CONTACT US MY BASKET

CURRENT ISSUE

#### MY ACCOUNT

SEARCH

# Journal of PEDIATRIC PSYCHOLOGY

ABOUT THIS JOURNAL CONTACT THIS JOURNAL SUBSCRIPTIONS

Oxford Journals > Medicine > Journal of Pediatric Psychology > Volume 32, Number 3 > Pp. 283-287

Previous Article | Next Article >

ARCHIVE

**Journal of Pediatric Psychology Advance Access originally published online on August 9, 2006** Journal of Pediatric Psychology 2007 32(3):283-287; doi:10.1093/jpepsy/jsl025

© The Author 2006. Published by Oxford University Press on behalf of the Society of Pediatric Psychology. All rights reserved. For permissions, please e-mail: journals.permissions@oxfordjournals.org

## Brief Report: Evaluating the Bedtime Pass Program for Child Resistance to Bedtime—A Randomized, Controlled Trial

Brie A. Moore, MS<sup>1</sup>, Patrick C. Friman, PhD<sup>2</sup>, Alan E. Fruzzetti, PhD<sup>1</sup> and Ken MacAleese, MA, BCBA<sup>1</sup>

<sup>1</sup> University of Nevada and, <sup>2</sup> Girls and Boys Town and The University of Nebraska School of Medicine

All correspondence concerning this article should be addressed to Patrick C. Friman, PhD, Clinical Services, 13603 Flanagan Boulevard, Boys Town, Nebraska 68010. E-mail: frimanp{at} boystown.org.

#### This Article

- Full Text FREE
- FREE Full Text (PDF) FREE
- All Versions of this Article: 32/3/283 most recent jsl025v1
- Alert me when this article is cited
- Alert me if a correction is posted

#### Services

- Email this article to a friend
- Similar articles in this journal
- Similar articles in ISI Web of Science
- Similar articles in PubMed
- Alert me to new issues of the journal
- Add to My Personal Archive
- Download to citation manager
- Search for citing articles in: <u>ISI Web of Science (1)</u>
- Request Permissions
- Disclaimer

#### Google Scholar

- Articles by Moore, B. A.
- Articles by MacAleese, K.
- Search for Related Content

#### PubMed

- PubMed Citation
- Articles by Moore, B. A.
- Articles by MacAleese, K.

Social Bookmarking



### Abstract

**Objective** To evaluate the Bedtime Pass Program (BPP), an extinction-based procedure for treating bedtime resistance in typically developing children. **Methods** A randomized, controlled trial in which nineteen 3- to 6-year-old children demonstrating bedtime resistance were randomly assigned to a Bedtime Pass or Monitoring Control group. The experimental condition involved parent monitoring plus the Bedtime Pass: a card exchangeable for one parental visit or excused departure from the room after bedtime, with parents ignoring subsequent bids for attention. **Results** Children in the Bedtime Pass condition left their rooms and called and cried out significantly less frequently than controls. They

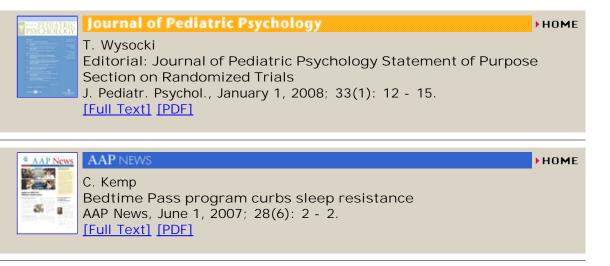
demonstrated significant reductions in the time required to quiet each night. Treatment effects were maintained at 3-month follow-up. Parents reported high levels of satisfaction and treatment acceptability. **Conclusions** BPP is a noncomplex, socially acceptable, effective treatment for bedtime resistance. It retains the powerful effects of extinction-based procedures without the "extinction burst."

Key words: bedtime resistance; behavioral pediatrics; extinction; sleep disorders in children; social validity.

Received September 1, 2005; revision received December 20, 2005; revision received April 4, 2006; revision received June 27, 2006; accepted July 13, 2006



### This article has been cited by other articles:



Disclaimer: Please note that abstracts for content published before 1996 were created through digital scanning and may therefore not exactly replicate the text of the original print issues. All efforts have been made to ensure accuracy, but the Publisher will not be held responsible for any remaining inaccuracies. If you require any further clarification, please contact our <u>Customer Services Department</u>.

