



Applied Behavior Analysis is an Evidence-based Practice for Autism

Applied Behavior Analysis (ABA) as effective intervention for children with autism was first documented by O. Ivar Lovaas in his article 'Behavioral Treatment and Normal Educational and Intellectual Functioning in Young Autistic Children' published in 1987. Results suggested that most students with autism make more overall progress when they receive more intensive behavioural intervention.

In 2010, Virués-Ortega, J. implemented a meta-analytical methods, including quality assessment, sensitivity analysis, meta-regression, dose-response meta-analysis and meta-analysis of studies of different metrics to measure the effectiveness of long-term, comprehensive ABA intervention for young children with autism. Results showed that ABA leads to positive effects on many aspects of the children's progress including intellectual and social functioning, language development, and daily living skills.

Many countries support the use of ABA for children with autism such as U.S, Canada and Singapore. In 2010, the Ministry of Health Singapore released a guideline about autism treatment after evaluating all the evidence available at the time for pre-school children with ASD. Results showed that 'Early Intensive Intervention represents a specific approach within the boarder class of ABA can be recommended for children with autism' because the evidence is supported by high quality meta-analyses, systematic reviews of randomised controlled trials (RCTs) or RCTs with a low risk of bias. In 2017, the New York State Department of Health updated the ASD guideline. The report recommended "...the principles of ABA be included as an important element of any intervention program for young children with autism." Weitlauf et al. (2014, Executive Summary, page 11) concluded that evidence from research continues to support intervention based on the principles of ABA delivered in an intensive and comprehensive way can positively affect some children with ASD.



Reference

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