

# THE INFLUENCE OF THE INTENSITY OF SENSORY INTEGRATION THERAPY ON THE OUTCOME MEASURED BY THE GAS SCALE

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## Background and Aims

Sensory integration therapy (SIT) is an important therapeutic concept in the treatment of children with sensory integration difficulties. In the modern world there is a high prevalence of SI integration difficulties. 5% to 20% of children without diagnosed developmental disabilities have SI difficulties. SIT has a clinically positive effect on the treatment of these disorders but without clearly defined guidelines about the intensity of its implementation. The aim of this randomized controlled trial is to assess whether the intensity of sensory integration therapy has an impact on the achievement of therapeutic goals measured through an individualized outcome measure the Goal Attainment Scale (GAS).

## Methods

This randomized controlled trial included 20 children aged 2-9 years with sensory integration difficulties. The children were randomly selected into two groups of 10 children each. First group attended sensory integration therapy (SIT) periodically once a week for 45 minutes over 10 visits, while the second attended SIT in a cycle of 10 therapy sessions of 45 minutes daily. Each child was assigned 3 therapeutic goals. Each goal was assigned a baseline value (- 1) and a final value using the GAS scale ranging from -2 to +2. Then a GAS score, called a T-score and level of change were calculated for each participant.

## Results

The study outcomes were achieved T score and level of change. The T score outcome was statistically significantly better in the daily treatment group and the change level outcome recorded an even larger difference, which was highly significant. The group that received treatment daily had statistically significantly better results than the group that received treatment once a week.

## Conclusion

More extensive studies are needed for definitive recommendations on the intensity of the implementation of SIT but the preliminary results of our study move in the direction that it should be implemented in daily cycles.

**Keywords:** Sensory difficulties; SIT; GAS scale