

A member of the Samonas International Network

Samonas Auditory Performance Center

3 Shenton Way, # 09-09A Shenton House, Singapore 068805 (T) 3112 5000 (F) 6300 9512

“Effectiveness Of Samonas Sound Therapy in Treating Preschool Children With Autism” (A Pilot Study)

Information about the Research Project

Purpose of the study

To demonstrate the effectiveness of the Samonas method in improving engagement, interaction and listening skills of preschool children with autism. Two treatments will be compared to evaluate which one is more effective.

By Whom?

Supervised by researchers from School of Music/ The University of Queensland:

1. Ms Suvi Pitkola (OT/ MT Kaleidoscope Therapy Centre, PhD student)
2. Dr Felicity Baker (Associate Professor, Director of Research)
3. Dr Kylie Morgan (Associate Lecturer)

Treatments and assessments are provided by an experienced local team that consists of a special education teacher, a psychologist and an occupational therapist. Treatments are overseen and designed by Mr Ingo Steinbach, developer of the Samonas method.

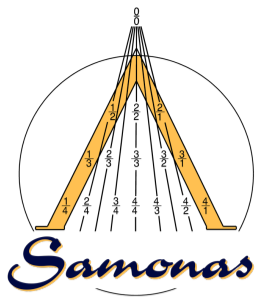
For Whom?

Children with autism aged 3-6 years who

- ✓ Have trouble paying attention, especially in the presence of background sounds (other children playing, people talking, music playing, traffic sounds...)
- ✓ Are easily distracted by sounds/ noise
- ✓ Do not respond consistently when being called
- ✓ Have challenges in the areas of engagement and interaction....and who
- ✓ Have parents who are interested in very detailed assessments of the child's progress

Exclusion

- ✓ Children with Rett's Disorder or Childhood Disintegrative Disorder, and
- ✓ Children with autism and an additional diagnosis such as CP, Down Syndrome or severe medical condition can unfortunately not participate in this study.



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How does it work?

The best research design, recognized by medical journals and the larger international community is called the randomized controlled trial, RCT. Our study will follow this design. Children are randomly allocated into 2 treatment groups: A clinic-based music group, receiving immediate treatment at the Samonas Auditory Performance Centre, or a home-based music group, receiving music treatment with Samonas equipment at the child's home. Children in the home music group will be provided with the clinic intervention once the 3-month study period is over.

What is the treatment like?

Children in both groups will be listening to music over high quality headphones and other specialist equipment that makes the listening more effective. They will be engaged in play with a parent while listening. The listening session will take 1 hour during the first 2 weeks for both groups, and 5-10 minutes twice a day for 9 weeks for the clinic group.

How long does it take?

3 months: A two-week listening program for both groups, followed by a nine-week home program for clinic-group, or nine-week waiting period for home group. There will be an assessment before the start of the program, after 2 weeks, and after 9 weeks for both groups.

Why enroll in a research project?

Benefits for the individual:

- ✓ Detailed assessments are administered before and after treatment to track your child's progress. Most of these assessments are currently not available as a part of the standard practice.
- ✓ Those allocated in the home music group will receive additional free music treatment at their own home.
- ✓ The project is supervised by experienced researchers in the field of music therapy. Dr Felicity Baker is currently the Associate Professor and Director of Research in the School of Music, The University of Queensland.

Benefit to the larger community:

- ✓ The Ministry Of Health is calling for more research in the field of autism treatments. We need detailed information to find out which children benefit most from which intervention and in which ways. This research project aims to answer the call to promote Evidence-Based Practice in Singapore.

How to get more info?

Please **contact the Samonas Auditory Performance Center, tel. (+65) 3112 5000, or email centerSingapore@samonas.com** for more details.