

Key Facts about ABA

- **Federal agencies endorse ABA as appropriate intervention**

The Surgeon General's 1999 report on Mental Health noted:

“Thirty years of research demonstrated the efficacy of applied behavioral methods in reducing inappropriate behavior and in increasing communication, learning, and appropriate social behavior.”

In 2005, the National Institutes of Health (NIH) stated:

“Persons with an ASD have the best chance of using all of their individual capabilities and skills if they receive appropriate behavioral and other therapies, education, and medication. In some cases, these treatments can help people with autism function at near-normal levels.”

NIH specifically lists Verbal Behavior as a useful application of ABA.

- **The benefits of ABA programs outweigh the costs**

A 1998 study into the long term cost/benefit analysis of ABA as early intensive behavior intervention found:

“The model applied assumes a range of EIBI effects, with some children ultimately participating in regular education without supports, some in special education, and some in intensive special education. At varying rates of effectiveness and in constant dollars, this model estimates that cost savings range from \$187,000 to \$203,000 per child for ages 3 - 22 years.”

- **Recent research finds ABA more effective than other common interventions**

Researchers from California State University reported in a 2005 study that:

“If children with autism are to have any chance to close the gap between their skills and those of their typically developing peers ... their learning rates need to exceed the normal rate for an extended period of time. Of the early intervention approaches investigated in this study, only IBT [intensive behavior-analytic treatment] had that effect, producing above-normal mean learning rates in the nonverbal, receptive language, expressive language, overall communication, and social skill domains.”

