



**Presenter:** Naomi Sosa

**Session & Time:** Oral\_II / 1:00 to 1:20pm

**Room:** Guzman 104

**Discipline:** Occupational Therapy

**Faculty Mentor:** Julia Wilbarger

**ZOO link:**

<https://us04web.zoom.us/j/71090937040?pwd=ZFaibWRoad9QwjPcu9qzuUaKCXG6ym.1>

**ZOOM Passcode:** DUC

**Digital Portfolio URL:**

**Title:** Caregiver Perspectives on Sensory Diets

**Abstract:**

**Objective:** The purpose of this study is to examine caregiver perceptions on sensory diets. The term “sensory diet” refers to the intentional use of sensory experiences to promote adaptive responses and improve occupational performance. (Wilbarger & Wilbarger, 2002).

**Methods:** Participants in this study are caregivers of children of any gender between the ages of 4-18 who have received a sensory diet within the last five years. Eligible participants include parents whose children are enrolled in outpatient pediatric occupational therapy clinics across the United States.

We will recruit participants through occupational therapists who will distribute the announcements and a link to the study’s questionnaire to appropriate families in their practices. Therapists will

be recruited through emails sent to clinics and through social media. Participation in this study will complete an online questionnaire about their experience of providing a sensory diet for your child. Content of the digital survey includes the following: background, logistics regarding the sensory diet, and your experience with the costs and benefits of the sensory diet.

Data will be analyzed using descriptive statistics and qualitative analysis of open-ended questions. This exploratory research study seeks to understand perspectives rather than test a specific hypothesis. Data has yet to be collected.

Results and conclusions: Data is yet to be collected. We hope to gather parent/caregiver perspectives on the costs and benefits of administering sensory diets.

What the work adds to knowledge on the topic: Interest in implementing and facilitating sensory diets has grown in clinics, homes, and schools as a popular intervention to address sensory challenges. A current gap in research exists due to the lack of data surrounding caregiver experiences and perceptions about providing sensory diets for their children. This research project will address this gap by gathering data on the experiences and perceptions of caregivers who facilitate sensory diets.