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# Database of therapies & interventions for autism

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# AUTHERAPIES

“Upgrading competences for choosing evidence-based therapies for people with autism, their relatives and their key professionals”

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European Economic and Social Committee

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To develop a free and accessible digital tool that provides objective, structured, and evidence-based information to support the selection of appropriate therapies for autism.

Aimed at:

- People with autism
- Families and carers
- Healthcare and education professionals
- Students....

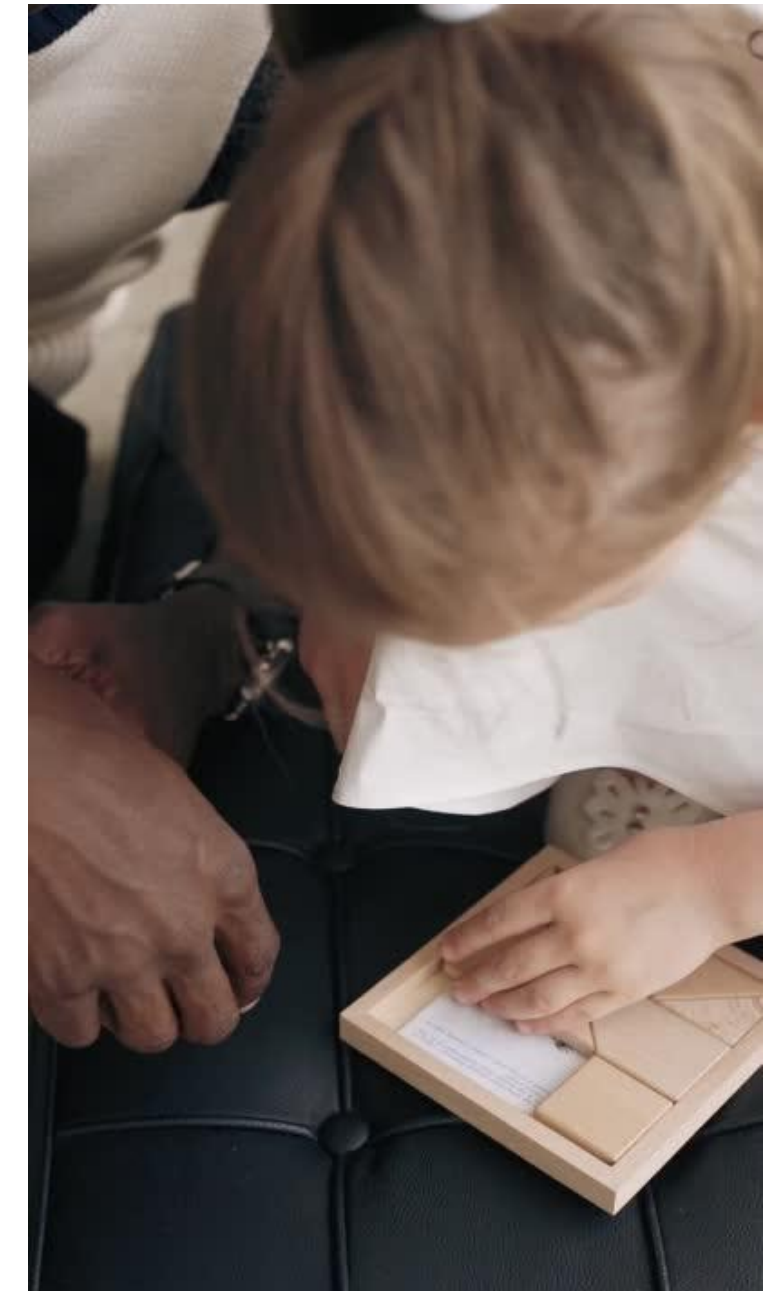
Available in:

- Spanish, Catalan, French, Italian, Polish and English.





- ✓ Helping individuals with autism and their families understand the range of available therapies.
- ✓ Empowering users to make informed decisions about therapy options based on scientific evidence.
- ✓ Identifying which therapies have the strongest evidence base and their intended outcomes.
- ✓ Providing clear information about therapies that may be potentially harmful or not recommended according to current clinical guidelines.
- ✓ Supporting healthcare and education professionals in recommending safe, effective, and personalized interventions.



