Evidence-Based Practices for Autism Spectrum Disorders
Shannon Crozier, Ph.D., BCBA-D, LBA
Director, UNLV Center for Autism Spectrum Disorders

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

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

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.

www.asatonline.org
Judging the Research

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

Evidence-Based Practices

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
ABA in the Evidence Based Practices

- 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

Emerging Evidence

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

Degrees of potential harm

- 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

Unestablished Level of Evidence

- 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
Discredited Interventions

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

Biomedical 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

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 with disabilities
- Bribery
- Punitive

Thank you
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