

ABA Rocks Registered Behavior Technician (RBT) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	9
Explanations	11
Next Steps	17

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Which example below is an example of a VARIABLE RATIO schedule of reinforcement?**
 - A. Tim gives his students a treat from the candy jar every time they get a 100% on their tests**
 - B. Grandma loves the slots in Vegas! On average, every 30th pull of the slot machine results in a small cash payout. Sometimes the payout occurs on the 15th pull... sometimes on the 45th... but, on average, payout occurs every 30 pulls on the slot machine. Grandma can't wait to hit the jackpot someday!**
 - C. Individuals who pass the RBT exam are given a \$50 bonus on their next pay check at ACME ABA company.**
 - D. Every time Billy screams, his mother punishes him by taking away his toys for the night**

- 2. What is a baseline in ABA data analysis?**
 - A. Initial data collected before intervention to compare against progress.**
 - B. The most recent data point in a series.**
 - C. A predicted value for future data.**
 - D. A summary statistic of central tendency.**

- 3. Billy sees a sign for a gas station; what type of antecedent is the sight of the sign?**
 - A. An SD**
 - B. Positive Reinforcement**
 - C. An EO**
 - D. An AO**

- 4. If an RBT observes unsafe or unethical practices, what should they do first?**
 - A. Ignore it**
 - B. Confront the person publicly**
 - C. Wait until someone else notices**
 - D. Report the concern to their supervisor and follow applicable ethics guidelines**

- 5. Which option best defines an establishing operation?**
- A. An abolishing operation due to over-exposure**
 - B. An establishing operation due to scarcity**
 - C. A stimulus that is aversive or non-preferred**
 - D. A reinforcer that loses value quickly**
- 6. What is Functional Communication Training (FCT) and its goal in reducing problem behavior?**
- A. Teaching punishment to deter behavior**
 - B. Teaching an appropriate communication response to replace the function of the problem behavior**
 - C. Eliminating all communication**
 - D. Increasing reinforcement for problem behavior**
- 7. Momentary Time Sampling (MTS) stands for which of the following?**
- A. Momentary Time Sampling**
 - B. Multi-Time Sampling**
 - C. Minute Time Sampling**
 - D. Momentary Time Segments**
- 8. Which statement is true about the role of a BCaBA?**
- A. BCaBAs are independent practitioners without supervision**
 - B. BCaBAs are allowed to supervise RBTs but not provide mentorship**
 - C. BCBA supervises BCaBAs**
 - D. BCaBAs supervise behavior technicians and RBTs and provide mentorship to other BCaBAs**
- 9. Tammy mass emailing all clients' rosters without consent raises privacy concerns under which regulation?**
- A. Consent is implied when emailing families**
 - B. CC reveals names of people receiving services without consent, violating HIPAA**
 - C. This practice is permitted by BACB guidelines**
 - D. Privacy is not mandatory in mental health services**

10. What is a Functional Behavior Assessment (FBA) and its purpose?

- A. It determines the best teaching method for a skill.**
- B. It identifies which items are most preferred.**
- C. It is a process to identify the function (purpose) of a behavior to inform intervention.**
- D. It measures the accuracy of data collection.**

SAMPLE

Answers

SAMPLE

1. B
2. A
3. A
4. D
5. B
6. B
7. A
8. D
9. B
10. C

SAMPLE

Explanations

SAMPLE

1. Which example below is an example of a VARIABLE RATIO schedule of reinforcement?

A. Tim gives his students a treat from the candy jar every time they get a 100% on their tests

B. Grandma loves the slots in Vegas! On average, every 30th pull of the slot machine results in a small cash payout. Sometimes the payout occurs on the 15th pull... sometimes on the 45th... but, on average, payout occurs every 30 pulls on the slot machine. Grandma can't wait to hit the jackpot someday!