## WP. 2 Comparative index of evidence-based therapies for autism and online database

- Review of evidence-based therapies for autism
- Compilation in a database
- Creation of the project website, and integration of the database

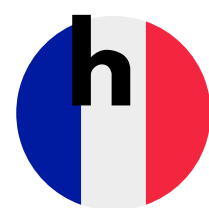
**Spanish**



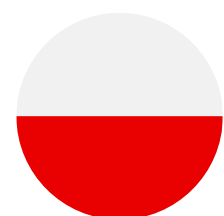
**Italian**



**French**



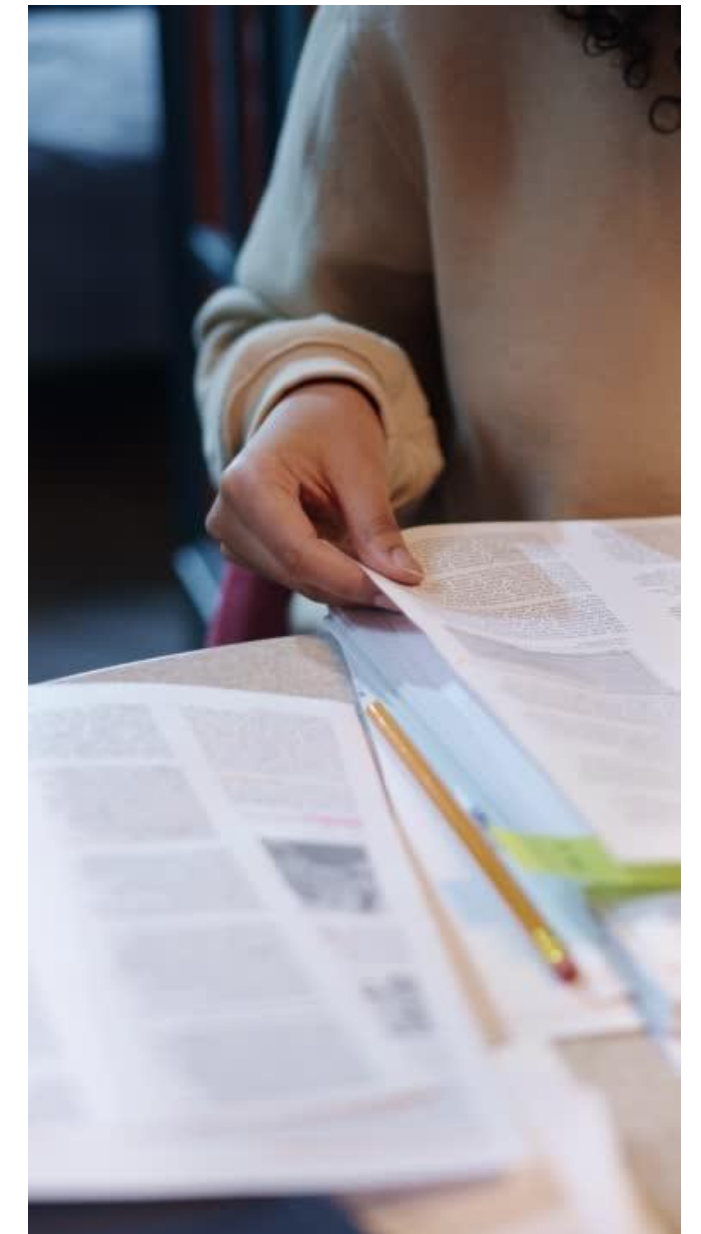
**Polish**



**Catalan**



**English**





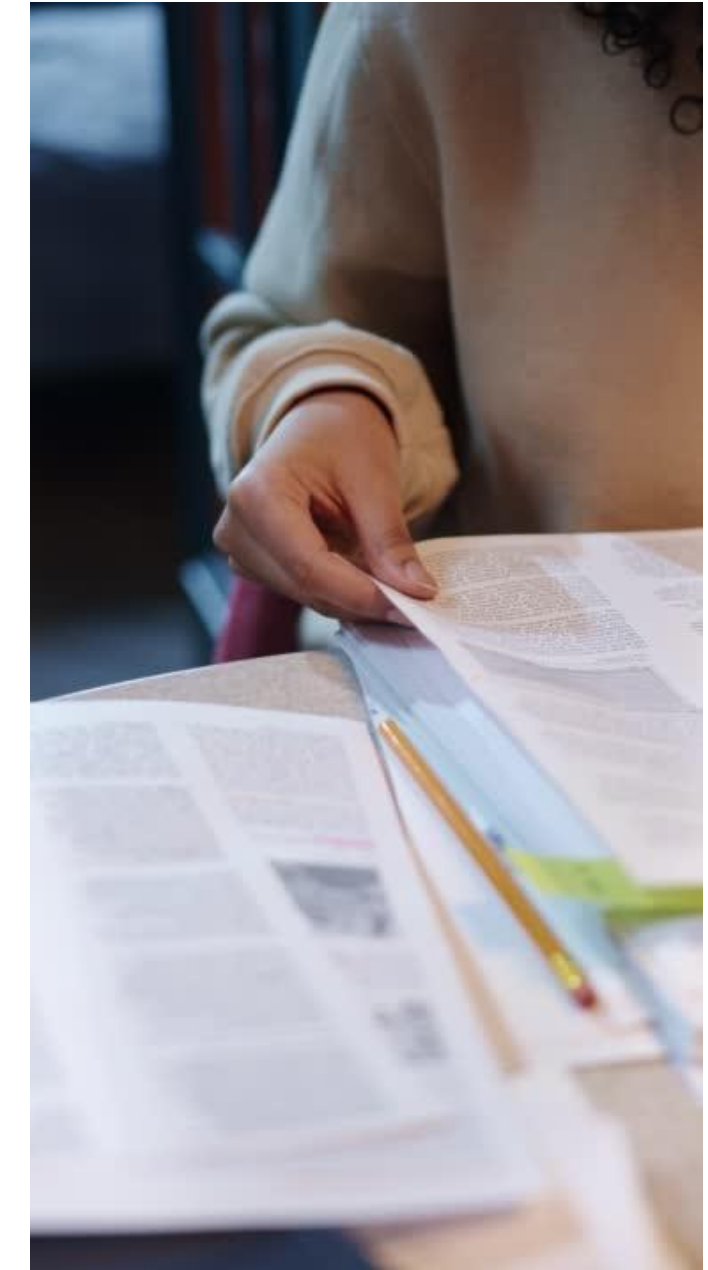
## 1 REVIEW TO PRODUCE A LIST OF THERAPIES

- Review of national and international guides of practice not only European.
- Review of guides for parents.
- Review of the web, associations, ads, news, etc.
- Systematic review of scientific papers and literature.

## 2 A LIST OF 254 THERAPIES WAS PRODUCED

- Evidence for each specific therapy was checked.
- The level of evidence was assigned.
- A short description was added.
- Two areas or domains of treatment were assigned when possible.
- The main bibliographic reference and link was provided.

