

Instantaneous Time Sampling

Behaviour according to DSM-IV criteria		
Inattention <ol style="list-style-type: none"> 1. Fails to give close attention to details 2. Difficulty sustaining attention 3. Does not appear to listen 4. Difficulty in following through instructions 5. Avoids tasks requiring sustained mental effort 6. Difficulty in organising tasks and activities 7. Loses things necessary for tasks and activities 8. Easily distracted by extraneous stimuli 9. Forgetful 	Hyperactivity <ol style="list-style-type: none"> 10. Fidgets with hands or feet or squirms in seat 11. Unauthorised movement in the classroom 12. Runs about or climbs excessively in situations where it is inappropriate 13. Has difficulty in playing quietly 14. Is often 'on the go' 15. Talks excessively 	Impulsiveness <ol style="list-style-type: none"> 16. Blurts out answers 17. Difficulty awaiting turn 18. Interrupts or intrudes upon others (butts in) 0. None of the above behaviours

Date	Time	Context:

Recordings of observations of target student and comparison behaviours taken at 30-second intervals for a 10-minute period


T																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
C																				

T																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
C																				

T																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
C																				

Analysis

Time	Context	Target:			Comparison:		
		No ADHD	Inattention	Hyp/Imp	No ADHD	Inattention	Hyp/Imp
Totals							
Percentages							

 **Figure 4.1** Instantaneous time sampling observation schedule

Instantaneous Time Sampling – Instructions

Purpose

- ITS is used to gather quantitative data regarding how many times ADHD behaviours are recorded during a 10-minute time period (frequency).
- It may be used for comparison between behaviours displayed by the target (T) and comparison student (C) (a non-ADHD peer previously nominated by the class teacher).
- This type of recording can be used for 1, 2 or 3 × 10-minute periods (or even more), or for part of a 10-minute period, for example during an assembly which lasts 25 minutes recordings could be taken throughout.

Description of instrument

- The ITS schedule includes a table listing all 18 ADHD DSM-IV criteria, subdivided into the three core behaviour categories.
- There are three recording boxes on the sheet each consisting of a 10-minute time line with 20 cells for behaviour recordings for both the target student and the comparison student at 30-second intervals.
- The analysis section is divided into three behaviour columns for both the target and comparison students.

Procedure

- Familiarise yourself with DSM-IV criteria for ADHD.
- Remain as unobtrusive as possible and ideally take no part in the lesson.
- Record on the sheet: the name of the target student and comparison; the date and time; brief details regarding context and setting, including the number in the group (i.e. class group, whole school, etc.) and if there is just a teacher or whether any support is given (e.g. TA offering general support or SSA supporting one particular child).
- If planning to use 3 × 10-minute periods in a lesson (start, middle and end) it is helpful to know the approximate time the lesson will end. If a lesson is timed for an hour it is relatively easy to spread out the three 10-minute recording periods evenly over the course of the hour.
- Using a watch with a second hand, preferably attached to a clipboard, take a 'snapshot' recording every 30 seconds. In practice look at both students at the same 30-second intervals and record the appropriate behaviour category by referring to the 18 DSM-IV ADHD behaviour categories listed at the top of the sheet (page 37). If none is evident, record as 0.
- Record what is happening *at that particular time*, not what has gone on in the meantime.
- Recordings are summarised at a later date in the analysis section. The total numbers of recordings are calculated for each of the three behaviour categories for both students.



Figure 4.2 Instantaneous time sampling instructions