

PSYCH 282

BEHAVIOUR MODIFICATION

Winter, 2024

LEC B1 MWF 1:00-1:50p.m. TL B1

Instructor: Dr. Karsten A. Loepelmann (he/him)

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Hours: Mon. 12:00-1:00p.m. or by appointment

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Office: TBA

Hours: by appointment

Course website: <https://sites.ualberta.ca/~kloepelm/psych282/>

Prerequisites

The prerequisite for this course is PSYCH 104 or SCI 100, **no** exceptions or waivers. You may **not** take this course for credit if you already have credit in PSYCH 281. See [UAlberta Calendar](#) section University Regulations:

Registration: [Prerequisite Course Requirements](#).

Course Objectives & Learning Outcomes

What factors influence our behaviour, and how can we harness them to improve our lives? In this course, you will learn principles of behaviour modification, and procedures on how to apply them. You will be able to apply a functional approach to the ethical understanding and treatment of problem behaviours. More specifically, you will acquire an understanding of the basic principles of operant conditioning (including reinforcement, extinction, punishment, stimulus control, shaping, prompting, fading, and chaining) and classical conditioning. Also, you will learn how to apply these principles to implement behaviour change procedures with the goal of improving a person's life. You will develop and implement a self-management program to modify one of your own behaviours. Specific learning outcomes will be described in lectures for each topic, and in the Self-Management Project document.

Required Textbook & Readings

Textbook (available to buy at the Bookstore; limited copies available [on reserve](#) at the UAlberta Library):

Miltenberger, R. G. (2024). *Behavior modification: Principles and procedures* (7th ed.). Cengage Learning.



Required readings (posted on eClass):

Martin, G., & Pear, J. (2019). Ethical issues. In G. Martin & J. Pear, *Behavior modification: What it is and how to do it* (11th ed.) (pp. 322-331). Routledge.

Baumeister, R. F. (2012, February). Self-control: The moral muscle. *The Psychologist*, 25(2), 112-115.

<https://www.bps.org.uk/psychologist/self-control-moral-muscle>

Melroe, K., & Robbins, J. (2021). Applied behavior analysis with Indigenous populations. In B. M. Conners & S. T. Capell, *Multiculturalism and diversity in applied behavior analysis: Bridging theory and application* (pp. 57-68). Routledge. <https://doi.org/10.4324/9780429263873-6>

Schedule of Classes (* indicates Self-Management Project due date)

Date:	Topic:	Assigned readings:	Project due:
Jan 8-12	Introduction to behaviour modification	Chapter 1	
Jan 15-19	Observing & recording behaviour; Ethics Graphing & research designs	Chapter 2; Martin and Pear Chapter 3	
Jan 22*-26	Finding research & APA style Reinforcement; Extinction	Chapters 4 & 5	I: Target Behaviour
Jan 29- Feb 2	Punishment; Stimulus control	Chapters 6 & 7	
Feb 5*-9	Respondent conditioning Midterm 1: Wednesday, February 7 Shaping	Chapter 8 Chapters 1-8 + Martin & Pear Chapter 9	II: Ethics
Feb 12-16	Prompting & transfer of stimulus control; Chaining	Chapters 10 & 11	
Feb 19-23	No classes (Winter Term Reading Week)		
Feb 26-Mar 1	Functional assessment; Applying extinction	Chapters 13 & 14	
Mar 4*-7	Differential reinforcement Antecedent interventions	Chapter 15 Chapter 16	III: Baseline Phase
Mar 11-15	Midterm 2: Monday, March 11 Applying punishment	Chapters 9-11 & 13-16 Chapters 17 & 18	
Mar 18*-22	Generalization & maintenance Self-management; Willpower	Chapter 19 Chapter 20; Baumeister	IV: Treatment Plan
Mar 25-29	Habit reversal procedures; Token economies No class (Good Friday): Friday, March 29	Chapters 21 & 22	
Apr 1-5	No class (Easter Monday): Monday, April 1 Fear and anxiety reduction procedures	Chapter 24	
Apr 8*-12	Cognitive behavioural therapies (CBT)	Chapter 25; Melroe and Robbins	V: Treatment Phase

As per the exam schedule, the final exam will be held on **Thursday, April 25, 2024 at 9:00a.m.** in **TL B1**.

