FREE RBT STUDY SHEET · 2026 EXAM

RBT Practice Exam 2026: Free Questions PDF With Answers

This free set is for candidates preparing for the Registered Behavior Technician (RBT) exam in 2026. It draws practice questions from our own question bank and touches all six content areas of the RBT task list, third edition: measurement, assessment, skill acquisition, behavior reduction, documentation and reporting, and professional conduct. Work through the questions untimed first, then read each explanation even when your answer was right. Write down any topic you miss twice and return to the matching practice set. This sheet is an independent study aid, not a form of the certifying body's exam, so use it next to the official task list and your supervisor's training.

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Practice questions

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

1. At a clinic, an RBT is assigned a feeding goal that they have not been trained to run or demonstrated with feedback. What should happen before the session?

- **A** Run it slowly and report later
- **B** Ask the caregiver to model it
- **C** Report the training gap before running it
- **D** Skip all programs for the day

2. Before writing today's note, the RBT recalls that the client skipped lunch. Which documentation action is most appropriate?

- **A** Record the observable facts about the variable in the note and inform the supervisor promptly.
- **B** Note the observable variable, then lower today's mastery criteria to offset its effect on the data.
- **C** Promptly tell the caregiver that the variable explains today's results so the family is not concerned.
- **D** Mention the variable to the supervisor if today's data look worse than usual, and otherwise leave it out.

3. The plan for requesting water with a communication card calls for reinforcing every third correct response by Leo. After the third correct response, what should the RBT do?

- **A** Deliver the reinforcer after any response
- **B** Deliver the scheduled reinforcer promptly
- **C** Skip reinforcement to test persistence
- **D** Wait until the end of the session

4. The RBT is scheduled to run a functional analysis condition but has had no rehearsal or feedback. What must be in place before the RBT starts?

- **A** Ask a more experienced RBT to run it first, watch a few sessions, and then take over the procedure.
- **B** Tell the supervisor and note it, train with rehearsal and feedback, and start once competence is confirmed.
- **C** Tell the supervisor, try it once with the client while the supervisor is on call, and get feedback after.
- **D** Study the written protocol, watch a training video, and begin at the next session with extra care.

5. The RBT reinforces Zara for keeping her hands folded in her lap, a response that cannot occur at the same time as slapping the counter. Which procedure is this?

- **A** DRI, because the reinforced response cannot co-occur with the behavior
- **B** NCR, because reinforcement is available throughout the whole session
- **C** Response blocking, because the task physically prevents the behavior
- **D** Shaping, because the new response is being built up in small steps

6. Right after Noah reads a three-letter word, the RBT provides a chance to choose the next book. Over the next few days, the skill occurs more often. Which process is demonstrated?

- **A** Extinction
- **B** Positive reinforcement
- **C** Negative reinforcement
- **D** Positive punishment

7. A plan places Leo's dropping to the floor, which is maintained by access to a toy truck, on extinction while reinforcing requests for the truck. What should happen after problem behavior?

- **A** Remove the item and other preferred items for the rest of the day
- **B** Withhold the item; give it after the replacement response
- **C** Withhold the item after both problem behavior and the replacement
- **D** Give the item quickly so the behavior does not escalate further

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8. The RBT wants more chances for Sofia to practice greeting peers as they arrive for a group game. Which action is appropriate?

- **A** Arrange the activity so the skill is needed, then follow the learner's lead
- **B** Withhold the whole activity until the learner shows the skill several times
- **C** Add a set of flash-card trials on the skill before the activity starts
- **D** Create extra obstacles beyond those the plan describes to raise motivation

9. Which feature would most clearly distinguish the maintenance plan for waiting for a turn from its acquisition plan?

- **A** Prompts added on each trial so the mastered skill stays errorless
- **B** Less frequent practice and thinner reinforcement after mastery
- **C** Data taken on every trial instead of during periodic probes
- **D** More frequent trials with denser reinforcement to protect the gains

10. Between sessions, the RBT is told that a teacher reports that group work became noisier after lunch. Which response best fits the RBT's role?

- **A** Hold the input for the next quarterly plan review, when the whole program is discussed in full.
- **B** Right away, try a small change in session so the supervisor can later be told whether it helped.
- **C** Share the input with the supervisor soon, keeping it as close as possible to what the person actually said.
- **D** Reassure the person that the current plan is working well and that no change is needed for now.

11. A learner screams and adults usually remove math work. Which function is most directly suggested?

- **A** Attention access
- **B** Escape access
- **C** Automatic access
- **D** Tangible access

12. Sofia earns tokens for greeting a peer and can trade them for any of several backup items. What advantage does this variety of backups provide?

- **A** It can limit satiation and keep the conditioned reinforcer effective
- **B** It lets the RBT skip preference checks because at least one item will work
- **C** It can turn the backup items into unconditioned reinforcers over time
- **D** It allows the learner to exchange tokens whenever they choose to

13. Before asking Sofia to complete three worksheet items, the plan says to present three directions the learner usually follows and reinforce each response. What is this strategy?

- **A** The Premack principle, pairing a preferred task with a hard one
- **B** Behavioral momentum from easy requests before the hard one
- **C** Errorless learning, arranging prompts so that errors do not occur
- **D** Shaping, reinforcing closer versions of the hard task in turn

14. While entering data, the RBT notices a frequency tally totals 12 but the graph shows 21. What is the best immediate action?

