

*The Efficacy and Effectiveness of Video Self-Modeling and Behavior Skills*

*Training in social skill acquisition among Autistic children.*



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## TABLE OF CONTENTS

### CHAPTER – I

Introduction	1- 41
Autism Spectrum Disorder (ASD)	1
Characteristics of ASD	5
Social Skills	8
Applied Behavior Analysis (ABA)	8
Mode of Intervention	9
Video Modeling	9
Video Self Modeling	9
Behavior Skills Training.	11
Theoretical Framewok	13
Literature Review	14
Rationale	19
Objectives	21
Hypotheses	26

### CHAPTER – II

Methodology	44-50
Research Design	44
Participants	45

Settings	45
Inclusion Criteria	45
Exclusion Criteria	45
Instruments	45
Demographic Sheet	45
Vineland Adaptive Measure Scale (VABS)	46
Operational Definition of Variables	47
Experimental Design	46
Stimulus Material	47
Video Production and Taping	47
Procedure	48
Baseline	48
Video Self Modeling Intervention	49
Behavior Skills Training	49
Steps of Intervention	50
Follow Up	50

### **CHAPTER – III**

Results 51-73

### **CHAPTER – IV**

Discussion 74-88

Limitations and Suggestions 87

Practical Implications 88

Conclusion 88

### **CHAPTER – V**

References 89-124

### **CHAPTER - VI**

Annexure 124

## LIST OF TABLES

Table-1	<i>Two-way ANOVA measuring effect of video self-modeling and behavioral skill training on the behavior of ASD children (N=4).</i>	52-53
Table-2	Table indicates significant gender differences in communication, daily living, and mal adaptive behavior.	54

## **ABBREVIATIONS**

VABS            Vineland Adaptive Behavior Scale

ASD            Autism Spectrum Disorder

VSM            Video self Modeling

BST            Behavioral Skills Training



## **LIST OF ANNEXURES**

Annexure A                      VABS-II



## **ABSTRACT**

The current study aimed at The Efficacy and Effectiveness of Video Self Modeling and Behavior Skills Training in Social Skills Acquisitions among Autistic Children. People diagnosed with ASD might have social issues that include difficulty in interaction and communication with other people. Vineland Adaptive Behavior Scales (Sparrow, Cicchetti, & Balla, 2005) has been used. To effectively help the autistic child, the first step is identifying the symptoms. One reliable assessment tool is the Vineland Adaptive Behavior Scale or VABS. The scale has five domains that measure various areas of functioning. The domains are divided as communication, daily living skills, socialization, motor skills and maladaptive behavior. For this purpose sample of 4 Autistic children 2 Boys and 2 Girls were selected within age range of 7-13 years. Applied Behavior Analysis (ABA) is thought to be highly effective in developing social initiation as well as social responses. According to Bandura (1969), Video Self Modeling is best way to use a similar model for the targeted person so VSM is highly effective approach and in Behavioral Skills Training procedure consists of a trainer initially providing instructions on how to engage in the target behavior. Results of the study revealed that the intervention is significantly effective to teach social skills to autistic children. Socialization skills Baseline (M=61.25; SD=6.13), Pre-Intervention (M=76.75; SD=11.15), Intervention (M=72.50; SD=8.74), Post-Intervention (M=77.00; SD=11.80). Video self-modeling has been vulnerable in the literature to be an effective treatment for individuals with autism, and this study has supported those findings. The present study has demonstrated the effectiveness of VSM alone to increase social interactions for this population. This study also demonstrated the effectiveness of BST+VSM to increase social interactions for autistic children. Limitations and recommendations for future studies are also discussed.