

### Examples of Problems, Behavioral Goals, and Interventions Based on a Functional Analysis

<b>Problem</b>	<b>Function</b>	<b>Behavioral Goal(s)</b>	<b>Interventions</b>
Alcohol and marijuana use	Substances used to relieve anxiety	<ul style="list-style-type: none"> <li>• Develop and use competent skills for reducing anxiety in social situations</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive behavioral counseling for anxiety management</li> <li>• Social skills training</li> <li>• Pharmacotherapy</li> </ul>
Use of substances	Substances used to ward off boredom	<ul style="list-style-type: none"> <li>• Engaging in recreational activities regularly</li> </ul>	<ul style="list-style-type: none"> <li>• Case management</li> <li>• Community Reinforcement</li> <li>• Social skills training</li> <li>• Family problem-solving</li> </ul>
Looking forward to getting high as most important part of the day	Substance use serves as a means of escape	<ul style="list-style-type: none"> <li>• Identifying new, more personally meaningful pursuits (e.g. work, education)</li> </ul>	<ul style="list-style-type: none"> <li>• Supported employment</li> <li>• Supported education</li> </ul>
Use of alcohol and benzodiazepines	Substances used get to sleep at night	<ul style="list-style-type: none"> <li>• Demonstration of good sleep hygiene skills</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive behavioral counseling</li> </ul>
Giving in to friends' invitations to use substances	Substance used as an influence of peer pressure	<ul style="list-style-type: none"> <li>• Improvement of substance refusal skills</li> <li>• Avoidance of high-risk social situations</li> </ul>	<ul style="list-style-type: none"> <li>• Social skills training</li> <li>• Active treatment groups</li> <li>• Family problem-solving</li> </ul>
Lack of social support for abstinence	Substance use serves a social function	<ul style="list-style-type: none"> <li>• Improvement of social supports</li> <li>• Joining alternative social group</li> </ul>	<ul style="list-style-type: none"> <li>• Family education</li> <li>• Self-help groups</li> <li>• Case management (to identify and sample alternative social support)</li> </ul>
Alcohol use	Drinking as a way to cope with auditory hallucinations	<ul style="list-style-type: none"> <li>• Develop competent skills for coping with hallucinations</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive behavioral counseling</li> <li>• Family problem-solving</li> <li>• Pharmacotherapy</li> </ul>

Adapted from: Table 5.6. Integrated treatment for Dual Disorders—A Guide to Effective Practice by Kim T. Mueser, et.al