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RESULTS

- PURPOSE:** To examine the effects of physical activity interventions on health and behavior outcomes in preschool children with developmental disabilities.

METHODS

PROTOCOL

1. Development 2. Search 3. Screening 4. Synthesis

CRITERIA

Population

- 33 to 72 months
- Developmental differences

Exposure

- Movement behavior-focused intervention

Outcome

- Movement behavior or health outcome

Other

- Original English-written research study in peer-reviewed journal

PRISMA DIAGRAM

Identification

- Studies from 9 databases & registries = 19,598
- Other sources = 12
- Duplicates removed = 7,419

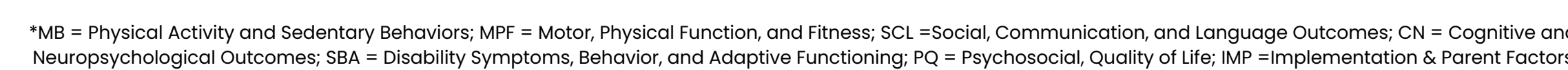
Screening

- Titles & abstracts screening = 12,191
- Full-text screened = 887
- Initially included = 223

Included

- Included reports = 33
- Sample sizes = 6 to 59 children

DESCRIPTIVE SUMMARIES



ANALYTIC SYNTHESSES

Autism

Movement Behaviors (6-10)	
Social, Communication, & Language (7,8,11-17)	
Cognitive & Neuropsychological (15,18-20)	
Disability Symptoms, Behav., & Adap. Funct. (6,7,18,21-23)	
Psychosocial, Quality of Life (18)	
Motor, Physical Function, & Fitness (6-9,11,13,24)	
Implementation & Parent Factors (6,7,22)	

Cerebral Palsy

Movement Behaviors (26)	
Social, Communication, & Language Outcomes (26)	
Motor, Physical Function, & Fitness (27,28)	 
Implementation & Parent Factors (26)	

Intellectual Disability

Movement Behaviors (29,30)	 
Social, Communication, & Language Outcomes (29)	
Disability Symptoms, Behavior, & Adapt. Function. (31)	
Psychosocial, Quality of Life (30)	
Motor, Physical Function, & Fitness (30,31)	 

Beneficial effect(s) = Partial effect(s) = No effect(s) =

ADHD

Social, Communication, & Language Outcomes (25)	
Disability Symptoms, Behavior, & Adaptive Functioning (25)	
Implementation & Parent Factors (25)	

Development Coordination Dis.

Psychosocial, Quality of Life (33)	
Motor, Physical Function, & Fitness (33-35)	  

Deaf/Hearing

Social, Communication, & Language Outcomes (32)	●
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Development Delays/Disorders

Social, Communication, & Language (36)	
Disability Symptoms, Behavior, & Adaptive Functioning (36)	
Motor, Physical Function, & Fitness (36-38)	  
Implementation & Parent Factors (36,38)	 

CONCLUSIONS

- Physical activity interventions show benefits across multiple health and developmental outcomes in preschool children with developmental disabilities.
- Evidence is promising but limited by small sample sizes, heterogeneous interventions, and variable study quality.
- Future research should use larger, developmentally tailored trials and standardized outcome measures to strengthen the evidence base and guide practice and policy.

REFERENCES

- [illegible]

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