

What's in a Name? 25 Years of Defining PBS: From Horner to Kincaid

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Overview of Presentation

- Outline the process for a Systematic Review of definitions of PBS
- Describe inclusion criteria & which studies are included/excluded
- Identify the 'definition studies'
- Summarise the outcomes from analysis of the 'definition studies' – key features of PBS
- Share a composite definition of PBS
- Discuss implications of this process

Systematic Review Inclusion Criteria

- Studies published:
 - In English
 - In a peer-reviewed journal or book
 - During the past 30 years
- Articles which state in the method that the article is:
 - “Describing the PBS framework”
 - “Reviewing the characteristics of PBS”
 - “Considering the features of PBS”
 - “Reviewing the origins & characteristics of PBS”
 - Or any other similar term
- Book chapters which state within the introduction as above

Included & Excluded Types of Study

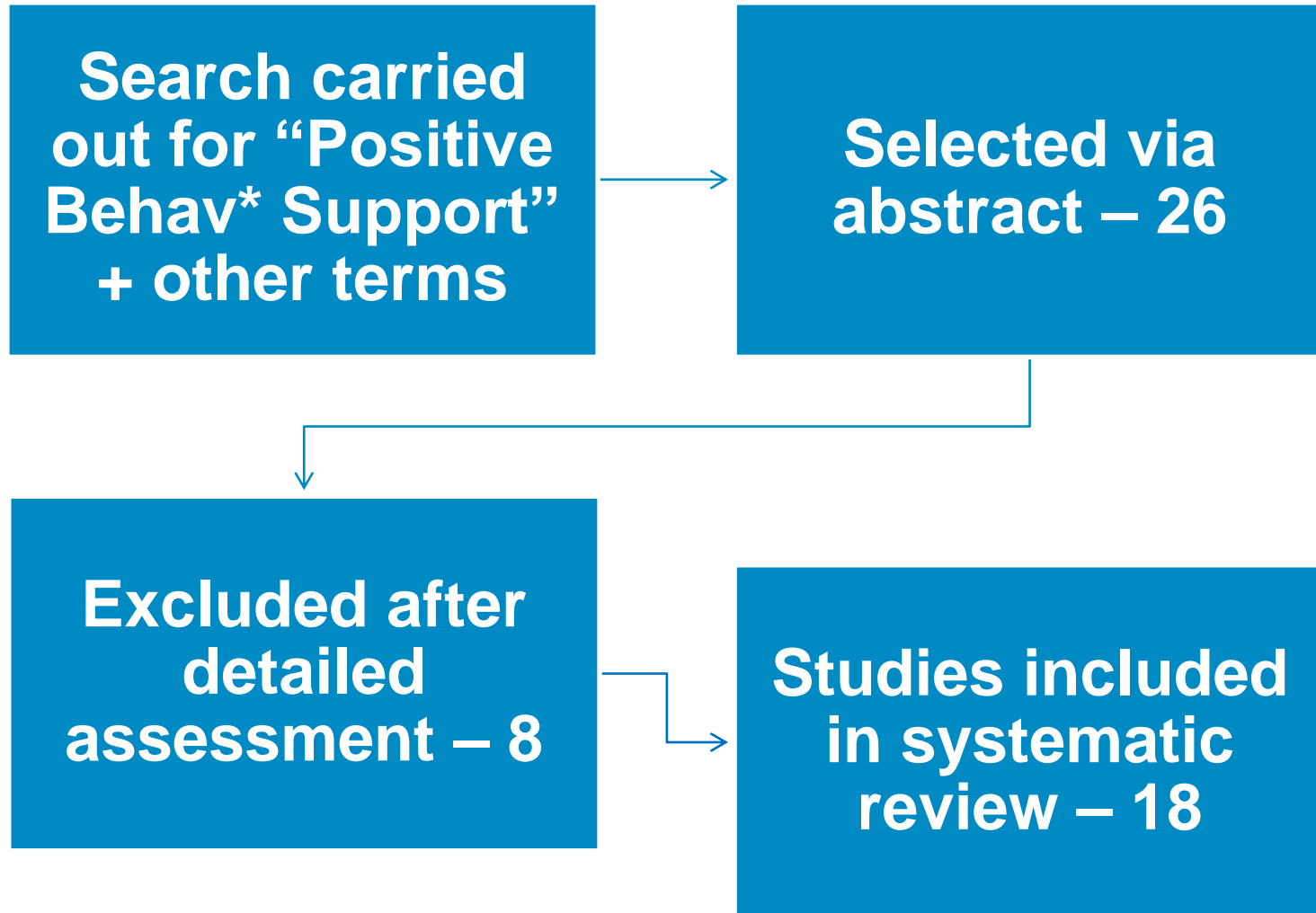
Included

- Comparison of PBS & other approaches
- Criticisms of PBS

Excluded

- Use of PBS
- PBS training
- SWPBS
- Commentary on other definitions
- Newsletter articles

Outcome of Systematic Review



Examples of Excluded Articles

Year	Authors	Title	Reason
2003	Knoster et al	Emerging Challenges & Opportunities: Introducing Association of PBS	Newsletter
2006	Sugai et al	A Promising Approach for Expanding & Sustaining SWPBS	Defines SWPBS
2014	Dunlap et al	A Comment on the Term PBS	Commentary on terms
2016	Grey et al	PBS: What Model of Disability Does it Represent?	Models, not definition
2016	McClean & Grey	Component Analysis of PBS Plans	Analysis of plans, not definition

Summary of Findings from Review

- 18 studies (13 articles & 5 book chapters)
- Ranging from 1990 – 2016
- 16 from the US & 2 from the UK
- 17 different features of PBS were identified

Year	Study Authors	Title
1990	Horner et al	Towards a Technology of Nonaversive Behavioral Support
