
Vidya Pingale – Occupational Therapy

Peer-reviewed Research Publications:

1. Pingale, V., Fletcher, T., & Candler, C. (2019). The Effects of Sensory Diets on Children's Classroom Behaviors. *Journal of Occupational Therapy, Schools, & Early Intervention, 12*(2), 225-238.

ABSTRACT: Objective: Investigate the effect of sensory diets on children's sensory processing, psychosocial skills, and classroom engagement behaviors in the school environment.
Method: A single subject A-B-A design was used with three children attending 1st and 2nd-grade level special education classes in an urban public school. Three target behaviors individualized for each child were measured, each in a group and individual classroom context. Results: Visual analysis showed a decrease in problematic behaviors for the three participants with introduction of the sensory diet. This decrease persisted after intervention withdrawal. Conclusion: Sensory diets administered in brief sessions in the school day appear to be effective in improving children's sensory processing, psychosocial, and classroom engagement behaviors and may have a continued beneficial effect. Further study is recommended to determine the relative influence of the manner of introduction of the activities as short breaks in the school day versus the sensory activities themselves.