Design:

The preliminary part of this study was designed as a tool for autonomic self-regulation training and to correct deficits in autonomic control for individuals with ASD in order to increase their stress regulation during the week.

Purpose:

The purpose of this study was to test the feasibility of using a Dynamic Feedback Signal Set (DyFSS), a novel biofeedback algorithm. The feedback is designed to be developed as a tool for autonomic self-regulation and to be integrated directly into clinical practice or embedded as a component in therapeutic video games. The preliminary part of this study is designed as a tool for autonomic self-regulation training and to correct deficits in autonomic control for individuals with ASD in order to increase their stress regulation during the week.

Abstract

Participants will be asked to practice the self-regulation technique with their eyes open and with their eyes closed. They will be instructed to breathe abdominally in order to apply the self-regulation technique. This data will then be compared to the traditional biofeedback responses seen in the target group.

Condition 1: Participants given overview of physiological data compared between both groups. Participants asked to solve difficult problems while in between sessions and report what they felt.

Condition 2: Participants using traditional biofeedback  in order to increase their stress and anxiety levels of sympathetic and parasympathetic nervous system, and polyvagal stress and coping in autism.

Future Plans

With the preliminary feasibility study and the results of this aspect of the study shown to be engaging for individuals with ASD, further work will consist of testing the preliminary part of the study in a larger sample size in order to determine the impact of training on stress and coping in autism.

Conclusion

The neuropsychology of autism — Stress and coping in autism.}

References


