

Evidence-Based Practices for Autism Spectrum Disorders

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Definition

What does “Evidence-based” mean for autism treatment?

A treatment or strategy of instruction has been supported by ample research of *good quality*

EBP

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Why the Need for Research?

- Research can isolate treatment effects
 - Through careful planning and performing of procedures
 - Tests one treatment at a time, purposely puts treatments together, or purposely takes them apart
 - To help us know for sure what caused (or didn't cause) a change
- Testimonials cannot provide *real evidence* that something works.

EBP

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The National Professional Development Center
on Autism Spectrum Disorder

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**[autismpdc.fpg.unc.edu/
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NAC
National Autism Center
a May Institute

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point of view
Autism ['ɔ:tiz]
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Providing reliable information about evidence-based interventions

www.nationalautismcenter.org

- Rigorous evaluation by extensive teams
- Measured 5 dimensions of each research study
- Verify accuracy of the evaluations
- Phase 1 (2009)
- Phase 2 (2015)

[Judging the Research](#)

Established Interventions

- Behavioral interventions
- Cognitive Behavioral Intervention Package
- **Comprehensive Behavioral Treatment for Young Children**
- Language Training Production
- Modeling
- Natural Teaching Strategies
- Parent Training
- Peer Training Package
- Pivotal Response Training
- Schedules
- Scripting
- Self-Management
- Social Skills Package
- Story-based intervention

[Evidence-Based Practices](#)

Applied Behavior Analysis

- Antecedent-based Intervention
- Differential Reinforcement
- DTT
- Functional Behavior Assessment
- Naturalistic Intervention
- Pivotal Response Training
- Prompting
- Reinforcement
- Response Interruption/Redirection
- Self-Monitoring
- Task Analysis
- Time Delay

ABA in the Evidence Based Practices

- AAC devices
- Exercise
- Exposure Package
- Imitation-based Intervention
- Language training (Production & Understanding)
- Massage therapy
- Music therapy
- PECS
- Sign Instruction
- Theory of Mind Training

Emerging Evidence

- Some practices are relatively benign and have not been found to be harmful, even though there is no evidence of benefit
- Other practices have documented instances of harm and present unacceptable levels of risk

Degrees of potential harm

- Animal-assisted therapy
- Auditory Integration Training
- Concept Mapping
- DIR/Floor time
- Movement based intervention
- SENSE Theatre Intervention
- Sensory Integration Package
- Shock therapy
- Social Behavioral Learning Strategy
- Social Cognition Intervention
- Social Thinking Intervention

Unestablished Level of Evidence

- Facilitated Communication
- Rapid Prompting Method
- Psychoanalytic or humanistic play therapy
- Some bonding therapies that restrain child

Discredited Interventions

Potentially Harmful/High Risk

- Chelation therapy
- Hyperbaric oxygen therapy
- Lupron therapy

Potentially Benign/Ineffective

- Anti-fungal
- Cranio-sacral therapy
- Vitamin therapy
- Diets

Proven Ineffective

- Secretin
- GFCF diets

Biomedical Interventions

Evidence for Adults over 22

- No practices with Established Level of evidence
- One practice at Emerging Level
 - Vocational Training Package
- Unestablished Practices:
 - Cognitive Behavioral therapy
 - Modeling
 - Music Therapy
 - Sensory Integration Therapy

What Exactly is ABA?

- The practice of using the science of learning to create socially significant behavior change
 - Practical
 - Data driven
 - Adaptable
 - Group or individual
 - Home, school, community, work, anywhere!



What ABA is NOT?

- A prescribed setting, teaching format, or type of educational material
- Only discrete trial training
- A collection of tricks
- Exclusively for individuals w/ disabilities
- Bribery
- Punitive



Thank you

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