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New Autism Study Reveals Effectiveness of Web-Based Intervention Tool for Challenging Behaviors

The "Randomized Evaluation of a Web-Based Tool for Designing Function-Based Behavioral Intervention Plans" study, conducted by Center for Autism and Related Disorder's researchers, is published in the December 2013 journal of Research in Autism Spectrum Disorders.

LOS ANGELES (Oct. 22, 2013) - A new autism study shows that use of the Behavior Intervention Plan (BIP) Builder improves the quality of behavior intervention plans designed by clinicians treating children with autism spectrum disorder (ASD). The study, conducted by the Center for Autism and Related Disorders (CARD), is published in the December 2013 edition of the scientific journal Research in Autism Spectrum Disorders.

"We were excited to be able to evaluate a web-based tool that we hoped would be a useful and practical resource for clinicians who are in the trenches, providing effective behavioral intervention for children with autism spectrum disorder on a daily basis," says Jonathan Tarbox, PhD, BCBA-D, CARD director of research and development. "Overall, we found that the tool was easy to use, and it provided information that helped clinicians write better behavior intervention plans."

The Centers for Disease Control and Prevention (CDC) reports 1 in every 88 children in America is diagnosed with autism, making it more prevalent than juvenile diabetes, pediatric cancer, and pediatric AIDS combined. Challenging behaviors are common in children with autism. The *Randomized Evaluation of a Web-Based Tool for Designing Function-Based Behavioral Intervention Plans* study by researchers Jonathan Tarbox, PhD, BCBA-D; Adel C. Najdowski, PhD, BCBA-D; Amy Kenzer, PhD, BCBA-D; Michele Bishop, PhD, BCBA-D; Dennis Dixon, PhD; Ryan Bergstrom, M.A., BCBA; and Arthur Wilke addresses the need for quality and practical tools to design intervention plans that effectively decrease challenging behaviors.

The study used a randomized controlled trial. The effects of the BIP Builder were assessed on the inclusion of three types of intervention components that are likely contribute to the quality of intervention plans: (1) function-based intervention components, (2) evidence-based intervention components, and (3) non-punishment-based intervention components. Use of the BIP Builder, without any additional training or instruction, produced a statistically significant increase in the inclusion of function-based intervention components, but the study did not find a significant effect on the other two measures. Results are discussed in terms of the implications for improving the quality of behavior intervention plans, as well as the dissemination of knowledge of best practices in behavioral intervention.

The BIP Builder is one component of Skills®: The Online Autism Solution, which is composed of curriculum, assessment, progress tracking, and behavior intervention plan design. Skills® is based on the scientifically-proven principles of applied behavior analysis (ABA).

The BIP Builder study can be read online at http://www.sciencedirect.com/science/article/pii/S1750946713001566.

About Center for Autism and Related Disorders (CARD)
CARD treats individuals of all ages who are diagnosed with autism spectrum disorder (ASD) at its 26 treatment centers around the globe. CARD was founded in 1990 by leading autism expert and clinical psychologist Doreen Granpeesheh, PhD, BCBA-D. CARD treats individuals with ASD using the principles of applied behavior analysis (ABA), which is empirically proven to be the most effective method for treating individuals with ASD and recommended by the American Academy of Pediatrics and the US Surgeon General. CARD employs a dedicated team of over 1,000 individuals across the nation and internationally. For more information, visit http://www.centerforautism.com.

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