

## Antecedence, Behaviour, Consequence (ABC) Chart

Adapted from James (2011)<sup>1</sup>

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"/> 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"/>	

<sup>1</sup> James I. Understanding behaviour in dementia that challenges: a guide to assessment and treatment (Bradford Dementia Group Good Practice Guides) London, UK: Jessica Kingsley Publishers. 2011