

## Summary of Treatment Effectiveness

Because children respond differently to the same treatment approaches, all interventions must have careful monitoring to determine effectiveness and be systematically evaluated to monitor acquisition and generalization of skills. The following interventions are evaluated as indicated, debatable, and lack of empirical support. Based on the definitions, indicated practices are evidence-based. Debatable practices are promising. Methods that lack empirical support may be effective for some individuals, but lack published research regarding efficacy. Many studies that are debatable or lack empirical support have not used appropriate outcomes that document changes in the individual's behavior.

<u>Therapy</u>	<u>Indicated</u>	<u>Debatable</u>	<u>Lack of Empirical Support</u>
<b><i>Pro-Social and Play Related Interventions</i></b>			
Social Stories	X		
Peer-Mediated Instruction	X		
Social Script Training	X		
Theory of Mind Training		X	
Relationship Development Intervention			X
The Developmental, Individual Difference, Relationship (DIR) Model			X
<b><i>Language and Communication-Based Interventions</i></b>			
Augmentative Communication	X		
Picture Exchange Communication System (PECS)	X		
Verbal Behavior Approach (VB)	X		
Developmental Social-Pragmatic Model (DSP)			X
Facilitated Communication (FC)			*
Functional Communication Training	X		
<b><i>Sensory and Motor Interventions</i></b>			
Sensory Integration Therapy (SI)			X
Sensory Diet			X
Alert Program			X
Deep Pressure		X	
“Squeeze Machine” or “Hug Machine”		X	
Touch Therapy/Massage		X	
Patterning			X
Neurodevelopmental Therapy			X
Cranio-Sacral Therapy			X
Physical Exercise		X	
Auditory Integration Training (AI)			*
Visual Therapies			X
<b><i>Intervention for Challenging Behavior</i></b>			
Positive Behavioral Supports (Non-Intrusive Methods)	X		
Medication		X	

<b><i>Biomedical Interventions</i></b>			
Medications		X	
Secretin			*
Adrenocorticotrophin hormone (ACTH)			*
Corticosteroids		X	
Intravenous Immune Globulin (IVIG)			*
Vitamin and Dietary Supplements		X	
Exclusion Diets			X
Anti-Yeast Therapies			X
The DAN! (Defeat Autism Now!) Protocol			*
<b><i>General Skill Building</i></b>			
Behavioral Teaching (ABA)	X		
Environmental Supports/Structure	X		
Picture Activity Schedules	X		
<b><i>Expressive Psychotherapies</i></b>			
Cognitive Behavior Therapy (CBT)	X		
Music Therapy			X
Holding Therapy			*
Sand Tray Therapy			X
Art Therapy			X

\*Recommended not to be used because of reports of children being harmed.

Examples of comprehensive programs include Treatment and Education of Autistic and Related Communication Handicapped Children (TEACCH), The Denver Model, the Learning Experiences – An Alternative Program for Preschoolers and Parents (LEAP), and Intensive Behavioral Intervention (IBI). IBI has empirical support and the other programs show promise.

Family-based interventions include parent education, parent support groups, communication / relationship parent training, behavioral parent training, and respite care. Behavioral parent training has empirical support. Parents appreciate these types of interventions, but more information is needed on effectiveness.

The information summarized in this report came from the following sources:

Perry, A., & Condillac, R. (2003). Evidence-based practices for children and adolescents with autism spectrum disorders: Review of the literature and practice guide. Toronto, ON: Children's Mental Health Ontario.

Roberts, J.M. (2003). A review of the research to identify the most effective models of best practice in the management of children with autism spectrum disorders. Sydney: Centre for Developmental Disability Studies.