You must verify this date on [Bear Tracks](#) when the final exam schedule is posted.

(Deferred final exam is scheduled for Friday, May 3, 2024 at 10:00a.m. in BS P231.)

Assessment

ePoll Participation (worth 5%): You earn marks by participating in ePolls in class (not according to how many questions you answer correctly). There are 22 polls; each poll is worth 0.2272727% (i.e., 5%/22). The weight of any missed polls will be automatically added to your final exam. To participate in [ePolls](#), you will need to use a phone, tablet, or laptop.



Self-Management Project (worth 15%): One of the goals of behaviour modification is to apply the scientific principles of learning to human behaviour. In this project, you will have the opportunity to modify one of your own behaviours. This project is made up of multiple parts, relating to each stage of the behaviour modification program. More information (including due dates) is in the [Self-Management Project document](#).

Midterm Exams (worth 22.5% each): The two midterms assess material covered in the assigned readings and lectures. Although there is much overlap between the reading and lectures, it is not a complete overlap; some content is only covered in one or the other. You are responsible for **all** material. The midterms consist of multiple-choice questions. Midterms will not be handed back in class; the TAs will hold exam viewings. If you miss a midterm due to incapacitating illness or severe domestic affliction, then the weight of the excused exam may be added to the final exam (you must complete this [statutory declaration form](#)). Documentation must be provided within **two** working days of the missed exam. **No** makeup exams or assignments are accepted. See *Calendar* sections Academic Regulations: [Attendance](#) and [Examinations \(Exams\)](#).

Final Exam (worth 35%): See the Office of the Registrar’s [exam schedule](#) for official date and time. The 2-hour final exam will be cumulative; it will have multiple-choice questions based on the entire course, with an emphasis on the material covered after the second midterm. If you miss this exam, you must apply to your Faculty for a deferral of the final exam within **two** working days of the final exam date. See *Calendar* sections Academic Regulations: [Attendance](#) and [Final Examinations](#).

Grading

The University of Alberta letter grading system will be used to assign final grades, based on your overall weighted mean. This grade translation is approximate; the instructor reserves the right to use expert judgment to adjust the grades as necessary.

A+	4.0	90-100%	B+	3.3	78-81%	C+	2.3	64-68%	D+	1.3	48-55%
A	4.0	86-89%	B	3.0	74-77%	C	2.0	60-63%	D	1.0	43-47%
A-	3.7	82-85%	B-	2.7	69-73%	C-	1.7	56-59%	F	0.0	0-42%

The Fine Print

Academic Integrity

The University of Alberta is committed to the highest standards of [academic integrity](#) and honesty. Students are expected to be familiar with these standards regarding academic honesty and to uphold the policies of the University in this respect. Students are particularly urged to familiarize themselves with the provisions of the [Code of Student Behaviour](#) (and the [Student Conduct Policy](#)) and avoid any behaviour which could potentially result in suspicions of cheating, plagiarism, misrepresentation of facts and/or participation in an offence. Academic dishonesty is a serious offence and can result in suspension or expulsion from the University.

All forms of dishonesty are unacceptable at the University. Any offence will be reported to the College of Natural and Applied Sciences; they will determine the disciplinary action to be taken. Cheating, plagiarism, and misrepresentation of facts are serious offences. Anyone who engages in these practices will receive at minimum a grade of zero for the exam or paper in question and no opportunity will be given to replace the grade or redistribute the weights. As well, in the Faculty of Science the sanction for cheating on any examination will include a disciplinary failing grade (no exceptions) and senior students should expect a period of suspension or expulsion from the University of Alberta.

