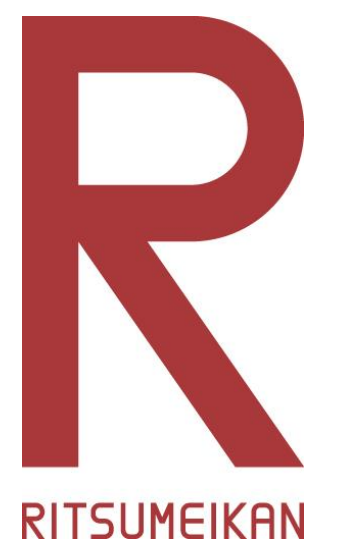


ABA training for an ASD child and Behavioral Parent Training (BPT) +ACT Matrix parenting for his parent.

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Background

An ASD child faces various difficulties, and parents of him often feel difficulty to raise a child. It leads to the coercive parenting (maltreatment) and increases the risk of abuse (Sullivan & Knutson, 2000; Hosokawa & Honma, 2002).

Behavioral Parent Training (BPT)

- To teach parenting skills for the parents of children with disabilities.
- In many studies show the effectiveness for the improvement of parenting skills.

However, Researchers showed that some parents failed to learn parenting skills by BPT (Hastings & Beck, 2008; Osborne, McHugh, Saunders, & Reed, 2008) and the additional or alternative supports are needed.

⇒ Parent training based on BPT + ACT is expected to be useful and helpful for the parents (Tani, 2015).

Purpose

- To show the case being applied ABA combined with BPT + ACT Matrix
- To discuss the issues related to parenting for parents of children with ASD

Case Five years old boy and his parents

- About a boy
 - Misbehaves at home and school
 - Faced difficulties of the social interaction with his friends.
- About his parents
 - Used coercive procedures, to control his behavior.
 - ⇒ His teacher recommended his parents to attend BPT.

Method

BPT (for his parents)

Setting : A five-session. Attended by both the parents.

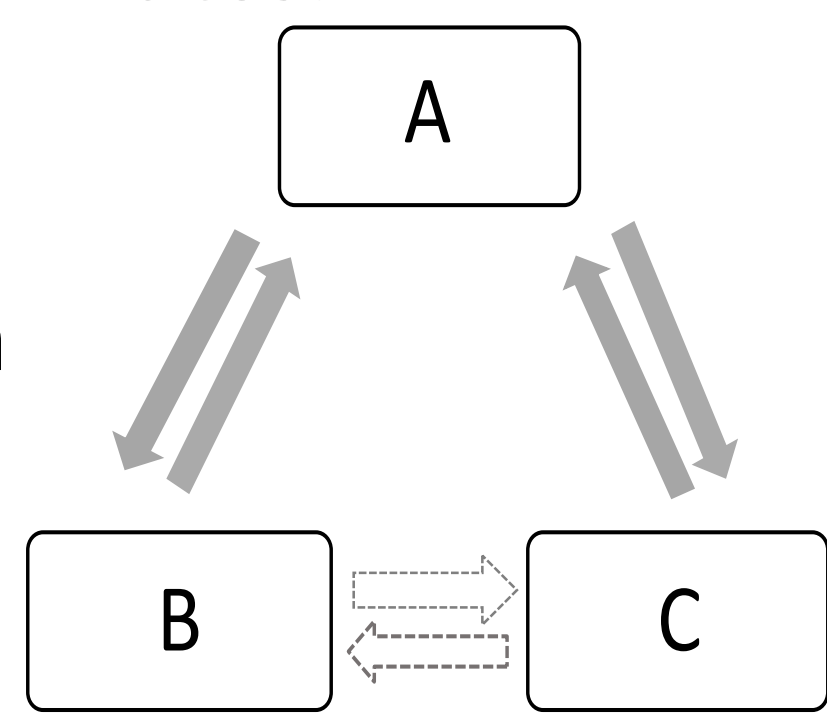
Material : A text book was developed for them (included the basic operant principles). The negative effects of coercive control were also highlighted in the BPT. The Parents observed the therapist using positive reinforcement, shaping, and differential reinforcement.

ABA training (for him)

He received stimulus equivalence training using visual stimulus. Setting : Once or twice-monthly. About 30 minutes.

Stimulus : The stimulus sets used were arbitrary sign. (as shown in the handout)
He was trained to make equivalence relation easier (Multiple exemplar training).

Achievement standard : 100% in responses in the test session.



ACT-based parent training

Setting : A five-session and conducted following the BPT.

