

Problem: PTSD episodes following head injury from falling window frame

Other data: _____

	Antecedents (Stimuli) 'Before'	Behaviour (or Responses) 'During'	Consequences (of responses) 'After'
Cognitive (Images, thoughts, beliefs)	<p>Images of original injury.</p> <p>"Something may fall and hit me and seriously hurt or kill me if I get too close to anything overhead."</p>	<p>"Something will fall and hit me and seriously hurt or kill me as I'm getting closer to anything overhead."</p> <p>"I've got to move/ get out of here!"</p> <p>"I am so terrified I wish I could die."</p> <p>More intense Images of original injury.</p>	<p>Thoughts of guilt.</p> <p>Uselessness beliefs.</p> <p>Suicidal ideation.</p>
Autonomic	<p>Baseline arousal levels high</p>	<p>Tachycardia</p> <p>Nightmares</p> <p>Flashbacks</p> <p>Sweatiness</p> <p>Tremulousness</p> <p>Erratic respiration rate</p>	<p>Hyperarousal e.g. exaggerated startle response</p>
Motoric (movement, observable behaviours)	<p>Sitting, standing, walking, lying near anything that may loosen or break off and fall on her.</p>	<p>Gasping</p> <p>Looks over head frequently</p>	<p>Avoids excursions from home.</p> <p>Avoids household chores.</p> <p>Episodic intensification of baseline arousal e.g. 'out of the blue' hyperventilation, tremors.</p> <p>Hypervigilance at home.</p>
Environmental (people, places, objects and events that may influence problem)	<p>Either accompanied or alone:</p> <p>Being near window frames at home or elsewhere</p> <p>Being under other objects that may loosen and fall on her head e.g. ceiling fans, tree branches.</p>		<p>Children have rearranged household furniture.</p> <p>Children do shopping etc.</p> <p>Children do most of housework.</p>

Example of a 'Before, during and after' problem analysis based on a Behavioural Analysis model of assessment.

behavioural analysis matrix example.doc or pdf