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Applied behavior analysis (ABA) can be described as a scientific approach to modifying behavior based on an application of learning principles. Since its emergence, ABA has been utilized in various settings, such as schools, private homes, hospitals, and workplaces. It can be used in therapy to address a range of mental health conditions, including learning difficulties, brain injuries and most notably, autism. Development of Applied Behavior Analysis. Principles and Dimensions of Applied Behavior Analysis. Applied Behavior Analysis (ABA) is a therapy based on the science of learning and behavior. Behavior analysis helps us to understand: How behavior works. How behavior is affected by the environment. How learning takes place. ABA therapy applies our understanding of how behavior works to real situations. Applied Behavior Analysis involves many techniques for understanding and changing behavior. ABA is a flexible treatment: Can be adapted to meet the needs of each unique person. ABA or Applied Behavior Analysis is a time tested and data-based strategy for teaching children with disabilities. It is most often used with children with autistic spectrum disorders but is an effective tool for children with behavioral disorders, multiple disabilities, and severe intellectual handicaps. It is the only treatment for Autistic Spectrum disorders approved by the FDA (Food and Drug Administration.) ABA is based on the work of B.F. Skinner, also known as the father of Behaviorism.