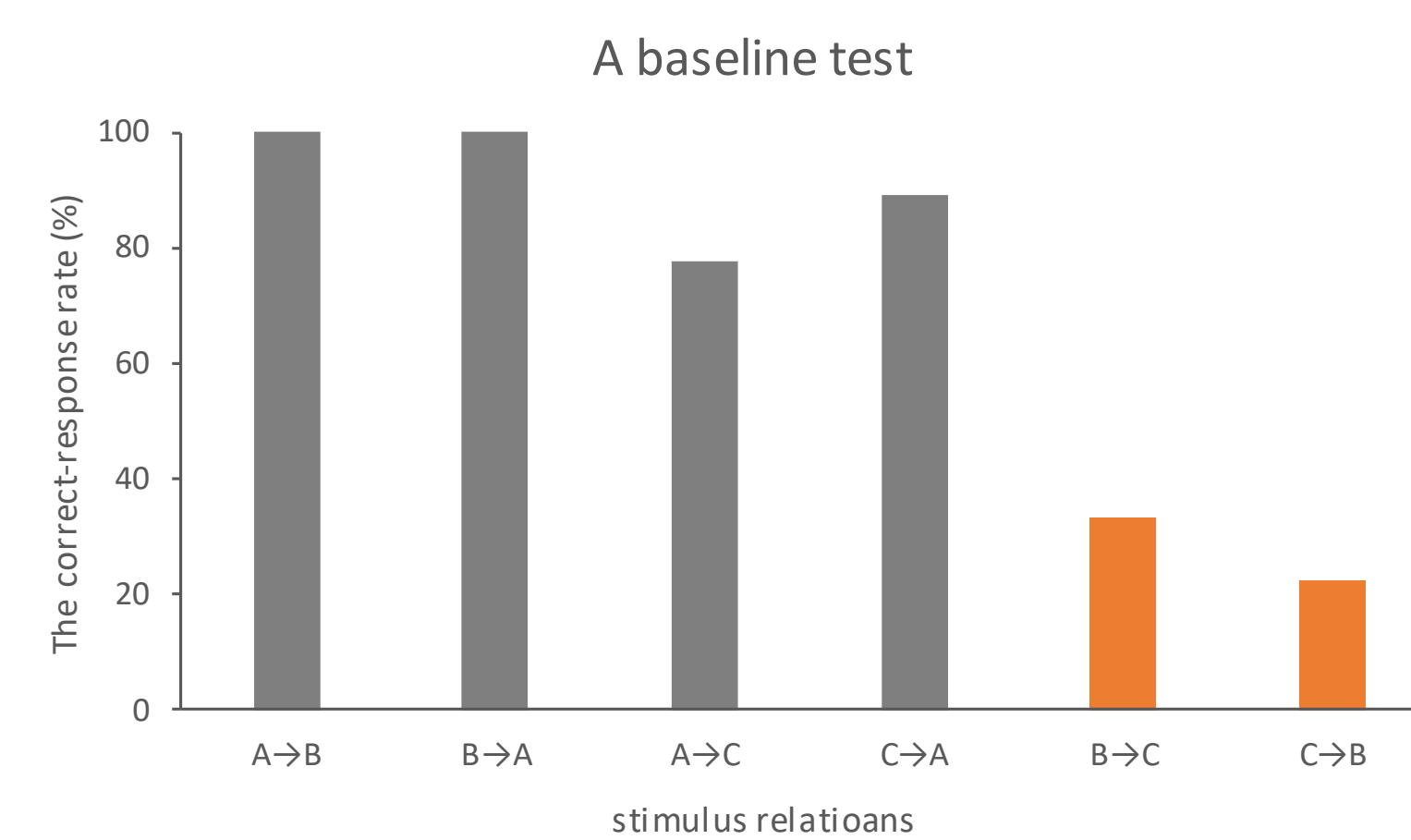
Material : ACT Matrix (Polk et al., 2016). They independently draw ACT Matrix diagrams and examined the functions of their behavior (focusing on aversive treatments). Some common exercises (Hook exercise, value exercises and a man in the hole exercise) were introduced to them.

Measurements

- GHQ-60
- PSI-SH
- AAQ-II
- CBCL were used to assess the effectivity of the therapy.

