Effective Use of Rewards & Sanctions

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Certainty

- FR-1 schedule for initiation
- Reliable detection
- Second chances
Celerity
Celerity
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- Effects degrade exponentially
- Interference from new behaviors
- Status hearings
Habituation Effects

Effective Zone

Ceiling Effects

Magnitude of Sanction

Effectiveness

Minimal
Moderate
Severe

Magnitude of Sanction

TRI science addiction
Escalation

- Rehearsal
- Intermediate responses
- Ratchet up or down
Fairness

- Proportionality
- Like people in like circumstances
- Procedural justice
- Advance notice
- Punish the act, not the individual
Quitting & Defiance

- Unfairness
- Learned Helplessness
  - Predictability
  - Controllability
- Ratio Burden
Target Behaviors

- Proximal vs. distal (shaping)
- Phase-specific
- Capture the behavior
- Clearly defined
Proximal vs. Distal Goals

Drug Dependence or Addiction
Drug Dependence or Addiction

1. Binge pattern
2. Cravings or compulsions
3. Withdrawal symptoms
Drug Dependence or Addiction

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Abstinence is a **distal** goal
Proximal vs. Distal Goals

Drug Dependence or Addiction

1. Binge pattern
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} Abstinence is a distal goal

Drug Abuse or Misuse
**Proximal vs. Distal Goals**

Drug Dependence or Addiction

1. Binge pattern
2. Cravings or compulsions
3. Withdrawal symptoms

Abstinence is a **distal** goal

Drug Abuse or Misuse

Abstinence is a **proximal** goal
Proximal vs. Distal Goals

Drug Dependence or Addiction
1. Binge pattern
2. Cravings or compulsions
3. Withdrawal symptoms

Abstinence is a distal goal

Drug Abuse or Misuse

Abstinence is a proximal goal

Collateral needs
- Dual diagnosis
- Chronic medical condition (e.g., HIV+, HCV, diabetes)
- Homelessness, chronic unemployment
Drug Dependence or Addiction

1. Binge pattern
2. Cravings or compulsions
3. Withdrawal symptoms

Abstinence is a **distal goal**

Drug Abuse or Misuse

Abstinence is a **proximal goal**

Collateral needs

- Dual diagnosis
- Chronic medical condition (e.g., HIV+, HCV, diabetes)
- Homelessness, chronic unemployment

Regimen compliance is proximal
Pitfalls of Sanctions

- Escape or avoidance
- Overgeneralization
- Superstition
- Doesn’t teach what to do
- FR forever (no thinning)
Pitfalls of the Carrot

- Coddling
- Complacency
- Entitlement
- May reduce intrinsic motivation
Certainty and celerity

Beware individualism

Higher magnitude for proximal behaviors
Lower magnitude for distal behaviors

Predictable and attainable goals

Reward desired behaviors

Expect more over time
Readings