- **A** Check the entry against the source record, then correct or report it per procedure
- **B** Leave the entry as it is and raise the error at the next scheduled team meeting
- **C** Replace the value with an estimate based on the sessions just before and after
- **D** Remove the questionable session from the graph until the supervisor reviews it

15. Noah is injured during a crisis and may need urgent medical care. What is the priority?

- **A** Call the family first and wait for them to decide on care
- **B** Finish the session, then tell the supervisor at the next meeting
- **C** Judge the injury using the plan's first-aid notes and treat it alone
- **D** Start the medical-emergency steps in the plan and workplace policy

Answer key and explanations

1. Correct answer: C · Report the training gap before running it

Ethics Code 2.0 item 1.06 says RBTs provide services only after supervisor-confirmed competence.

Task: F.2

2. Correct answer: A · Record the observable facts about the variable in the note and inform the supervisor promptly.

Illness, medication, schedule, setting, staffing, and material changes can affect progress. The RBT records observable facts and reports them without diagnosing or discarding valid data. Keep the entry to the details needed to interpret the session, which also protects client confidentiality. Record the context, keep valid data, and avoid causal claims outside your role.

Task: E.3

3. Correct answer: B · Deliver the scheduled reinforcer promptly

The third correct response meets the programmed fixed-ratio requirement. Immediate, contingent delivery preserves the response–reinforcer relation. Follow the written schedule and deliver reinforcement promptly when its requirement is met.

Task: C.1

4. Correct answer: B · Tell the supervisor and note it, train with rehearsal and feedback, and start once competence is confirmed.

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

5. Correct answer: A · DRI, because the reinforced response cannot co-occur with the behavior

DRI reinforces a response that is physically incompatible with the target behavior. DRI is the special case in which the reinforced response and target behavior cannot co-occur.

Task: D.3

6. Correct answer: B · Positive reinforcement

A stimulus was added immediately after the response, and future responding increased. That pattern defines positive reinforcement. Classify reinforcement by its effect on future behavior, then note whether a stimulus was added or removed.

Task: C.1

7. Correct answer: B · Withhold the item; give it after the replacement response

The maintaining tangible is withheld after problem behavior and remains available through the appropriate alternative response. Pair extinction with a practical, reinforced way to access the same outcome.

Task: D.4

8. Correct answer: A · Arrange the activity so the skill is needed, then follow the learner's lead

Naturalistic teaching may arrange materials to create useful opportunities, but it must remain humane, brief, and consistent with the plan. Environmental arrangement should invite communication or action, not manufacture excessive frustration.

Task: C.4

9. Correct answer: B · Less frequent practice and thinner reinforcement after mastery

Maintenance usually reduces teaching intensity after mastery while periodically confirming durable performance. Maintenance generally thins support while retaining periodic measurement.

Task: C.9

10. Correct answer: C · Share the input with the supervisor soon, keeping it as close as possible to what the person actually said.

RBTs communicate intervention-team concerns and suggestions to their supervisor in a timely way. They do not independently redesign treatment or filter out information based on their own clinical judgment. Relay team input; do not independently turn it into a treatment change.

Task: E.1

11. Correct answer: B · Escape access

Work removal suggests escape from demands.

Task: D.1

12. Correct answer: A · It can limit satiation and keep the conditioned reinforcer effective

A conditioned reinforcer paired with varied backup reinforcers may remain effective across changing preferences, although effectiveness still requires data. Variety can strengthen a conditioned reinforcement system, but effectiveness is always empirical.

Task: C.2

13. Correct answer: B · Behavioral momentum from easy requests before the hard one

A high-probability sequence builds behavioral momentum by presenting several likely responses before a less likely request. High-probability sequences place several easy successes immediately before a harder request.

Task: D.2

14. Correct answer: A · Check the entry against the source record, then correct or report it per procedure

Data should be entered accurately from the source record, with discrepancies handled through the required procedure. Enter what was observed, preserve the source, and resolve discrepancies transparently.

Task: A.4

15. Correct answer: D · Start the medical-emergency steps in the plan and workplace policy

Potential injury requires prompt activation of trained medical and workplace procedures, followed by required notification and documentation. Medical safety and required emergency reporting take priority.

Task: D.7

Study tips

- Answer untimed on the first pass so you can focus on reasoning rather than speed.
- Read the explanation for every question, including the ones you got right, to catch wrong reasoning that happened to land on the correct letter.
- Sort misses into the six task list areas and spend the next session on your weakest area first.
- Re-attempt missed questions after 48 hours without looking at the answer to test real recall.

FAQ

Is this set an official BACB exam?

No. This is an independent study aid built from our own question bank and based on the RBT task list, third edition. It is not an exam from the certifying body and does not reproduce its live test items.

Does this free set tell me how many questions the real exam has?

No. Exam format details can change, so check the current candidate handbook from the certifying body for the exact structure. This set only helps you practice the content.

Can I rely on these questions to pass?

No practice set guarantees a result. Use these questions to find gaps, then combine them with supervised training and the official task list before you test.

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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