

## COMORBID AUTISM SPECTRUM DISORDER AND PROBLEM BEHAVIOURS: A CASE STUDY OF HOME-BASED SENSORY INTEGRATIVE THERAPY

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**Background:** The vast majority considered pharmacological intervention as a legitimate treatment for behavioural problems in adults with Autism spectrum disorder (ASD) and intellectual disabilities (ID). Yet, sensory integrative therapy (SIT) has in recent years acquired increasing attention with regard to its improvements in functioning.

**Aim:** To report a case of ASD and ID presented with severe problem behaviors. To present and discuss the effect of a combined intervention of home-based SIT and pharmacological therapy on daily functioning.

**Method:** Case study and literature review.

**Results:** A 24-year-old male with moderate grade ASD and ID was referred to a home-based training service. He exhibited poor attention, daily self-stimulating behaviors and self-injurious behaviors (SIB). He was treated with 1/2 mg/day of Apo-haloperidol. Home-based SIT (Wilbarger Deep Pressure and Proprioceptive Technique) which evokes calming was first started on a weekly interval for five months and then on a daily basis for another five months. Improvement was first demonstrated by a reduction in temper tantrum and SIB during weekly treatment. When treatment became daily, he was able to demonstrate increasing attention in self-care activities as well as reducing frequency and duration of self-injurious and stimulating behaviors.

**Discussion:** Despite paucity of published evidence, our findings lend initial support to the effectiveness of SIT as a complimentary approach to treat behavioural problems and enhance daily functioning. Hence, SIT can be incorporated into treatment plan on behavioural problems. Further research using experimental design is called for given the promise of the present findings.