# Template/ Sample- ABC Chart

**What is an ABC sheet?**

An ABC sheet is a recording tool used to identify the causes of problem behaviours.

**What is the purpose of an ABC recording?**

The purpose of ABC recordings is to gather information about the cause or “function” of the problem behaviour and the circumstances associated with its occurrence. It helps to provide a review of specific behaviours and behavioural patterns within an environmental context.

**What does an ABC analysis include?**

An ABC analysis includes observations of persons close to the individual exhibiting the behaviour. The ABC sheet should note what events occur before the problem behaviour (Antecedent), a detailed description of the behaviour (Behaviour) and the events that immediately follow the problem behaviour (Consequence). As well, the sheet should record the duration and location of the behaviour.

**What are the essential components of an ABC recording?**

1. Identifying the problem behaviour.
2. Defining the problem behaviour in specific, observable and objective terms – see chart below: Questions to consider when completing the ABC sheet
3. Identifying the contextual factors (e.g. stimuli in the environment) that can contribute to the problem behaviour; such as who or what is present in the situation, time of day, temperature in the room, type of activity of task at hand, etc.)

What are the questions to consider when completing the ABC sheet:

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| Antecedent | Behaviour | Consequence |
| Where was the person?What was the activity? | What happened? | Who responded and how (staff, individual, family) |
| What was happening just prior to the event? | Where did it occur? | What was said by those present? |
| Was there something said to the individual? | How many times did it occur? | What nonverbal interaction occurred? |
| Was there nonverbal interaction (body language) | How long did it last? | How did the individual respond? |
| What was the physical state of the individual? | How intense was the event? | Did the event change any set activities? |
| Were there other issues? | How much time elapsed? | Was the person changed physically? |