

## RUBI Logic Model

From a mechanistic perspective, parent uptake of RUBI skills as taught by the therapist sets the stage for reductions in child challenging behavior and improved adaptive functioning (see Figure 1). This pathway, from therapist to parent use of strategies (**parent proximal mechanism**) to child behavioral improvement (**child distal outcome**) is supported through findings from the RUBI clinical trials. Additionally, reductions in parent stress and improvements in competency (**parent proximal outcomes**) also have been previously shown via RUBI clinical trials. These parent-focused improvements may be a product of increased empowerment through skill mastery (direct pathway) and/or a byproduct of improvements in the child's behavior (indirect pathway). A second hypothesized pathway suggests that reductions in child challenging behaviors also may require attainment of child-related distal mechanisms, such as increased awareness of behavioral expectancies (e.g., through the use of visual cues) and/or demonstration of improvements in functional communication skills (**child distal mechanism**). This acknowledges that there may be parents who effectively implement strategies as taught but may not see improvements in child behavior because the child does not use or internalize the intervention strategies.

