



Choosing interventions that are ethical and evidence-based

Dr Kathy Leadbitter

Research Fellow, University of Manchester

Rights of the child



A child with a disability has the right to a full and decent life with dignity. Governments must do all they can to support disabled children and their families.

Article 23





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Give New and normal life to your kid by Autism treatment in India

- 1 Highly advanced and innovative Stem cell clubbed with Ozone and HBOT
- 2 90% of patients with autism have shown significant improvement
- 3 Decrease in aggressive behavior & hyperactivity
- 4 Improvements in eye contact & attention span

4 WAYS TO HEAL AUTISM NATURALLY AT HOME

Simple, cost-effective and highly impactful health strategies to get started healing Autism Spectrum Disorder at home.

Warren Gouin
8 months ago



Aren't lifestyle changes worth a try?

16 MIN READ

REVERSING AUTISM.

100% POSSIBLE



LIFESTYLE

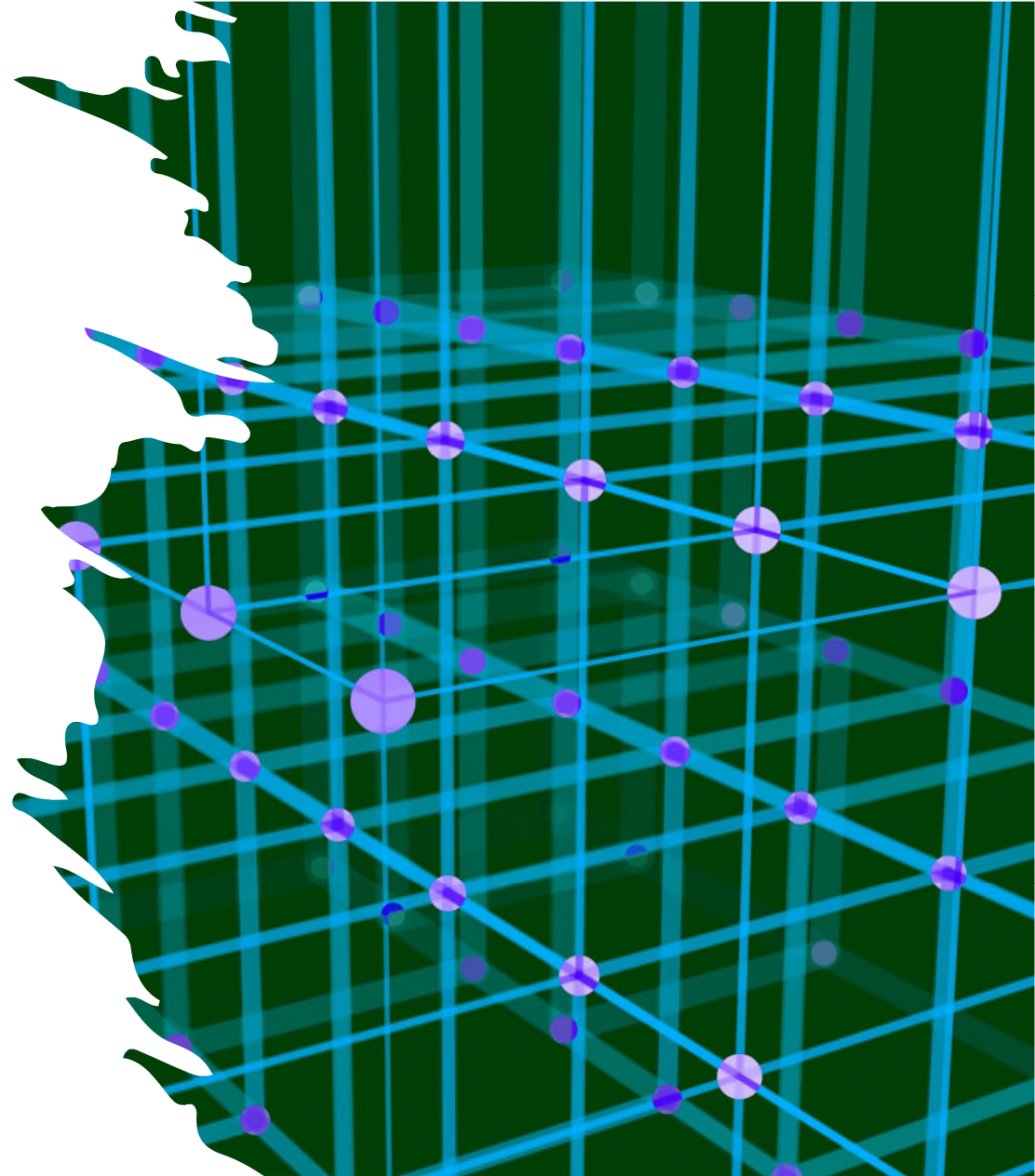
The miracle that cured my son's autism was in our kitchen

