

Plain English Summary of Results (Expanded)

This study looked at whether sensory integration therapy can help children with Autism Spectrum Disorder (ASD) improve their everyday skills. These skills included taking care of themselves (such as eating, dressing, and hygiene), moving around independently (such as walking and climbing), and interacting with others (such as communicating and playing).

The results showed that children who received sensory integration therapy performed better than those who did not receive the intervention. They were more independent in daily activities, needed less help from caregivers, and showed better social engagement. These improvements were seen in both groups of children—those from Turkey and those from Northern Cyprus—indicating that the benefits of the therapy were consistent across different settings.

Importantly, more children in the intervention groups showed noticeable, meaningful improvements compared to children in the control groups. This means that the therapy did not just lead to small changes, but to improvements that are likely to make a real difference in everyday life.

The findings also showed that the differences between the groups were strong, suggesting that the therapy had a clear and meaningful impact. Children who received the intervention were better able to manage daily routines, move more independently, and participate more effectively in social situations.

Overall, the study suggests that sensory integration therapy can be an effective way to support children with ASD in becoming more independent and improving their quality of life.