Results

➤ ASD child



✓ The correct-response rate

Baseline test

AB : 100%
BA : 100%
AC : About 78%
CA : About 89%
BC : About 33%
CB : About 22%

Around chance level



Post-training test

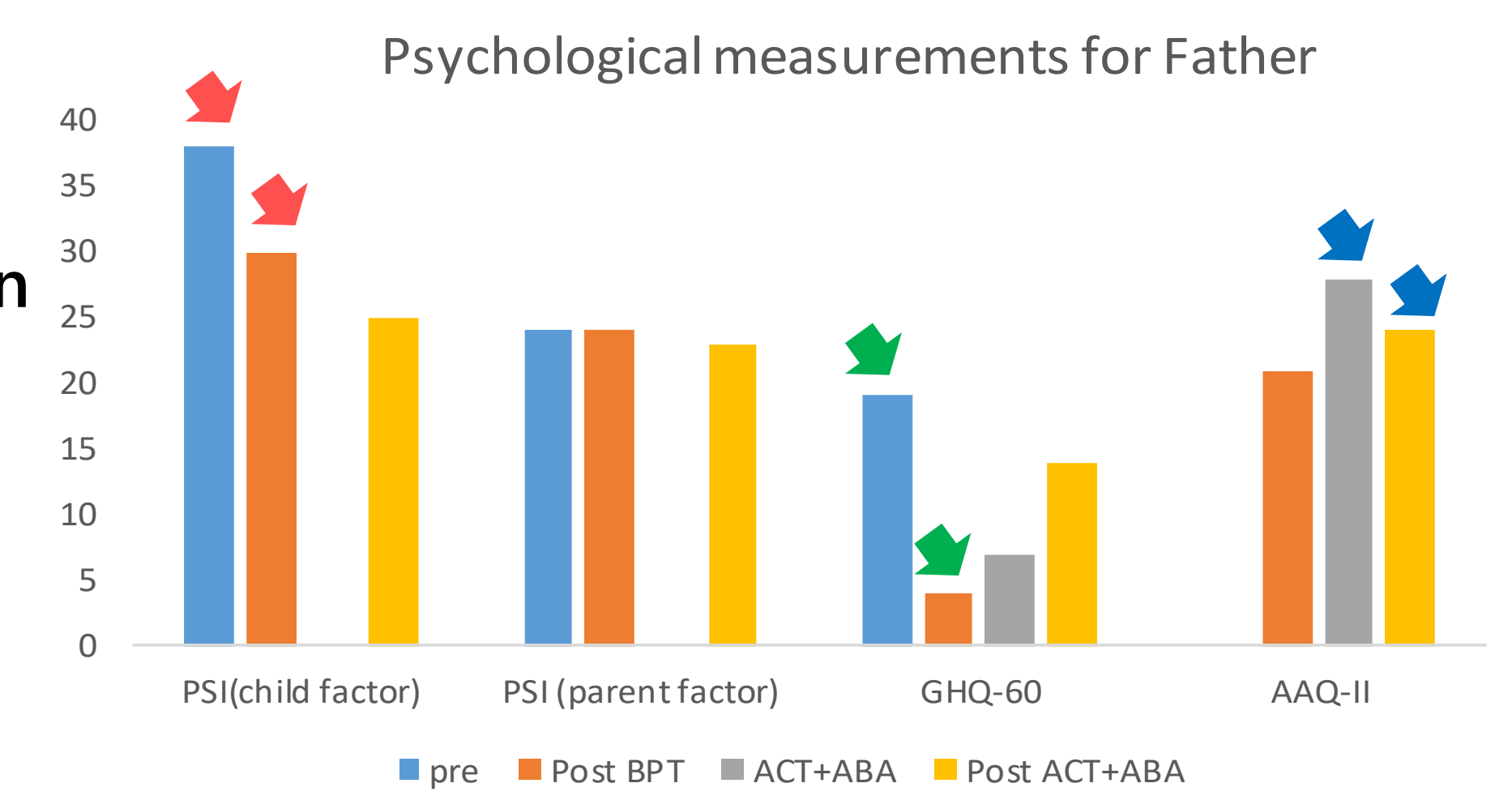
AB and AC : Train to 90% the correct-response rate
BA : About 89%
CA : About 89%
BC : About 67%
CB : About 45%

- ✓ He made it easier to equivalence relations after the training, but is still at a chance level.
- ✓ So, he is trained in different procedure.

