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Randomized Controlled Trial on the Effect of Ayres Sensory Integration Approach by Occupational Therapists for School-aged Children with Sensory Modulation and Sensory Processing Deficits

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Introduction

Sensory Integration (SI) is a theory and framework conceptualized by Dr. Jean Ayres, an occupational therapist, with its main objective as enhancing the brain's capacity to perceive and organize sensory information to produce a more normal, adaptive response; thus, to provide the foundation for mastering daily tasks.

Objectives

The aim of the study is to investigate the effectiveness of Ayres Sensory Integration (ASI) interventions for school-aged children with sensory modulation and sensory processing deficits.

Methodology

A cross-clustered single-blinded randomized controlled trial was conducted in 5 occupational therapy outpatient department within Hospital Authority, to assess the difference in clinical outcomes between subjects in experimental group (received ASI) and control group (on usual waitlist for treatment). Participants in experimental group (EG) would receive 16 sessions (45 minutes each) of individualized ASI. The sessions were scheduled on weekly basis and would be completed within five months once treatment was initiated. Post-assessment outcomes would be measured at this time-point. Post-assessment outcomes would also be measured for subjects in control group (CG) at the same time-point. ASI would then be initiated for participants in CG according to usual clinical scheduling.

Result

The results showed that Goal Attainment Scale, 4 of the subtests of the Sensory integration and Praxis Tests (Standing and Walking Balance, Postural Praxis,

Sequencing Praxis and Graphesthesia) and 3 domains of the Chinese Sensory Profile (low registration, oral sensory sensitivity and auditory processing) improved significantly in the EG. This study showed that Ayres sensory integration intervention is effective in treating children with sensory processing disorder.