**ABA Continuous Data Cheat Sheet**

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| **Metric** | **Definition** | **Pros** | **Cons** | **Example** | **When to Use** |
| **Frequency** | Frequency is a count of how many times a behavior occurs during routine sessions of pre-determined and consistent durations | Easy to collect and understand | Does not capture duration or intensity | Counting the number of times a child raises their hand during a classroom session | When you need to measure how often a behavior occurs |
| **Rate** | Rate calculates the frequency of a behavior per unit of time (e.g., per minute, per hour) | Provides insight into behavior trends | Requires precise time measurement | Calculating the instances of a child's tantrums per hour during a therapy session | When you want to assess the frequency within specific time intervals |
| **Duration** | Duration is a metric that measures the length of time a behavior persists from start to finish | Also provides insight into intensity and frequency |  | Measuring the duration of a child's tantrum episode to determine its average length | When you need to assess how long a behavior persists |
| **Latency** | Latency measures the time elapsed between a specific cue or event and the initiation of a behavior | Helps identify response time. | Doesn’t reflect the behavior’s intensity | Measuring the time it takes for a student to start a task after receiving an instruction | When you want to understand the delay between a cue and the behavior  When you want to increase a behavior. |
| **Inter-response time (IRT)** | IRT measures the time interval between consecutive occurrences of a behavior | Provides information to create an operational definition of behavior | May be complex to calculate | Analyzing the time between a child's successive self-stimulating behaviors during therapy | When you need to assess the time gaps between behavior instances  When you’re trying to create an operational definition |

Digitize your Continuous Measurement data information and notes in one comprehensive software cloud.

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