By Mackenzie Dawson June 17, 2015 | 4:04pm



Un-evidenced claims

Interventions differ
along many
dimensions



Intervention Targets



Communication
and language



Social interaction



Sensory
regulation



Emotional
regulation



Academic skills



Daily living skills

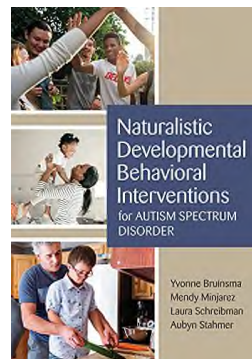


Methods of delivery

- Caregiver mediated vs direct approach
- Play and daily activities
- Stories
- Animals
- Digital technology

Developmental Approaches

- Child-led
- Naturalistic
- Follow developmental sequences
- Relationship-based



Naturalistic developmental behavioural approaches



Behavioural Approaches

- Adult-led
- Structured
- Teach skills and behaviours



Medical Model

- ☐ Autism is a medical disorder
- ☐ Interventions are to fix 'deficits'
- ☐ The problem is situated within the individual
- ☐ Defined by a third party
- ☐ Desired outcomes: development in keeping with peers; behaviour looks more 'typical'



Neurodiversity Model

- ☐ Autism is part of natural human diversity
- ☐ Interventions are to enable the individual to flourish
- ☐ The problem is situated within society and the environment
- ☐ Defined by autistic individual
- ☐ Desired outcomes: adaptive and affirmative environments; autistic individual thrives



Features of neurodiversity-affirmative interventions

- ✓ Environmental goodness of fit
- ✓ Promotion of autonomy
- ✓ Natural developmental processes
- ✓ Autistic priorities for change

But as I have learned as a parent, there is a way to teach social behaviours that makes a kid feel good about themselves and a way that does not. A kid can learn how to answer the phone like they learn how to brush their teeth—by approaching it as a skill rather than a norm, a skill that says nothing about one's value as a person. But when an autistic kid violates a social norm, too often she is told that she should have known the norm innately and she is broken because she did not.



<https://catapult.co/stories/katie-rose-pryal-an-autistic-girls-guide-to-horses-diagnosis-hyperfixation>



To intervene or not to intervene?

- What is the 'problem' being addressed?
- Whose problem is it?
- Is it causing harm?
- Are the recipients ready for this intervention? Is there buy-in?

Ethical considerations

- Is it spoken / written about in a balanced way?
- Potential costs as well as potential benefits. Are there potential harms?
- What do / would autistic adults think of it?
- Is it person-centred and individualised?





The evidence base

- Great progress in intervention research in last 10-15 years
- Evidence-based versus evidence-informed
- Many interventions are evidence-informed
- Most interventions have little or no robust evidence base
- Robust evidence =
 - Tested on large samples
 - Used randomly allocated groups
 - Used 'blind' measurement
 - Repeated in other studies



How to search for research articles

NIHR | National Institute for Health and Care Research Journals Library

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Google Scholar

☒ Articles ☐ Case law

NHS

Knowledge and Library Hub

Searching: **Health and care evidence**

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Evaluating the evidence

- Levels of evidence
- Reviews (systematic review, scoping review, meta-analysis, narrative review, qualitative synthesis)
- Recent is best
- Individual studies:
 - Does it seem robust?
 - Which population?
 - What outcomes? What follow-up period?





In summary....

- What do we want to target and why?
- Are we thinking in a neurodiversity-affirmative way?
- What are the ethical considerations?
- What is the research evidence?



Further reading

This article discusses neurodiversity and early autism interventions. It is available for free here:

<https://www.frontiersin.org/articles/10.3389/fpsyg.2021.635690/full>

- Leadbitter, K., Buckle, K.L., Ellis, C., & Dekker, M. (2021). Autistic self-advocacy and the neurodiversity movement: Implications for autism early intervention research and practice. *Frontiers in Psychology*, 12, 635690. DOI: 10.3389/fpsyg.2021.635690

This article discussed what evidence-based means in the context of autism interventions. It is available for free here: <https://onlinelibrary.wiley.com/doi/10.1002/aur.2792?af=R>

- Vivanti G. (2022). What does it mean for an autism intervention to be evidence-based?. *Autism research : official journal of the International Society for Autism Research*, 15(10), 1787–1793. <https://doi.org/10.1002/aur.2792>

Thanks for listening

