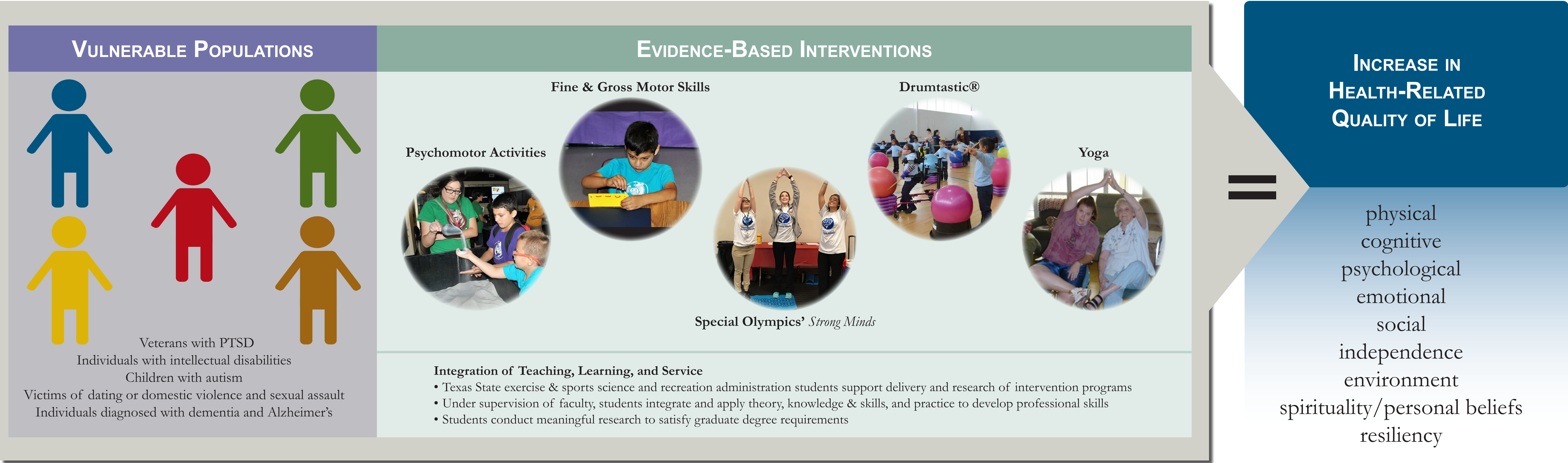


# HEALTH-RELATED QUALITY OF LIFE INTERVENTIONS FOR VULNERABLE POPULATIONS

**Research Goals:** Develop and deliver traditional, alternative, and complimentary activity-oriented interventions to improve health-related quality of life indicators for vulnerable populations and their families and caregivers, focusing on the impact of paired vs. individual interventions.



## RESEARCH RESOURCES

- Samsung tablets for real-time data collection
- Large exercise balls and drumsticks
- Psychomotor, fine and gross motor skills, and school readiness interventions
- Multigenerational and multicultural interventions
- Community-based, socially inclusive program space
- Drumtastic® curriculum aligned with developmental activities from the National Standards for Physical Education (NASPE) and Depth of Knowledge (DOK)
- SMCISD behavioral specialist
- Partnership with Special Olympics Texas

