



Enhancing TF-CBT with iPad APPs for Children with Developmental Disabilities Who Have Experienced Sexual Abuse

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Background

- Children with developmental disabilities are:
 - 2.9 times more likely to be sexually assaulted
 - less likely to receive treatment due to limited communication skills
- TF-CBT is an evidence-based treatment for victims of trauma
- Studies inconclusive about CBT use with DD population; modified TF-CBT can be effective
- iPad APPs were selected because of their accessibility to both clinicians and families
- Clinicians indicated interest in identification of APPs that could facilitate implementation

Methods

- Exploratory in nature in conjunction with literature reviews
- TF-CBT online certification was obtained by reviewers
- No IRB approval was necessary
- Survey of local clinicians using TF-CBT to identify modules for which APPs would be useful
- Matrix was developed to evaluate iPad APPs that could support mental health clinicians
- APPs were identified and evaluated using the matrix
- Narrative guide was created

Community Partners

- Barbara Callahan**, NY State Office of Mental Health (OMH):
- Reported that there is a lack of funding and training for services. In addition, there is a lack of integration between OMH and the Office of Person's with Developmental Disabilities (OPWDD)
- Izel Obermeyer**, Director of Assistive Technology at WIHD:
- Reported that there is limited research in identifying effective iPad APPs that can be utilized with this population

Results to Date



- Over 50 APPs were reviewed
- Of those 21 were identified as appropriate for specific TF-CBT modules
- APPs for use with Affect Regulation and Relaxation modules were easiest to identify
- APPs for use with the Cognitive Processing module were difficult to identify
- Only 1 APP was identified for labeling of body parts which is often important in treatment of sexual abuse

Conclusions/Next Steps

- Overwhelming number of APPs available makes identifying useful APPs challenging
- 15 APPs were identified to be appropriate for 5 modules of TF-CBT
- Identified appropriate APPs require clinician modification and customization for use with each client
- APPs can be used to supplement, not replace, client-therapist relationship
- Need to have clinicians test the use of the APPs and provide feedback in a pilot study
- Conduct a controlled study

Goals and Objectives

- Develop evaluation matrix for APPs
- Rate and review APPs based on matrix criteria
- Develop narrative guide for clinicians to use in implementing TF-CBT with children with developmental disabilities who have experienced trauma

TF-CBT Module	APP	Cost	Developmental Stage	Display Output	Language	Feedback/ Reinforcement	User Reviews
Relaxation	Breathe, Think, Do [®] 	Free	Pre-operational stage and up	Audio/Visual	English Spanish	Audio/Verbal	4.5 stars
Cognitive Processing	CBT4Kids [™] 	Lite- Free Full- \$12.98	Pre-operational- (Relaxation only) Concrete Operational	Audio/Visual	English	None	2 stars

