

Stick Patient identifier label here

Person completing the chart:.....

ABC CHART (adapted from James, 2011, with permission from the author)

1. Distressed Behaviour.....

2. Date and Time

3. Where was the distress observed?

4. Who was there at the time?

5. What was going on for the person prior to the incident (A – antecedent)

6. What did you observe the person do? (B – actual behaviour)

7. Record what the person said during the incident?

8. What made the situation better? (C - consequences)

9. What emotion were they expressing before the incident?

- | | | | |
|------------|--------------------------|-------------------|--------------------------|
| Angry | <input type="checkbox"/> | Frustrated | <input type="checkbox"/> |
| Anxious | <input type="checkbox"/> | Happy | <input type="checkbox"/> |
| Bored | <input type="checkbox"/> | Irritable | <input type="checkbox"/> |
| Content | <input type="checkbox"/> | Physically Unwell | <input type="checkbox"/> |
| Depressed | <input type="checkbox"/> | Restless | <input type="checkbox"/> |
| Despairing | <input type="checkbox"/> | Sad | <input type="checkbox"/> |
| Frightened | <input type="checkbox"/> | Worried | <input type="checkbox"/> |

10. What emotion were they expressing during the incident?

- | | | | |
|------------|--------------------------|-------------------|--------------------------|
| Angry | <input type="checkbox"/> | Frustrated | <input type="checkbox"/> |
| Anxious | <input type="checkbox"/> | Happy | <input type="checkbox"/> |
| Bored | <input type="checkbox"/> | Irritable | <input type="checkbox"/> |
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