1999	Carr et al	PBS: Overview & Definition (in PBS for People with DD: A Research Synthesis)
2000	Sugai et al	Applying PBS & Functional Behavior Assessment in Schools
2000	Anderson & Freeman	PBS: Expanding the Application of ABA
2002	J. Carr & Sidener	In Response: On the Relation Between ABA & PBS
2002	Carr et al	PBS: Evolution of an Applied Science
2005	La Vigna & Willis	A PBS Model for Breaking the Barriers to Social & Community Inclusion
2005	Allen et al	PBS: Definition, Current Status & Future Direction
2006	Johnston et al	PBS & ABA
2007	Carr	The Expanding Vision of PBS: Research Perspectives
2008	Dunlap et al	PBS & ABA: A Familial Alliance
2009	Dunlap et al	Overview & History of PBS (in Handbook of PBS)
2009	Singer & Wang	The Intellectual Roots of PBS (in Handbook of PBS)
2013	Gore et al	Definition & Scope for PBS
2015	Hieneman	PBS for Individuals with Behavioral Challenges
2016	Morris & Horner	PBS (in Handbook of Evidence-Based Practices in IDD)
2016	La Vigna et al	PBS in the Treatment of Aggression (in New Directions in Treatment)
2016	Kincaid et al	PBS: A Proposal for Updating & Redefining the Definition

17 Features of PBS (in order of appearance)

- Lifestyle change
- Functional analysis
- Multi-component
- Environmental change
- Antecedent manipulation
- Teaching new skills
- Use of reinforcement
- Non-aversive
- Includes reactive strategies
- Social validity
- Systems change
- Data driven
- Ecological validity
- Stakeholder participation
- Contextual fit
- Person-centred
- Use of other approaches

Sample Descriptions of Features

- Environmental Change

- A belief that challenging behaviours are a product of the person's environment and that many people with learning disabilities live within barren, unstimulating and difficult environments; PBS therefore incorporates broad and lasting changes to the environment in order to address challenging behaviour
- A wide range of variables is addressed, e.g. relationships, employment, activities, leisure, skills, staffing, diet, routines, physical environment, instructional methods

