

Autism Survey with iLs Professionals: In what areas is iLs effective?

The Spiral Foundation, a non-profit research group in Boston, MA, conducted a survey with iLs-trained professionals ("iLs Associates") on the perceived effectiveness of using iLs with children on the autism spectrum. Associates were asked how often they noted improvements in 24 specific outcomes categorized in three different functional areas: sensory-motor/ behavioral skills, social-emotional skills and functioning, and language/ academic skills. Associates who responded to this question had completed iLs programs with approximately 1300 children with ASD. Information on the survey, along with a link to the author's conclusions may be found below the following table.

OUTCOME MEASURE	PERCEIVED FREQUENCY OF IMPROVEMENTS					
Sensory-Motor/ Behavior	Never	Rarely	Sometimes	Often	Always	Often+Always
Acting Out		1%	20%	46%	28%	74%
Balance		1%	16%	42%	38%	80%
Digestion	3%	12%	27%	19%	5%	24%
Motor Coordination		1%	10%	40%	47%	87%
Motor Planning		1%	14%	41%	40%	81%
Self-Injurious Behaviors	2%	1%	28%	20%	8%	28%
Self-Regulation			10%	46%	41%	87%
Sensory Int/ Processing			7%	40%	50%	90%
Self-Stimulatory Behaviors	1%	3%	31%	31%	19%	50%
Sleep	1%	1%	25%	40%	12%	52%
Social-Emotional Skills	Never	Rarely	Sometimes	Often	Always	Often+Always
Arousal			13%	53%	28%	81%
Attention			13%	54%	33%	87%
Awareness of Personal Space		2%	19%	45%	25%	70%
Mood		3%	17%	50%	28%	78%
Self Confidence		1%	18%	46%	25%	71%
Sleep Transitions		3%	20%	36%	9%	45%
Transitions		1%	10%	61%	24%	85%
Language/ Academic Skills	Never	Rarely	Sometimes	Often	Always	Often+Always
Auditory Processing	1%		11%	41%	38%	79%
Expressive Language			19%	44%	31%	75%
Following Verbal Directions			14%	47%	37%	84%
Processing Verbal Commands			13%	45%	36%	81%
Reading		2%	22%	40%	12%	52%
Social Skills		3%	24%	51%	20%	71%
Writing	1%	5%	27%	38%	12%	50%

Survey Information

- The professionals who responded included occupational therapists, speech and language pathologists, educators, psychologists/psychiatrists/counselors, mental health professionals, physical therapists, audiologists, neurofeedback specialists and other miscellaneous occupations. The majority of respondents had over 10 years' experience in their profession. Respondents reported implementing iLs programs in multiple settings.
- Clinic-alone programs were implemented by 59% of respondents while combined clinic and home programs were implemented by 60%. Home-only use was reported 35% of the time and school-only or school and clinic were reported 14% of the time each.
- The survey author's Conclusion and Abstract can be found [here](#). Survey-related information may be re-printed as long as it references the authors (Spiral Foundation) and iLs.