

# Reducing the Amount of Swearing by Using a Token System

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A decorative graphic consisting of several horizontal lines in red and white, extending from the right side of the slide towards the center.

# Background/Purpose of Study

- This study attempted to decrease the amount of times the participant swears using the F-word by using a token system
- This was a problem behavior worth changing because cursing is not professional behavior.

# Participant

- The participant chosen for this study was a 21 year old female college student
- The participant volunteered herself for the study
- The participant's swearing consisted of saying the F-word in social settings.
- The participant used the F-word at least 15 times a day in social settings

# Procedure

- ABAB design
- An ABAB design “involves the sequential application and withdrawal of an intervention to verify the intervention’s effects on a behavior” stated by Alberto & Troutman (2013, p.134)

# Behavior Objective

- The participant will speak appropriately with an average of 1 or less curse words per hour during a 3 hour time period for 3 consecutive days.
- Speaking appropriately includes any language other than a swear word, specifically the F-word.

# Materials



- Stickers
- Using the natural environment of the participant
- Providing positive praise
- And the possibility of going out to lunch if the participant collected enough stickers by refraining from swearing

# Baseline Data Collection

- The participant was observed for 3 hours a day for 5 consecutive days to collect baseline data
- Event recording was used
- She used the F-word an average of 5 times an hour in a 3 hour time period for 5 consecutive days
- The baseline data in this study was stable
- There was no trend

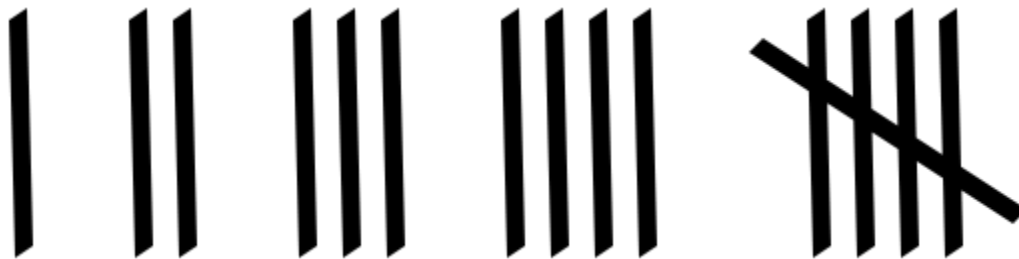
# Intervention

- Intervention was implemented 3 hours a day for 5 consecutive days
- Verbal prompts with positive praise and a sticker token system was implemented
- Once the participant collected a total of 3 stickers, she was reinforced with getting to go out for lunch



# Data Collection

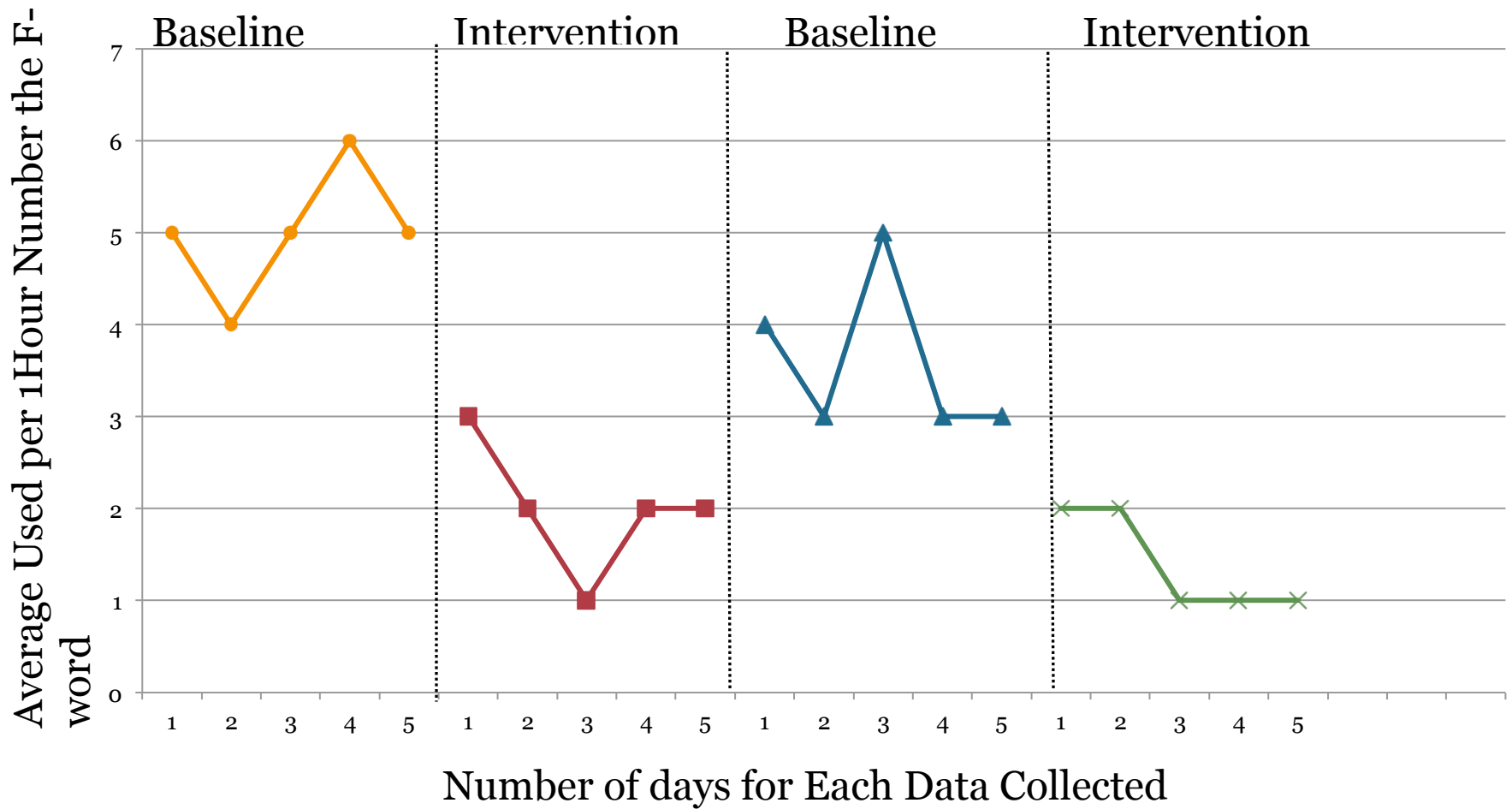
- Event recording
- Talled the number of times the F-word was used in 3 hour time period and averaged to number of times per hour



# Results

- 1<sup>st</sup> baseline: averaged 5 times an hour
- 1<sup>st</sup> intervention: averaged 2 times an hour
- 2<sup>nd</sup> baseline: averaged 3 times an hour
- 2<sup>nd</sup> intervention: averaged 1 time an hour
- 1<sup>st</sup> change in performance: 5 times to 3 times
- 2<sup>nd</sup> change in performance: 3 times to 2 times
- Decreased trend in performance

# Graph



# Discussion

- Based on the graph, there was a functional relationship between the dependent variable and the independent variable
- The participant could have an off day, or outside factors could contribute to using the F-word more than 1 time per day after the study is finished
- Would be interesting to see if it could be reduced to zero
- Observing in more than 1 setting could be changed

# Reference

- Alberto, P. A., & Troutman, A. C. (2013). *Applied behavior analysis for teachers*. (9 ed., p. 134). New Jersey: Pearson Education Inc.