C. Individuals who pass the RBT exam are given a \$50 bonus on their next pay check at ACME ABA company.

D. Every time Billy screams, his mother punishes him by taking away his toys for the night

Variable ratio schedules reinforce after an unpredictable number of responses, with reinforcement occurring on average after a given ratio. The slot-machine example fits this best because payouts happen after a varying number of pulls—sometimes 15, sometimes 45—and on average about every 30 pulls. This unpredictability keeps the person responding at a high and steady rate because they don't know when the next reward will come. The other scenarios illustrate different patterns: rewarding after every correct test is continuous reinforcement, not variable; giving a bonus after passing is a one-time, event-based reinforcement rather than an ongoing ratio schedule; punishing after every scream is a punishment schedule, not reinforcement.

2. What is a baseline in ABA data analysis?

A. Initial data collected before intervention to compare against progress.

B. The most recent data point in a series.

C. A predicted value for future data.

D. A summary statistic of central tendency.

Baseline in ABA data analysis refers to the initial set of observations collected before any intervention is implemented. This establishes the starting level, trend, and variability of the target behavior so you can compare future data and determine whether the treatment produces a change. Baseline data are gathered across multiple sessions to capture a stable pattern, ensuring decisions aren't based on a single point. It's not about the most recent data point, a predicted value, or a single summary statistic; it's the actual pre-intervention measurements used as a reference when evaluating progress after implementing the treatment.

3. Billy sees a sign for a gas station; what type of antecedent is the sight of the sign?

A. An SD

B. Positive Reinforcement

C. An EO

D. An AO

Discriminative stimuli signal that reinforcement is available for a specific behavior. The gas-station sign acts as a cue that, in this environment, performing the appropriate behavior (such as stopping or pumping fuel) could lead to reinforcement. It's not reinforcement itself, nor does it directly make the gas more desirable or change its current value. That role belongs to establishing operations (which increase the value of the reinforcer) or abolishing operations (which decrease it). The sign simply sets the occasion for the response by indicating that reinforcement is available, which is why it's an SD.

4. If an RBT observes unsafe or unethical practices, what should they do first?

A. Ignore it

B. Confront the person publicly

C. Wait until someone else notices

D. Report the concern to their supervisor and follow applicable ethics guidelines

When you observe unsafe or unethical practices, the first step is to report it to your supervisor and follow applicable ethics guidelines. This protects the client's safety and upholds professional standards by using the proper channels rather than handling it on your own or ignoring it. This approach is essential because RBTs are expected to act as responsible members of a treatment team, using the chain of command to address concerns. Reporting to a supervisor ensures that a qualified professional can assess the situation, determine appropriate next steps, and implement corrective actions. It also helps keep documentation accurate and consistent with organizational policies and legal/ethical requirements. When you report, provide objective details: what happened, when and where it occurred, who was involved or present, the specific unsafe or unethical behavior, and any immediate risks to the client. The supervisor will guide you on next steps, which may include further reporting to the BCBA, ethics/compliance channels, or authorities if required. If there is immediate danger, follow the safety procedures in place while initiating the report.

5. Which option best defines an establishing operation?

- A. An abolishing operation due to over-exposure**
- B. An establishing operation due to scarcity**
- C. A stimulus that is aversive or non-preferred**
- D. A reinforcer that loses value quickly**

An establishing operation is a motivating operation that temporarily increases the reinforcing value of a stimulus, making the behavior that has previously produced access to that stimulus more likely. Scarcity or deprivation is a classic example: when a reinforcer is scarce, its value goes up in the moment, so you're more motivated to engage in behaviors that have earned that reinforcer before. An abolishing operation, by contrast, reduces the reinforcing value of the stimulus, which would tend to decrease the behavior. A stimulus that is aversive or non-preferred isn't itself defining an establishing operation; it may function as an antecedent for avoidance or punishment depending on the context. A reinforcer that loses value quickly reflects satiation or habituation, not an establishing operation.

