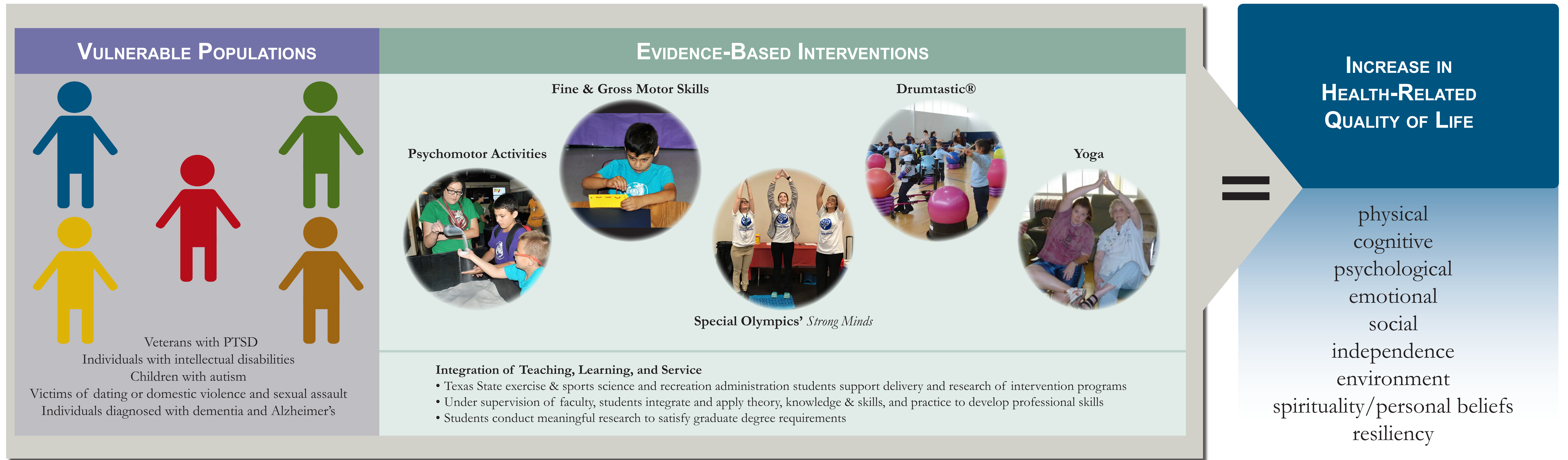


HEALTH-RELATED QUALITY OF LIFE INTERVENTIONS FOR VULNERABLE POPULATIONS

Research Goals: Develop and deliver traditional, alternative, and complimentary activity-oriented interventions to improve health-related quality of life indicators for vulnerable populations and their families and caregivers, focusing on the impact of paired vs. individual interventions.



RESEARCH RESOURCES

- Samsung tablets for real-time data collection
- Large exercise balls and drumsticks
- Psychomotor, fine and gross motor skills, and school readiness interventions
- Multigenerational and multicultural interventions
- Community-based, socially inclusive program space
- Drumtastic® curriculum aligned with developmental activities from the National Standards for Physical Education (NASPE) and Depth of Knowledge (DOK)
- SMCISD behavioral specialist
- Partnership with Special Olympics Texas

RESEARCHERS

Dr. Lyn G. Litchke, Associate Professor of Recreation Administration
Department of Health and Human Performance

