Chapter 3.2 Part 2
Motivational Procedures:
Positive and Negative Punishment
Learning Objectives

• Define punishment.
• Define punisher.
• Define positive & negative punishment.
• Identify 4 punishment procedures.
• Identify 3 ethical issues in using punishment.
What is Punishment?

- **Punishment** occurs when a consequence follows a behavior and decreases the likelihood of that behavior happening again (Newman et al., 2003).

- A **punisher** is a stimulus that, when presented, leads to a decrease in the future likelihood of a specific behavior (Newman et al., 2003).

- Like reinforcers, punishers can be conditioned or unconditioned.
Types of Punishments (Cooper et al., 2007)

• There are two general types of punishment.
• **Positive** and **Negative Punishment**.
• Both of these procedures will decrease behavior. However, the procedures of each method involved in administering punishment are different.
Types of Punishment

• **Positive Punishment** is when the presentation of a particular stimulus follows a target behavior and leads to a decrease in the likelihood of that behavior happening again in the future (Newman et al., 2003).

• **Types of positive punishment:**
  - Reprimands
  - Response blocking
Types of Punishment

- **Reprimands** are verbal stimuli that result in a decrease in future likelihood of the behavior occurring, especially when delivered immediately after the target behavior (Martin & Pear, 2006).
Example of a Reprimand

1. Michael gets up from his seat.

2. Instructor firmly states “Sit down!” (Reprimand)

3. Michael sits down and is less likely to get out of his seat in the future.
**Types of Punishment**

- **Response Blocking** is when a response is physically prevented or blocked as the individual begins the problem behavior with a resulting decrease in that behavior in the future (Cooper et al., 2007).
Example of Response Blocking
(Lerman & Iwata, 1996b)

1. Allen chronically raises his hand to hit his mouth.

2. Staff member places their hand between Allen’s hand & mouth. *(Response Blocking)*

3. Staff observe an immediate decrease in mouth hitting.
Types of Punishment

• **Negative punishment** is when a particular stimulus is removed following a target behavior, decreasing the likelihood of this behavior occurring in the future (Newman et al., 2003).

• **Types of negative punishment:**
  - Time-out
  - Response Cost
Types of Punishment

- **Time-out** is when a reinforcer is removed for a period of time when an individual engages in inappropriate behavior. As a result, the frequency of that behavior decreases in the future (Newman et al., 2003).
Example of Timeout
(Cooper et al., 2007)

1. A group of friends are watching a movie start to talk progressively louder as time goes on.

2. The movie is turned off when conversations become too loud. (Timeout)

3. The friends no longer talk loudly when watching a movie.
Types of Punishment

• **Response cost** is when an individual loses a previously earned reinforcer if they behave inappropriately. As a result, the frequency of that behavior is reduced in the future (Newman et al., 2003).
Example of Response Cost

1. Michelle throws food at a friend during lunch.

2. Because Michelle threw her food, 5 minutes are deducted from her free time. (Response cost)

3. As a result, Michelle is less likely to throw food at lunch in the future.
Side Effects of Punishment
(Cooper et al., 2007)

• May evoke an undesirable emotional response or aggression.
• May cause escape or avoidance behavior among students.
• Modeling of undesirable behavior.
• The individual providing the punishment can start to be negatively reinforced for immediate reduction of undesirable behavior.
Ethical Considerations for Punishment (Cooper et al., 2007)

• Right to safe and humane treatment.

• Professional responsibility to use the least restrictive alternative.

• Client’s right to effective treatment.