Unauthorized content generation is the production of academic work, in whole or part, for academic credit, progression, or award, whether or not a payment or other favour is involved, using unapproved or undeclared human or technological assistance. In other words, using AI (e.g., large-language models like ChatGPT) is a form of academic dishonesty and a violation of academic integrity.

Support Services & Accommodations

Students who need additional help in developing strategies for better time management, study skills, or examination skills should contact the [Academic Success Centre](#).

In accordance with the University of Alberta’s [Discrimination, Harassment, and Duty to Accommodate Policy](#), accommodation support is available to eligible students who encounter limitations or restrictions to their ability to perform the daily activities necessary to pursue studies at a post-secondary level. Students have both rights and responsibilities with regard to accommodations. Adherence to procedures and due dates is required for the University to provide accommodations. Contact [Accessibility + Accommodations Services](#) for further information.

When an assessment presents a conflict based on [non-medical protected grounds](#), students must [register for accommodations](#) with the Academic Success Centre.

A student who cannot write the final examination due to incapacitating illness, severe domestic affliction or other compelling reasons can apply for a deferred final examination. An application must be made to the student’s Faculty office within two working days of the missed examination and must be supported by appropriate documentation or a Statutory Declaration (see UAlberta *Calendar* section Academic Regulations: [Absence from Final Exams](#)).

In cases of temporary conditions that hamper your ability to complete an assignment or write an exam (e.g., a broken arm), the Office of Universal Design and Accessibility Facilitation can help determine what temporary accommodations are required. To request assistance in such cases, contact the Dean of Students Office at doshelp@ualberta.ca.

Deferral of exams or term work is a privilege and not a right; there is no guarantee that a deferral will be granted. Misrepresentation of facts to gain a deferral is a serious breach of the Code of Student Behaviour.

Term Work Policy

With the exception of term work for which students did not receive feedback before the posting of final grades, students must initiate a request for reevaluation of term work with the instructor prior to the day of the final exam.

Representative evaluative course material (e.g., practice and review questions) is available in the textbook and on eClass.

Recording Permissions Policy

Audio or video recording, digital or otherwise, of lectures, labs, seminars or any other teaching environment by students is allowed only with the [prior written consent](#) of the instructor or as a part of an approved accommodation plan. Student or instructor content, digital or otherwise, created and/or used within the context of the course (e.g., lecture notes) is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the content author(s).

Learning and Working Environment

The Department of Psychology, the Faculty of Science, and the College of Natural and Applied Sciences are committed to ensuring that all students, faculty, and staff are able to work and study in an environment that is safe and free from discrimination, harassment, and violence of any kind. It does not tolerate behaviour that undermines that environment. This includes virtual environments and platforms.

The Department of Psychology believes that organizational diversity and excellence go hand-in-hand. We are committed to identifying our limitations as a department in terms of equity, diversity, and inclusion and making actionable changes to overcome these limitations. We want all our constituents to feel welcome, safe, and valued in the core activities of teaching, research, and administration. See the [EDI in Psychology](#) website for more information.

The University of Alberta acknowledges that we are located on Treaty 6 territory, and respects the histories, languages, and cultures of the First Nations, Métis, Inuit, and all First Peoples of Canada, whose presence continues to enrich our vibrant community.

Other Policies

The [Office of Safe Disclosure and Human Rights](#) (OSDHR) provides confidential disclosure services as well as advising and consulting on any issue relating to human rights, discrimination, harassment, and accommodation issues. There are several ways to contact them, including anonymous options.

Any typographical errors in this course outline are subject to change and will be announced in class. The date of the final examination is set by the Registrar and takes precedence over the final examination date reported in this syllabus.

Policy about course outlines can be found in Academic Regulations: [Course Requirements, Evaluation Procedures and Grading](#) of the University *Calendar*.