- Contextual Fit

- Interventions must fit with the values, skills, resources & social context of the stakeholders

Sample Descriptions of Features

- Ecological Validity
 - Involvement of 'typical agents' in implementing the intervention, i.e. family and ordinary support staff, rather than researchers or behaviour specialists
 - Use of natural settings to implement the intervention, e.g. home or community, rather than wards, specialist units or institutions

- Data Driven
 - All decisions about interventions are evidence-based
 - Monitoring & evaluation of the effectiveness of PBS interventions are essential and are based on the collection of data about the individual and a range of aspects of their life

	LC	FA	MC	EC	AM	NS	RF	NA	RS	SV	SC	DD	EV	SP	CF	PC	OA
Horner 1990	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X
Carr 1999	✓	✓	✓	✓	X	✓	✓	✓	X	✓	✓	✓	✓	X	X	X	X
Sugai 2000	✓	✓	✓	✓	X	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	X	X
Anderson 2000	✓	✓	✓	✓	✓	✓	X	X	✓	X	X	X	X	✓	X	✓	X
J Carr 2002	✓	✓	✓	✓	✓	X	✓	X	X	X	✓	X	✓	X	X	✓	X
Carr 2002	✓	✓	✓	✓	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	✓	✓
La Vigna 2005	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Allen 2005	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Johnstone 2006	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	X	✓	X
Carr 2007	✓	X	✓	✓	X	✓	✓	X	X	X	✓	✓	✓	✓	✓	✓	✓
Dunlap 2008	✓	✓	✓	✓	✓	X	✓	X	X	✓	✓	✓	✓	✓	✓	X	✓
Dunlap 2009	✓	✓	✓	✓	X	✓	✓	✓	X	✓	✓	X	✓	✓	X	✓	✓
Singer & Wang 2009	✓	✓	X	✓	✓	✓	X	✓	X	✓	✓	✓	✓	✓	✓	X	✓
Gore 2013	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hieneman 2015	✓	✓	✓	✓	✓	✓	✓	X	X	X	X	✓	✓	✓	✓	✓	X
Morris & Horner 2016	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	✓	✓
La Vigna 2016	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kincaid 2016	✓	✓	X	✓	X	✓	X	✓	X	✓	✓	✓	✓	X	X	X	✓
Total	18	17	16	18	13	16	15	12	8	14	15	14	15	13	11	11	11

Key Features of PBS

Feature of PBS	Number of Studies Referring to
Lifestyle Change/Quality of Life	18
Functional Analysis	17
Multi-component	16
Environmental Change	18
Antecedent Manipulation	13
Teaching New Skills	16
Use of Reinforcement	15
Non-aversive	12
Use of Reactive Strategies	8
Social Validity	14
Systems Change	15
Data Driven	14
Ecological Validity	15
Stakeholder Participation	13
Contextual Fit	11
Person-centred	11
Use of Other Approaches	11

Key Features of PBS – in Order of Most Use

Feature of PBS	Number of Studies Referring to
1. Lifestyle Change/Quality of Life	18
2. Environmental Change	18
3. Functional Analysis	17
4. Multi-component	16
5. Teaching New Skills	16
6. Use of Reinforcement	15
7. Systems Change	15
8. Ecological Validity	15
9. Social Validity	14
10. Data Driven	14
11. Antecedent Manipulation	13
12. Stakeholder Participation	13
13. Non-aversive	12
14. Contextual Fit	11
15. Person-centred	11
16. Use of Other Approaches	11
17. Use of Reactive Strategies	8

