FREE RBT STUDY SHEET · 2026 EXAM

RBT Competency Assessment and Treatment Fidelity Practice

Competency assessment checks that an RBT can carry out a procedure correctly, and treatment fidelity measures how closely the procedure is implemented as written. Both depend on observable steps and clear criteria. This set asks how a supervisor observes a skill, what a fidelity checklist records, and how feedback should follow a check. The right answers emphasize accurate observation, specific feedback, and retraining on steps the RBT did not perform as planned. Practice identifying which steps are observable, which are scored, and how a missed step should be followed by targeted retraining and another check. Good feedback is short, specific, and tied to the checklist.

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Practice questions

Answer every question before you look at the key, then check yourself on the next pages.

1. During a session, the data log shows no entries for one program across several recent sessions. What is the best next step?

- **A** Save the question for the next treatment-plan update, when the supervisor revises the program.
- **B** Take the issue to the clinic director instead, since senior staff can settle it more quickly.
- **C** Stay with the plan as written and trained, note the issue, and alert the supervisor right away.
- **D** Promptly look up the issue in an ABA textbook and apply the approach that seems to fit best for now.

2. The RBT is asked to collect data with a measurement system the RBT cannot yet define. What must be in place before the RBT starts?

- **A** Have another RBT describe the system by phone, since a peer's explanation is enough to start collecting data.
- **B** Collect the data using a best guess, since the supervisor can fix the definition when reviewing graphs.
- **C** Sign the training acknowledgment form and begin, since the signed form documents the RBT's competence.
- **D** Ask the supervisor for training and a check first, since data collected without competence are not reliable.

3. Finishing a task quickly would mean pushing past a client's signs of withdrawing assent. What should guide the RBT's next step?

- **A** Stop the session, send the client home early, and ask the supervisor to cancel the next visit too.
- **B** Respond to the client's signal as the plan directs, stay respectful, and ask the supervisor if unsure.
- **C** Finish the last few steps quickly, praise the client's effort warmly, and respond to the signal afterward.
- **D** Respond to the signal, mark the task as completed anyway, and tell the caregiver the session went as planned.

4. Procedural fidelity is poor because reinforcement is often delayed or omitted. What is the main interpretive risk?

- **A** The poor fidelity has already shown that the written plan is not effective
- **B** The staff's changes may have improved the plan in ways the data cannot show
- **C** Outcomes reflect the procedure as it was carried out, not as it was written
- **D** The learner may have come to prefer the staff who deliver the reinforcement

5. An RBT has been trained on a toileting plan but not the new feeding plan. What should the RBT provide independently?

- **A** Both plans now offered
- **B** Feeding plan only now
- **C** Neither service ever
- **D** Competent services

6. The plan says Ethan earns one token immediately after waiting for a turn. The learner responds correctly. What should the RBT do?

- **A** Ask the learner to repeat the response before any token is delivered
- **B** Hand over a single token right away and set up the next opportunity
- **C** Give the token along with the backup item to strengthen the pairing
- **D** Praise the response and give the token at the next natural break

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7. Imani attends a PDU event about a new teaching procedure, and a parent asks her to add it to tomorrow's session. Which response best fits the recertification rule?

- **A** Add it after the PDU certificate is uploaded
- **B** Use it only after demonstrating competence
- **C** Try it once and report the outcome later
- **D** Substitute it for part of monthly supervision

8. An RBT receives a changed behavior plan but has not been trained on the new response-blocking step. What should happen before implementation?

- **A** Demonstrated competence
- **B** Longer session notes
- **C** Faster data entry
- **D** More difficult trials

9. Leah logs a PDU webinar about a teaching procedure, and a caregiver asks her to add that procedure during tomorrow's session. What should Leah do before using it?

- **A** Ask her supervisor to verify skill use
- **B** Ask her supervisor to log PDU credit
- **C** Ask her supervisor to extend renewal
- **D** Ask her supervisor to replace required training

10. Jordan completed the training and has not yet completed the Initial Competency Assessment. A manager asks Jordan to tell families, "I am already an RBT; the paperwork is just pending." Which response fits the credential rules?

- **A** Say training alone gives the title
- **B** Use the title only inside the clinic
- **C** Say certification is not active yet
- **D** Claim RBT status when a BCBA is nearby

11. Priya finished the required training, but her Initial Competency Assessment has not been signed. A supervisor asks her to provide RBT services under a new program before the assessment is completed. Which step best fits the competence rule?

