

Social Communication of Autism Spectrum Disorders: Efficacy Study of Occupational Therapy using Sensory Integration (OT-SI) among the Mizos

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Abstract:

This study evaluates the effectiveness of Occupational Therapy using Sensory Integration (OT-SI) in enhancing social communication among children with autism spectrum disorder (ASD) within the Mizo population. Employing a pre-test/post-test design, 35 participants (29 males, 6 females; aged 3–7 years) were assessed using the Social Communication Questionnaire (SCQ). Post-intervention findings showed a significant reduction in social communication deficits, with the greatest improvement observed in the communication domain, followed by reductions in restricted and repetitive behaviors and reciprocal social interaction. Statistical analyses confirmed the significance of these changes, demonstrating a large effect size. The findings support Sensory Integration theory by indicating that addressing sensory processing challenges can reduce physiological stress and promote social engagement. Overall, OT-SI emerges as a promising, evidence-informed intervention for improving functional and social participation outcomes in ASD.