## 3 INTEGRATION OF THE DATABASE IN THE PROJECT WEBSITE

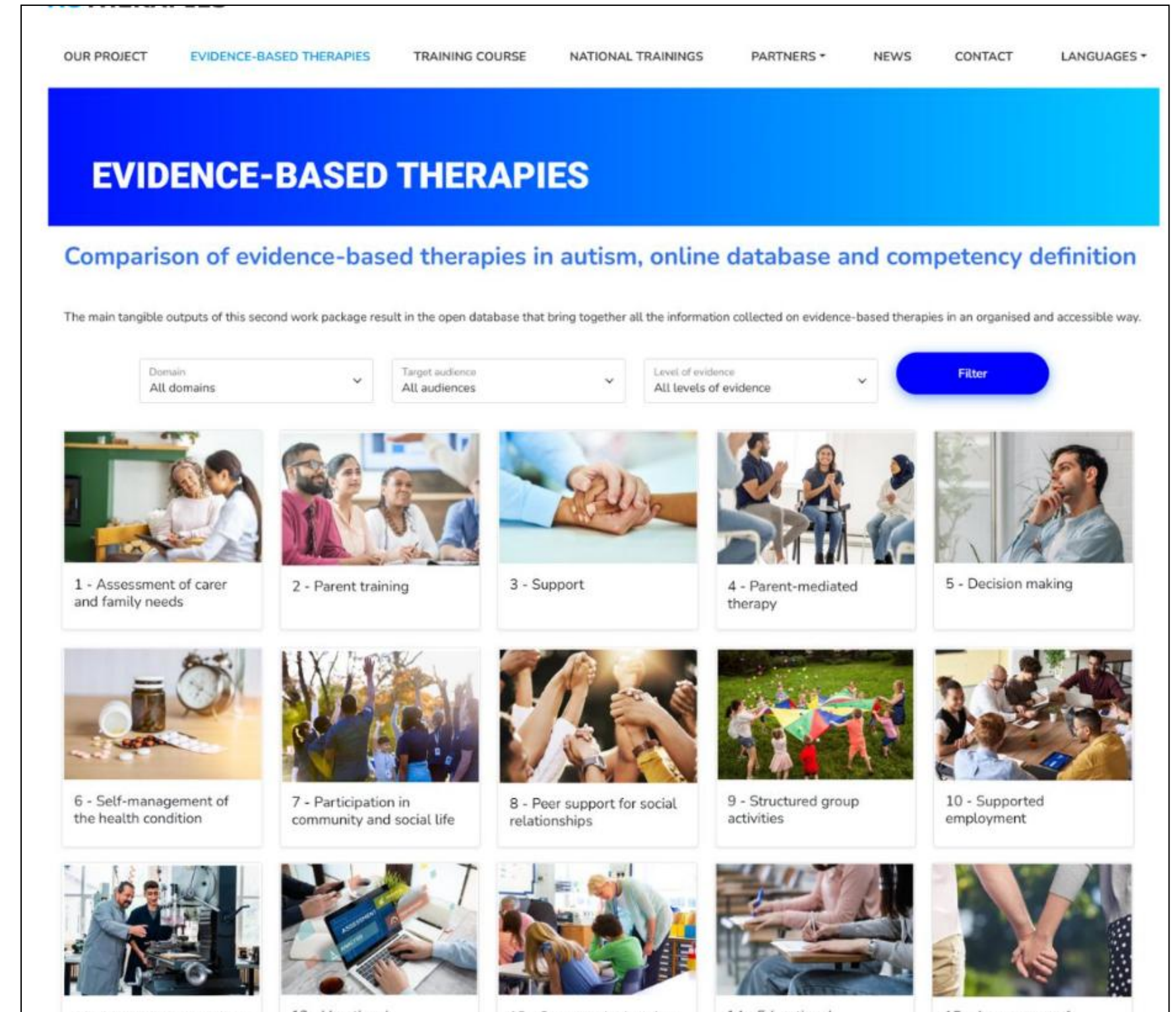


Free

Online

Visual

>250 therapies



The screenshot shows the 'EVIDENCE-BASED THERAPIES' section of the AUTHERAPIES website. The navigation bar includes links for 'OUR PROJECT', 'EVIDENCE-BASED THERAPIES', 'TRAINING COURSE', 'NATIONAL TRAININGS', 'PARTNERS', 'NEWS', 'CONTACT', and 'LANGUAGES'. The main heading is 'EVIDENCE-BASED THERAPIES', followed by the subtitle 'Comparison of evidence-based therapies in autism, online database and competency definition'. A paragraph states: 'The main tangible outputs of this second work package result in the open database that bring together all the information collected on evidence-based therapies in an organised and accessible way.' Below this, there are three filter dropdowns: 'Domain' (set to 'All domains'), 'Target audience' (set to 'All audiences'), and 'Level of evidence' (set to 'All levels of evidence'), along with a 'Filter' button. The main content area displays a grid of 15 therapy cards, each with a representative image and a title:

- 1 - Assessment of carer and family needs
- 2 - Parent training
- 3 - Support
- 4 - Parent-mediated therapy
- 5 - Decision making
- 6 - Self-management of the health condition
- 7 - Participation in community and social life
- 8 - Peer support for social relationships
- 9 - Structured group activities
- 10 - Supported employment
- 11 - Medication management
- 12 - Vocational training
- 13 - Social skills training
- 14 - Educational interventions
- 15 - Assessment of needs