- **A** Repeat the course before any assessment
- **B** Schedule Pearson VUE before applying
- **C** Use the certificate as proof of skill
- **D** Demonstrate competence on the ICA

12. Riley is finishing an Initial Competency Assessment practice with her supervisor before the application date. The procedure sheet and data form define the target response differently. Which response best fits?

- **A** Score using the shorter definition
- **B** Pause and clarify before scoring
- **C** Ask the caregiver which term fits
- **D** Upload first and fix it later

Answer key and explanations

1. Correct answer: C · Stay with the plan as written and trained, note the issue, and alert the supervisor right away.

When training, data, or procedural concerns arise, the RBT seeks and prioritizes timely clinical direction. Safety and the written plan guide what can continue while clarification is obtained. When a task is beyond the RBT's training or competence, the supervisor should hear about it right away, and that conversation should be documented. Uncertainty is a signal to seek timely direction, not to improvise or conceal.

Task: E.2

2. Correct answer: D · Ask the supervisor for training and a check first, since data collected without competence are not reliable.

RBTs provide services only after their supervisor confirms they have demonstrated competence (1.06) and do not use unfamiliar interventions without proper training (2.04). When asked to go beyond their competence, they tell the supervisor right away and document it; restrictive procedures also need a documented plan and supervisor-verified competence (2.05). Competence must be confirmed by the supervisor before service, not assumed after exposure.

Task: F.2

3. Correct answer: B · Respond to the client's signal as the plan directs, stay respectful, and ask the supervisor if unsure.

The four core principles behind the RBT Ethics Code are benefiting others; treating others with compassion, dignity, and respect; behaving with integrity; and ensuring one's own competence. Use the core principles together; do not trade integrity or dignity for convenience.

Task: F.1

4. Correct answer: C · Outcomes reflect the procedure as it was carried out, not as it was written

When a procedure is not implemented as written, outcomes do not provide a fair test of that procedure. Before judging an intervention, ask whether it was implemented as written.

Task: A.8

5. Correct answer: D · Competent services

The RBT provides services only after demonstrated competence under Code 2.0 standard 1.06.

Task: F.2

6. Correct answer: B · Hand over a single token right away and set up the next opportunity

Consistent, prompt token delivery makes the earning contingency clear and preserves treatment fidelity. Deliver the programmed number of tokens immediately and consistently.

Task: C.11

7. Correct answer: B · Use it only after demonstrating competence

Ethics Code 2.0 standards 1.06 and 2.04 require demonstrated competence and proper training.

Task: F.2

8. Correct answer: A · Demonstrated competence

Code 2.0 standard 1.06 requires demonstrated competence, and standard 2.04 requires training before unfamiliar interventions.

Task: F.2

9. Correct answer: A · Ask her supervisor to verify skill use

RBT Ethics Code 2.0 standard 1.06 requires supervisor confirmation of demonstrated competence before behavior-technician services.

Task: F.2

10. Correct answer: C · Say certification is not active yet

Public statements about certification should match the candidate's current status.

Task: F.6

11. Correct answer: D · Demonstrate competence on the ICA

F.2 requires demonstrated competence, and the current ICA documents that step before application.

Task: F.2

12. Correct answer: B · Pause and clarify before scoring

TCO E.2 covers seeking timely direction for data irregularities, and RBT Ethics Code 2.0 standard 2.06 says questions or concerns about behavior-technician services go to the supervisor.

Task: E.2

Study tips

- Learn the difference between competency assessment, which judges the RBT's skill, and fidelity checks, which judge the procedure's implementation.
- Use the checklist steps as written; do not score a step as complete if it was partly done.
- Expect feedback questions that ask for specific, observable, and actionable comments.
- Notice that retraining is the response to a missed step, not a judgment of the person.

FAQ

What is a treatment fidelity check?

A fidelity check observes whether a procedure is carried out as written, step by step, and records the results against a checklist.

How should feedback be given after a competency check?

Feedback should be specific, based on observed steps, and paired with a plan to practice any step that was missed.

Does this set describe the agency's checklist?

No. Each employer uses its own forms. This set covers the general concepts so you can apply the forms your supervisor provides.

Turn this sheet into a real exam rehearsal

The free mock exam runs on the clock and shows which task-list areas still cost you points.

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