## RESEARCHERS

**Dr. Lyn G. Litchke**, Associate Professor of Recreation Administration  
Department of Health and Human Performance

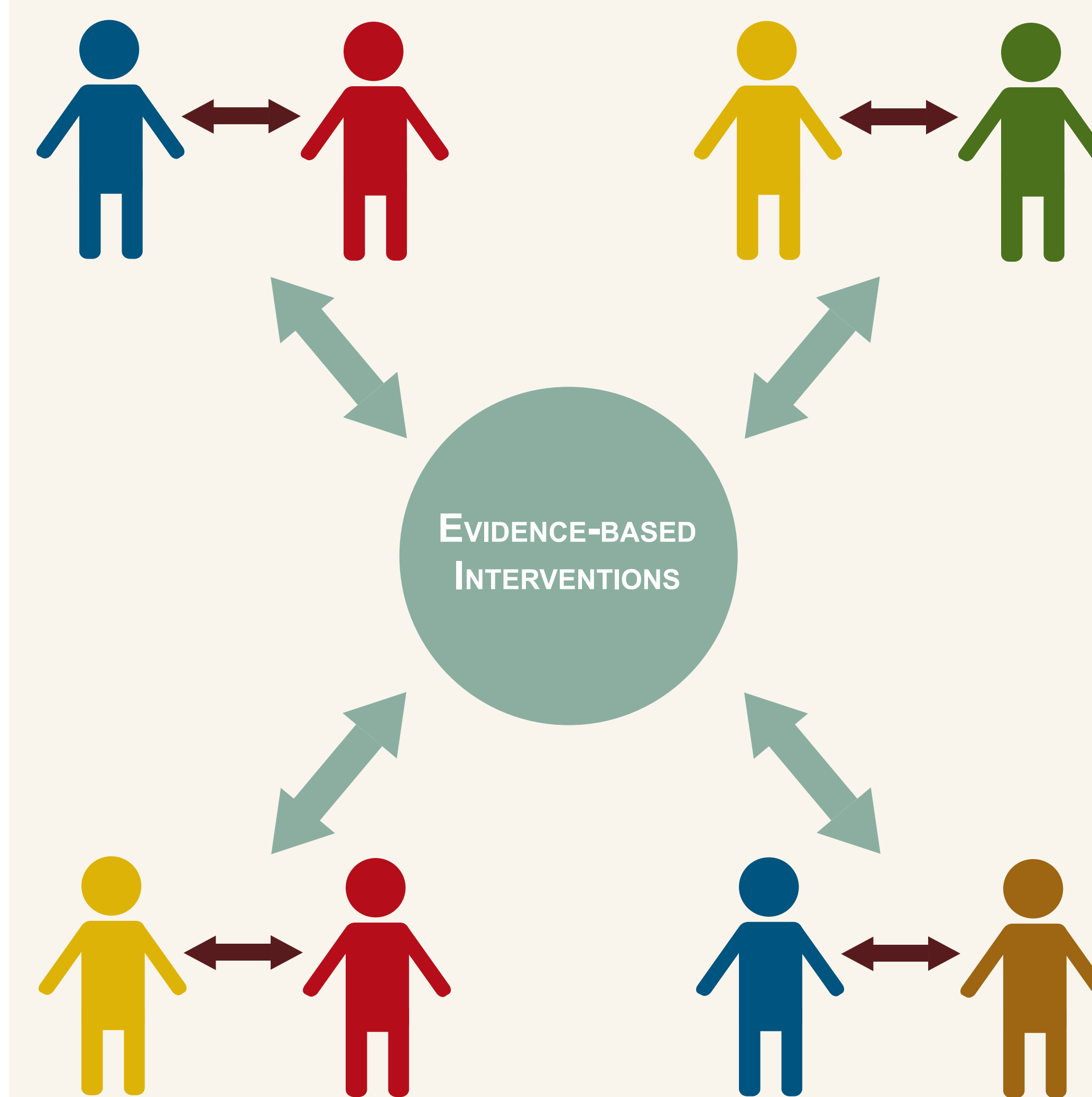
**Dr. Ting Liu**, Professor, Department of Health and Human Performance

**Dr. Andrea B. Dennison**, Assistant Professor of School Psychology  
Department of Counseling, Leadership, Adult Education and School Psychology

## RESEARCH FINDINGS

- Children with autism** receiving a psychomotor intervention scored significantly higher on body awareness, body concepts, space concept, and overall psychomotor concepts compared to control group
- Fine and gross motor difficulties of **children with autism** may be related to their delayed processing of visual, auditory, tactile, and movement stimuli
- Yoga improved emotional expressiveness, social engagement, attention span, and reduced disruptive behaviors in **children with autism**
- Chair yoga for **individuals with Alzheimer's** improved daily living skills, engagement with others, eye contact, verbal language, positive outlook, and sense of humor
- Drumtastic® improved motor performance and behavior in **children and youth with developmental delays and intellectual disabilities**
- Children and youth with ADHD** engaging in a spiritually-based recreation inclusion program improved memories of specific activities, connection with God, meaning of faith, and appreciation of friends

## RESEARCH GOALS



**Determine impact of interdependence between participants from vulnerable populations while engaging in evidence-based practice**

- Measure the impact of engagement with task and peer participants on Health-Related Quality of Life indicators and school readiness
- Identify interventions that impact the short and long-term Health-Related Quality of Life benefits that impact positive lifestyle choices
- Explore the impact of therapeutic interventions and interdependent systems approach on developing resilient relationships