

Critical Evaluation of Intervention Modalities in Autism: A Study on Digital Tools and Conventional Therapies

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Abstract

This article presents a critical evaluation of the main intervention modalities for children with Autism Spectrum Disorder (ASD), contrasting the effectiveness of digital tools with established conventional therapies. The analysis, focused on the impact of both approaches, emphasizes the development of self-care and social interaction skills. Furthermore, it examines how conventional therapies, grounded in human interaction, cannot be replaced in terms of their socio-emotional dimension and the generalization of skills in natural contexts, although they face challenges related to cost and accessibility. On the other hand, mobile applications provide intensive practice, personalization, and structured tasks, yet they are somewhat limited by their abstraction from the real world and their lack of robust empirical validation. This article argues that the future of intervention does not lie in replacing one approach with the other; rather, a hybrid model strategy that integrates both therapies is recommended. Accordingly, it highlights how technologies can enhance face-to-face intervention and discusses the implications for practice, responsible technological development, and future research.

Keywords

Autism Spectrum Disorder (ASD), Mobile applications, Conventional Therapies, Hybrid Intervention Models.