

Full source reference:

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7726187/pdf/fnint-14-556660.pdf>

Article Overview:

This article offers an evaluation describing sensory integration/ sensory processing treatment for Autism Spectrum Disorder.

Key take home messages:

1. **Treatments with limited evidence base:** medical interventions, such as chelation. Authors suggested that this does not mean that treatment is ineffective, however, ethical practice guidelines include preferentially delivering treatments that currently have credible evidence over those that do not.
2. There is an extensive evidence base for improving a range of ASD symptoms using behavioural intervention procedures that do not target directly sensory integration or sensory processing, e.g. Naturalistic Developmental Behavioural Interventions.
3. Sensory integration/sensory processing treatment is a widely-used approach for treating individuals with diverse conditions and symptomology. However, the current evidence is **limited**, and there is a need for unbiased clinical studies comparing sensory integration procedures to those of other established treatment approaches.
4. Results indicated that to date, there have been small scale studies of several isolated sensory-based procedures, such as weighted vests or “brushing” programs, which usually suggest the **procedures are not effective**. Moreover, there are a limited number of studies showing positive effects of this on goal attainment scaling. Systematic reviews indicate inconsistent, weak, and/or inconclusive evidence in relation to sensory-based procedures.
5. This review included a presentation of one validated Naturalistic Developmental Behavioral Intervention: Recast Treatment. Multisensory integration, broadly, and auditory-visual integration specifically, were discussed as promising approaches.