

## Early Childhood Programs

### Review 3

Eldevik, S., Hastings, R. P., Hughes, J. C., Jahr, E., Eikeseth, S., & Cross, S. (2009). Meta-analysis of early intensive behavioral intervention for children with autism. *Journal of Clinical Child & Adolescent Psychology*, 38, 439–450. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/19437303>.

<b>Objectives</b>	Using a meta-analysis, assess the effects of early intensive behavioral interventions (EIBIs) for children with autism.
<b>Studies Included</b>	Nine U.S. and international studies from 1987 to 2007
<b>Participants in the Studies</b>	Children between the ages of 2 and 7 diagnosed with autism or pervasive developmental disorder not otherwise specified (PDD-NOS)
<b>Settings</b>	Settings were not reported for the studies.
<b>Outcomes</b>	Intellectual functioning, adaptive behavior improvement (communication, daily living skills, socialization, and motor skills)
<b>Limitations of the Studies</b>	There was a small number of studies included in the analysis; quality of studies varied owing to lack of random assignment; there was a lack of studies comparing EIBI and other approaches; differences in the outcome between EIBI and comparison groups may be the result of differences in the amount and frequency of supervision and training (there were not enough data to control for this), and this may affect the validity of conclusions of the superiority of EIBI; because of the limited number of studies and variables, it was not possible to conduct an analysis of moderator variables that could explain variation in intervention outcomes; there were methodological concerns, such as lack of random assignment.

### Results

This systematic review compared the outcomes of children with autism receiving EIBIs, eclectic treatment, or no-intervention control. In eclectic programs, the particular composition of treatments is adjusted to the individual child’s needs and may vary greatly across children and across time for a given child. The meta-analysis indicated that EIBIs for children with autism had a large effect on intellectual functioning, and a moderate effect on adaptive behavior abilities (e.g., communication, socialization, daily living skills, motor skills) as compared to no-intervention controls and groups provided with eclectic treatment.