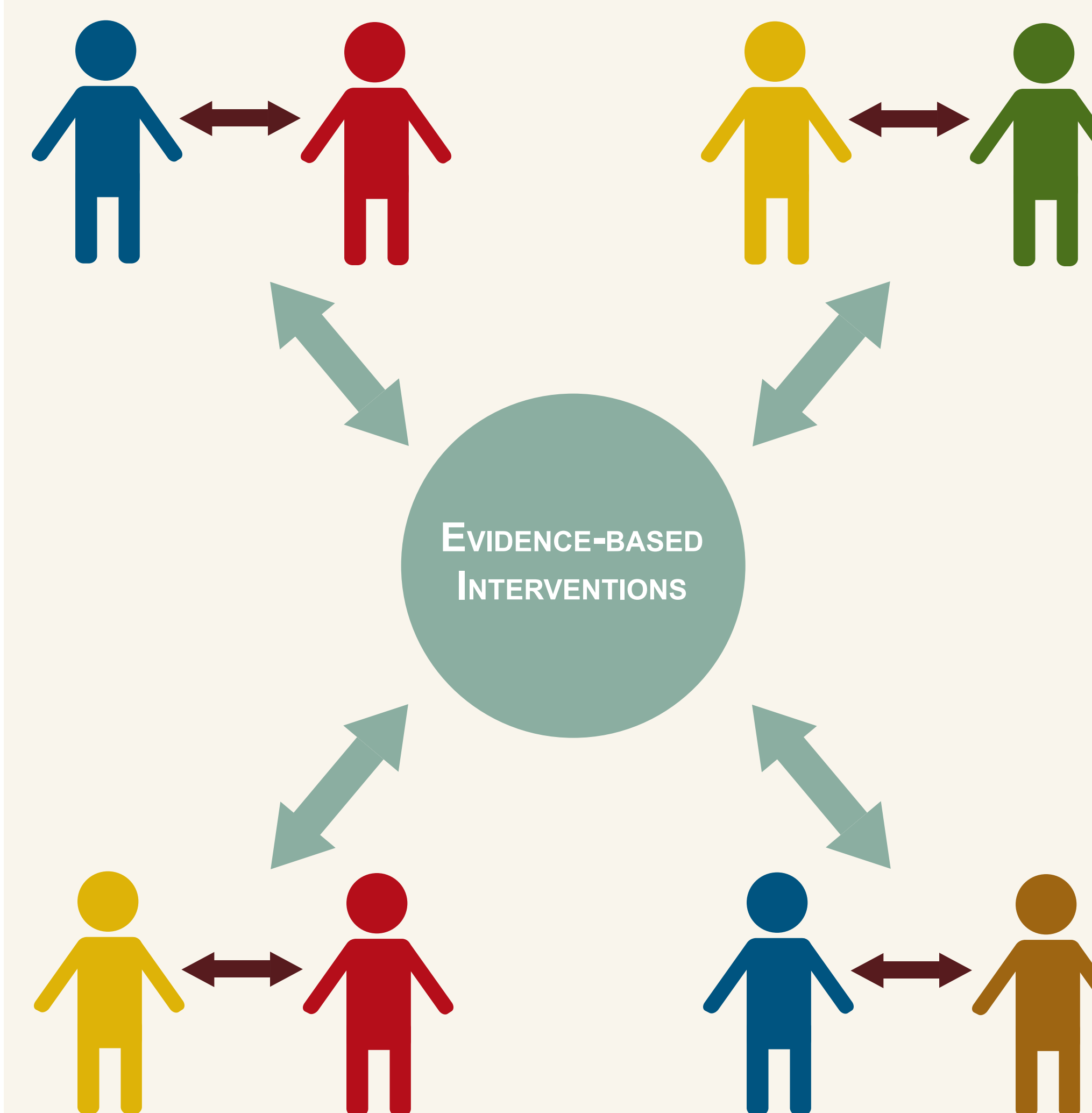
Dr. Ting Liu, Associate Professor of Exercise & Sports Science
Department of Health and Human Performance

Dr. Andrea B. Dennison, Assistant Professor of School Psychology
Department of Counseling, Leadership, Adult Education and School Psychology

RESEARCH FINDINGS

- **Children with autism** receiving a psychomotor intervention scored significantly higher on body awareness, body concepts, space concept, and overall psychomotor concepts compared to control group
- Fine and gross motor difficulties of **children with autism** may be related to their delayed processing of visual, auditory, tactile, and movement stimuli
- Yoga improved emotional expressiveness, social engagement, attention span, and reduced disruptive behaviors in **children with autism**
- Chair yoga for **individuals with Alzheimer's** improved daily living skills, engagement with others, eye contact, verbal language, positive outlook, and sense of humor
- Drumtastic® improved motor performance and behavior in **children and youth with developmental delays and intellectual disabilities**
- **Children and youth with ADHD** engaging in a spiritually-based recreation inclusion program improved memories of specific activities, connection with God, meaning of faith, and appreciation of friends

RESEARCH GOALS



Determine impact of interdependence between participants from vulnerable populations while engaging in evidence-based practice

- Measure the impact of engagement with task and peer participants on Health-Related Quality of Life indicators and school readiness
- Identify interventions that impact the short and long-term Health-Related Quality of Life benefits that impact positive lifestyle choices
- Explore the impact of therapeutic interventions and interdependent systems approach on developing resilient relationships