➤ His parents

After BPT,

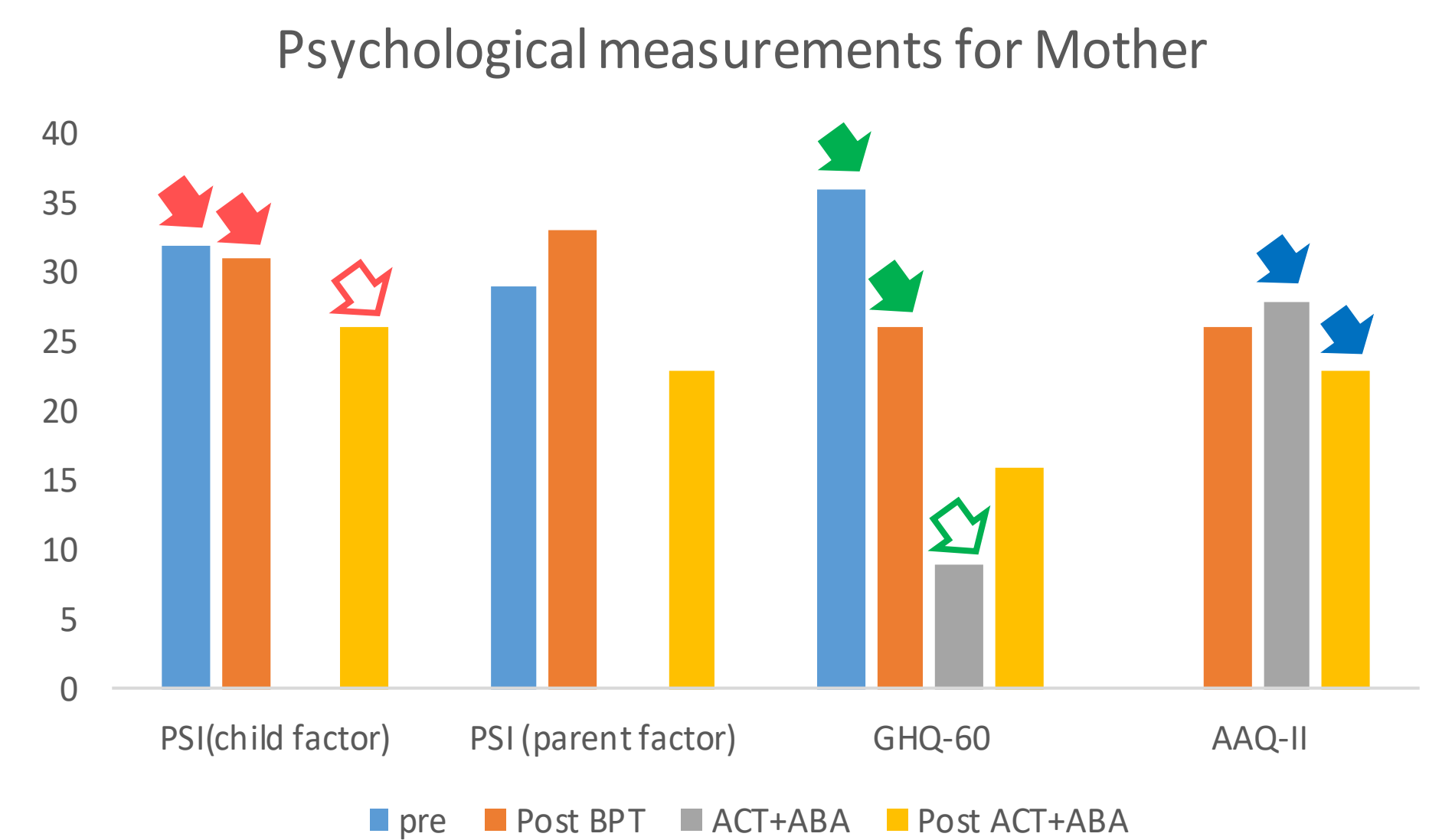
- PSI score (child factor) ↓
Fa : Decreased in evaluation
Mo : Did not changed
- GHQ-60 ↓
Got better than before the session.
Fa ; Pre 19, Post 7
Mo ; Pre 36, Post 26
- AAQ- II ↓



- Increased a little after the BPT session, but decreased after introducing Matrix.
Fa ; Pre 28, Post 24
Mo ; Pre 28, Post 23

After ACT,

- PSI score (child factor) ↓
Mo ; pre 31, post 26
- GHQ-60 ↓
Mo ; pre 26, post 9



- ✓ BPT helped the parents stop using coercive controls, but their mental health condition was still at risky level.
- ✓ ACT-based parental training (ACT Matrix) was effective to improve their mental health condition.
- ✓ ACT+ABA intervention helped improve the mother's health condition (because the scores of PSI and GHQ-60 decreased at post ACT+ABA).
- ✓ Interestingly, while CBCL score evaluated by father decreased after BPT score evaluated by mother decreased after ACT+ABA. (as shown in the handout)

Reference

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This research is supported by Institute of Human Sciences of Ritsumeikan University.