected to change must be both observable and measurable; therefore, it must be quantifiable. It should focus on what the individual is DOING or needs to DO, not what they are thinking and feeling.

ANALYTIC

Interventions are selected based on collected data. Ongoing data monitoring is essential to ensure strategy effectiveness (consistent progress) or to determine if modifications to the intervention is needed.

TECHNOLOGICAL

Procedures and strategies are outlined in detail (clearly and concisely), allowing for others to read them and then implement accurately.

CONCEPTUALLY SYSTEMATIC

Procedures are described in terms of relevant ABA principles and relate to the research supported behaviour analytic concept (positive reinforcement, prompting methods, shaping, errorless teaching, etc.).

GENERALITY

Positive behaviour change and learned skills are maintained over time and can be demonstrated in different settings, with different people, and under a variety of contexts.

EFFECTIVE



THE 7 DIMENSIONS OF APPLIED BEHAVIOUR ANALYSIS



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