

Extinction Fact Sheet

Brief Description

Extinction (EXT) is a strategy based on applied behavior analysis that is used to reduce or eliminate a challenging behavior. The extinction procedure relies on accurately identifying the function of the behavior and the consequences that may be reinforcing its occurrence. The consequence that is believed to reinforce the occurrence of the target challenging behavior is removed or withdrawn, resulting in a decrease of the target behavior. An initial increase in the challenging behavior (often called an “extinction burst”) is common before eventually being extinguished. Extinction should not be used in isolation. Other practices that are used in combination with extinction include differential reinforcement and functional behavior assessment.

Qualifying Evidence

EXT meets evidence-based criteria with 11 single case design studies.

Ages

According to the evidence-based studies, this intervention has been effective for preschoolers (3-5 years) to high school-age learners (15-18 years) with ASD.

Outcomes

EXT can be used effectively to address communication, behavior, school-readiness, and adaptive skills.

Research Studies Providing Evidence

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