

CO-OP Study



Do you have a child on the autism spectrum who has motor difficulties?

Cognitive Orientation to Occupational Performance (CO-OP) therapy encourages individuals to be involved in their own goal setting and to develop cognitive strategies to help them achieve tasks of everyday living such as handwriting or ball skills. This study is a randomised controlled trial that will assess the effectiveness of the CO-OP therapy for developing motor skills for children on the autism spectrum. This means you will be allocated to one of two conditions: (1) immediate individual CO-OP therapy; (2) treatment-as-usual which will be followed by group CO-OP therapy.



What's involved?

The CO-OP program is a 10-week block, involving an initial goal setting session and movement assessment (both groups), eight weeks of one-hour CO-OP sessions (immediate CO-OP group), and a final session to assess outcomes (both groups).

Those randomised to the treatment-as-usual group will be offered group CO-OP following the final session. There is no cost associated with this research.

Who can take part?

Children diagnosed with autism spectrum disorder:

- Aged between 5-10 years
- With motor difficulties (also assessed at the intake session)
- Without intellectual disability
- Can set own goals

For more information or to take part:

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