
Measurement in ABA: Continuous and Discontinuous Techniques

This free resource is designed to help ABA practitioners, therapists, and caregivers understand and apply both continuous and discontinuous measurement techniques to monitor client progress effectively.

1. Continuous Measurement

Continuous measurement involves recording every instance of a behavior during an observation period. This method provides a highly accurate picture of behavior frequency, duration, or intensity.

Common types of continuous measurement:

- Frequency – how often a behavior occurs (e.g., 6 hand-raises in 10 minutes)
- Duration – how long a behavior lasts (e.g., tantrum lasted 4 minutes)
- Latency – time from instruction to behavior onset
- Interresponse Time (IRT) – time between responses (e.g., 10 seconds between bites)

2. Discontinuous Measurement

Discontinuous measurement captures behavior at intervals, rather than every instance. It's useful when it's impractical to record continuously or when working with multiple behaviors.

Common types of discontinuous measurement:

- Partial Interval Recording – mark if behavior occurred at any point during the interval
- Whole Interval Recording – mark only if behavior occurred throughout the entire interval
- Momentary Time Sampling – observe and record behavior only at specific time points (e.g., every 2 minutes)

3. Sample Data Collection Table

Date	Behavior Observed	Measurement Type	Notes/Results
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