

CORRELATION BETWEEN THE LEVEL OF IMPLEMENTATION AND THE LEVEL OF EFFECTIVENESS OF THE DRESSING HOME PROGRAM (D-HOPE)

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ABSTRACT

Autism spectrum disorder (ASD) is one of the most common neurodevelopmental disorders among children that needs to be diagnosed and managed through multi-disciplinary interventions such as occupational therapy (OT). OT practitioners provide interventions for children with ASD that are aimed at increasing their independence in performing age-appropriate occupations such as activities of daily living (ADLs), play participation, and school participation. The aim of this study was to determine the following: level of acceptability of the newly developed Dressing Home Program (D-HOPE), its level of implementation, its level of effectiveness on parents' knowledge and skills, the correlation between its level of implementation and level of effectiveness, and the problems encountered in its implementation. The D-HOPE is a newly developed comprehensive dressing home program created by the main researcher. It is composed of two (2) components: written guide and online parent coaching. Its main goal is to support parents' knowledge and skills on how to help their child learn dressing skills and to establish a strong collaboration between them and their child's OT practitioner. A descriptive-correlational research design was employed. The study revealed that the D-HOPE was very highly acceptable as evaluated by OT practitioners and developmental pediatricians. It also yielded a very high level of implementation as evaluated by parents. It was also very highly effective on parents' knowledge and skills regarding their child's OT dressing intervention. Correlations suggested that the higher the implementation of the D-HOPE, the higher its effectiveness on parents' knowledge ($r=0.546$, $p=0.002$). The D-HOPE's very high level of acceptability suggests that it can be used by OT practitioners in providing a dressing home program for parents of children with ASD. The results of the study supporting the relationship between its level of implementation and level of effectiveness on parents' knowledge should be considered when creating and implementing home programs for parents of children with ASD.

Keywords: D-HOPE, Home Program, Dressing, Parent Training, Parent Coaching, Autism, ASD.