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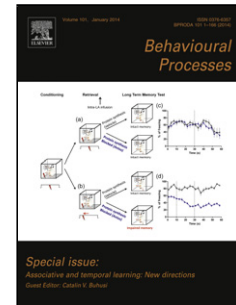
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SHORT TITLE: PREVENTING RESPONSE RECOVERY

Spacing Extinction Sessions as a Behavioral Technique for Preventing Relapse in an
Animal Model of Voluntary Actions

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Highlights

- Spacing extinction sessions reduced spontaneous recovery of instrumental behavior
- ABA renewal of operant responses is attenuated by using spaced extinction training
- Longer intervals during extinction phase prevented reinstatement of lever-pressing
- Spacing extinction sessions did not impair rapid reacquisition of operant behavior

Abstract

Instrumental extinction has been proposed as a model for understanding the suppression of problematic voluntary actions. Consequently, it has been suggested that response recovery after extinction could model relapse. Four experiments with rats used a free operant procedure to explore the impact of spacing extinction sessions on spontaneous recovery, renewal, reinstatement, and rapid reacquisition of extinguished lever-pressing. Initially, in all experiments, hungry rats were trained to perform two responses (R1 and R2) for food. Then, all responses underwent extinction. For R1, rats experienced a longer intersession interval (72h) than for R2 (24h). During the final restoration test, it was observed that using spaced extinction sessions reduced spontaneous recovery, renewal, and reinstatement.

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