

Effect of DIR/Floortime Intervention on Adaptive Behavior of a Child with Autism Spectrum Disorder: A Case Study

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Introduction: Improving the quality of parent–child interaction and play skills are important outcomes for children with autism spectrum disorder (ASD). Play is the primary occupation of children. In this single case study conducted in Turkey, we investigated the effects of the DIR Floortime (Developmental, Individual difference, and relationship-based) intervention program on social interaction and adaptive functioning of children with ASD. Floortime is an intervention approach that addresses these issues; however, there are few published studies on its effectiveness.

Objective: Determine the results of 1-year DIR Floortime intervention in social skills and adaptive behavior of children with ASD.

Method: A four years old boy with ASD participated. Sensory Profile (SP) was used to analyze child's sensory processing patterns, AAMR Adaptive Behavior Scale (ABS) was applied to measure child's adaptive behaviour. Measurements were applied pre and post of 12-month (2 session/week) DIR Floortime intervention programme.

Results: According to statistical analysis of pre and post test results, the child showed significant development in sensory processing patterns ($p \leq 0.05$) and adaptive behaviour ($p \leq 0.05$) positively ($p \leq 0.05$). Moreover, the mother perceived positive changes in their parent-child interactions and child's communication skills.

Conclusion: DIR Floortime model suggests that, child's biological individual differences and functional emotional developmental capacities should be considered during adult child interactions. Following the child's lead at play increases the active participation of child, which helps us toward strengthen or construct the functional developmental capacities for relating, communicating, and thinking of children with ASD.