Key Features of PBS – Behavioural Technology

Feature of PBS	Number of Studies Referring to
1. Lifestyle Change/Quality of Life	18
2. Environmental Change	18
3. Functional Analysis	17
4. Multi-component	16
5. Teaching New Skills	16
6. Use of Reinforcement	15
7. Systems Change	15
8. Ecological Validity	15
9. Social Validity	14
10. Data Driven	14
11. Antecedent Manipulation	13
12. Stakeholder Participation	13
13. Non-aversive	12
14. Contextual Fit	11
15. Person-centred	11
16. Use of Other Approaches	11
17. Use of Reactive Strategies	8

Key Features of PBS – Values Based

Feature of PBS	Number of Studies Referring to
1. Lifestyle Change/Quality of Life	18
2. Environmental Change	18
3. Functional Analysis	17
4. Multi-component	16
5. Teaching New Skills	16
6. Use of Reinforcement	15
7. Systems Change	15
8. Ecological Validity	15
9. Social Validity	14
10. Data Driven	14
11. Antecedent Manipulation	13
12. Stakeholder Participation	13
13. Non-aversive	12
14. Contextual Fit	11
15. Person-centred	11
16. Use of Other Approaches	11
17. Use of Reactive Strategies	8

Key Features of PBS – Other

Feature of PBS	Number of Studies Referring to
1. Lifestyle Change/Quality of Life	18
2. Environmental Change	18
3. Functional Analysis	17
4. Multi-component	16
5. Teaching New Skills	16
6. Use of Reinforcement	15
7. Systems Change	15
8. Ecological Validity	15
9. Social Validity	14
10. Data Driven	14
11. Antecedent Manipulation	13
12. Stakeholder Participation	13
13. Non-aversive	12
14. Contextual Fit	11
15. Person-centred	11
16. Use of Other Approaches	11
17. Use of Reactive Strategies	8

Composite PBS Definition

1. Use of Behavioural Technology

- **Functional analysis** as the basis of all interventions
- **Multi-component** interventions: including **environmental** change, **antecedent** manipulation, **teaching** adaptive behaviours, use of **reinforcement** and **reactive** strategies
- Systematic use of **data** to inform & evaluate interventions
- Use of other evidence-based **approaches**

Composite PBS Definition

2. Based on Specific Values

- **Person-centred** values and beliefs underlie PBS
- **Non-aversive** & respectful: interventions must be **socially valid** and comparable to those for non-disabled individuals
- **Involvement of stakeholders**: family & friends must inform the intervention process, agree strategies and evaluate effectiveness
- **Contextual fit**: interventions must make sense for the values, skills & resources of these stakeholders
- **Ecological validity**: involvement of 'typical agents' in implementing the intervention, i.e. family and ordinary support staff

Composite PBS Definition

3. Focus on Quality of Life

- Primary goal of PBS, non-contingent & non-negotiable
- Long-term focus to achieve generalised & lasting changes
- Includes improved relationships, increased community integration, greater self-confidence, increased choice and a fuller range of opportunities

4. Commitment to Systems Change

- A belief that meaningful and lasting change is only possible if organisations and systems around people are changed
- A good PBS plan is not enough – organisational systems must be introduced to support this and ensure its implementation

Why Does it Matter?

If PBS doesn't include...	What is the impact?
Behavioural technology	<ul style="list-style-type: none">• Ineffective interventions that don't change behaviour• Just being nice to people, but not helping them• Lack of understanding why behaviours occur & how to change them
A specific value base	<ul style="list-style-type: none">• Strategies are only valued for their effectiveness, not how they treat people• Specialists are seen as knowing better• The voice of the individual is not heard or valued
A focus on quality of life	<ul style="list-style-type: none">• Changes in behaviour, but no better life experience• Focus moves to stopping challenges, not improving lives• Short-term changes which revert over time
A commitment to systems change	<ul style="list-style-type: none">• PBS never achieves wide coverage• Individual PBS is not supported by the whole organisation or environment & is likely to be less successful• PBS appears to be time-consuming, expensive & unrealistic

Thank you!

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