6. What is Functional Communication Training (FCT) and its goal in reducing problem behavior?

- A. Teaching punishment to deter behavior**
- B. Teaching an appropriate communication response to replace the function of the problem behavior**
- C. Eliminating all communication**
- D. Increasing reinforcement for problem behavior**

Functional Communication Training focuses on replacing maladaptive behavior with a functional communication response that serves the same purpose as the problem behavior. By identifying the function the behavior serves—such as gaining attention, getting a preferred item, or escaping a demand—you teach an appropriate way to obtain the same outcome. The goal is to reduce the problem behavior by providing a simple, effective way to communicate needs or desires and reinforcing that alternative when it is used. Meanwhile, reinforcement for the problem behavior is reduced or withheld, so the new communication becomes the preferred means to access the same consequence. For example, if someone tantrums to escape a task, FCT teaches a brief request for a break and reinforces that request. This approach is about replacing behavior with functional communication, not punishment or eliminating all communication.

7. Momentary Time Sampling (MTS) stands for which of the following?

- A. Momentary Time Sampling**
- B. Multi-Time Sampling**
- C. Minute Time Sampling**
- D. Momentary Time Segments**

Momentary Time Sampling is a data collection method where you check and record whether the target behavior is occurring at the end of each predetermined time interval. You set an interval (for example, every 30 seconds), and at the exact end of that interval you note whether the behavior is happening at that moment. If it is, you record a yes for that interval; if not, you record a no. Doing this across many intervals gives you an estimate of how often the behavior occurs over the session. This naming is exactly what the acronym stands for, and it differs from other interval methods that look for behavior at any point during the interval or for the entire duration of the interval. MTS is typically easier to implement and requires less continuous observation, which is why it's used when a quick, pattern-based glimpse of behavior over time is sufficient.

8. Which statement is true about the role of a BCaBA?

- A. BCaBAs are independent practitioners without supervision**
- B. BCaBAs are allowed to supervise RBTs but not provide mentorship**
- C. BCBA supervises BCaBAs**
- D. BCaBAs supervise behavior technicians and RBTs and provide mentorship to other BCaBAs**

In the supervision framework for behavior analysis, the BCaBA serves as the mid-level practitioner who directly oversees the work of RBTs and supports the development of peers. They work under the supervision of a BCBA, but they also take on hands-on duties with behavior technicians and RBTs to ensure programs are implemented correctly and with fidelity. In addition, they provide mentorship to other BCaBAs, helping peers grow in their roles and maintain professional standards within the team. This combination—supervising RBTs and offering mentorship to other BCaBAs—best captures the BCaBA's practical responsibilities in a typical clinical or educational setting. The idea that BCaBAs work independently without supervision is inaccurate, and while BCBA oversight is essential, the BCaBA's role also includes direct supervisory and mentoring functions for the team.

9. Tammy mass emailing all clients' rosters without consent raises privacy concerns under which regulation?

A. Consent is implied when emailing families

B. CC reveals names of people receiving services without consent, violating HIPAA

C. This practice is permitted by BACB guidelines

D. Privacy is not mandatory in mental health services

The situation tests how protected health information is handled under privacy regulations. Sharing a roster by mass emailing clients exposes identifiable health information (names and service details) to people who aren't authorized to see it. HIPAA's Privacy Rule governs when PHI can be disclosed and requires proper authorization for disclosures outside the covered entity's routine operations. Using CC to reveal who receives services makes the disclosure even broader and less secure, which is exactly the kind of violation HIPAA aims to prevent. While ethics guidance from the BACB emphasizes confidentiality, it does not override HIPAA requirements, and privacy is mandatory in mental health services. Therefore, this scenario raises concerns under HIPAA.

10. What is a Functional Behavior Assessment (FBA) and its purpose?

A. It determines the best teaching method for a skill.

B. It identifies which items are most preferred.

C. It is a process to identify the function (purpose) of a behavior to inform intervention.

D. It measures the accuracy of data collection.

An FBA is a systematic process to identify the function, or purpose, of a behavior so the intervention can address that underlying reason. By looking at what happens before the behavior (antecedents) and what happens after (consequences), you determine why the behavior occurs—commonly to gain attention, escape a demand, obtain a tangible item, or reinforce itself automatically. The main aim is to use that information to design an effective intervention: modify triggers, teach a replacement behavior that serves the same function, and adjust consequences to reduce the behavior. It's not about choosing a teaching method for a skill, identifying preferred items, or checking data accuracy.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://abarocksrbt.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE