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Kotsiris, K., Westrick, J., & Little, L. (2020). Sensory processing patterns and internalizing behaviors in the pediatric and young adult general population: A scoping review. *The Open Journal of Occupational Therapy*, 8(1), 1-13.

Free access link:

https://www.researchgate.net/publication/338641850_Sensory_Processing_Patterns_and_Internalizing_Behaviors_in_the_Pediatric_and_Young_Adult_General_Population_A_Scoping_Review

Article Overview:

This scoping review examines the relationship between sensory processing patterns and internalizing behaviours (e.g., anxiety, depression) among children with various mental health conditions and typically developing children.

The scoping review included 97 peer-reviewed articles.

Sample: Young people from birth to 22.

Key take home messages:

1. Sensory processing patterns were related to internalizing behaviours such as anxiety and depression; however, the strength of this association is variable.
2. Behaviours such as temperament, restricted and repetitive behaviours, caregiver strain, and regulatory processes (i.e., eating, sleep) were indicative of internalizing too, which were then linked with differences in sensory processing.
3. Overall, this research suggests that sensory sensitivity interacts with environmental factors that may result in anxiety or depression; however, not all individuals with sensory sensitivity show internalizing difficulties. Some individuals might be more susceptible to both negative and positive environmental influences.
4. **Sensory processing should not be viewed as a person-centred construct only and it is important for OTs to consider environmental and social influences.**
5. Occupational therapists must work to understand how **environmental and social factors may be used in the intervention** to ameliorate the effect of internalizing behaviours on participation in everyday activities.