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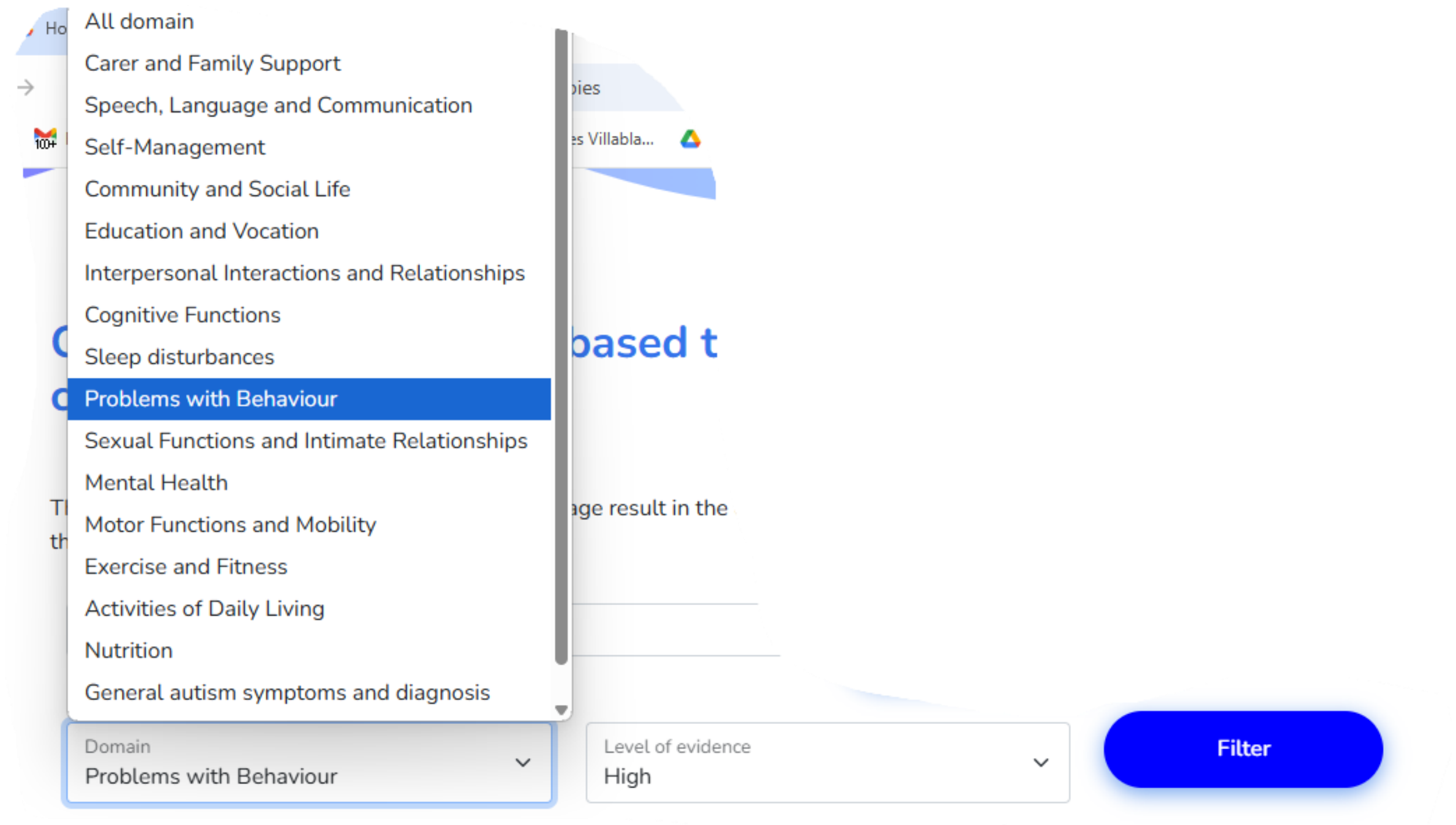
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Search by name

Search

## Search by domain



The screenshot shows the AUTHERAPIES search interface. A dropdown menu is open, displaying a list of domains. The domain "Problems with Behaviour" is selected and highlighted in blue. Below the dropdown menu, there is a "Domain" label and a "Level of evidence" dropdown menu set to "High". A blue "Filter" button is visible on the right side of the interface.

- All domain
- Carer and Family Support
- Speech, Language and Communication
- Self-Management
- Community and Social Life
- Education and Vocation
- Interpersonal Interactions and Relationships
- Cognitive Functions
- Sleep disturbances
- Problems with Behaviour**
- Sexual Functions and Intimate Relationships
- Mental Health
- Motor Functions and Mobility
- Exercise and Fitness
- Activities of Daily Living
- Nutrition
- General autism symptoms and diagnosis

Domain: Problems with Behaviour

Level of evidence: High

Filter



Search by level of evidence

Domain  
Problems with Behaviour

Level of evidence  
High

All levels of evidence  
High  
Medium  
Low  
Dangerous  
Not recommended

Filter



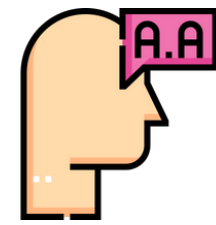
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Speech, Language  
and Communication



Sexual Functions  
and Intimate  
Relationships



Activities of Daily  
Living



Cognitive  
functions



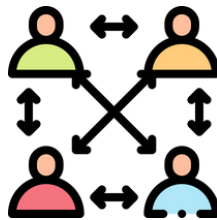
Motor Functions  
and Mobility



Education and  
Vocation



Community and  
Social Life



Interpersonal  
Interactions and  
Relationships



Career and  
Family Support



Sleep  
Disturbances



Nutrition



Exercise and  
Fitness



General Autism  
Symptoms and  
Diagnosis

**Search filter by  
domain**



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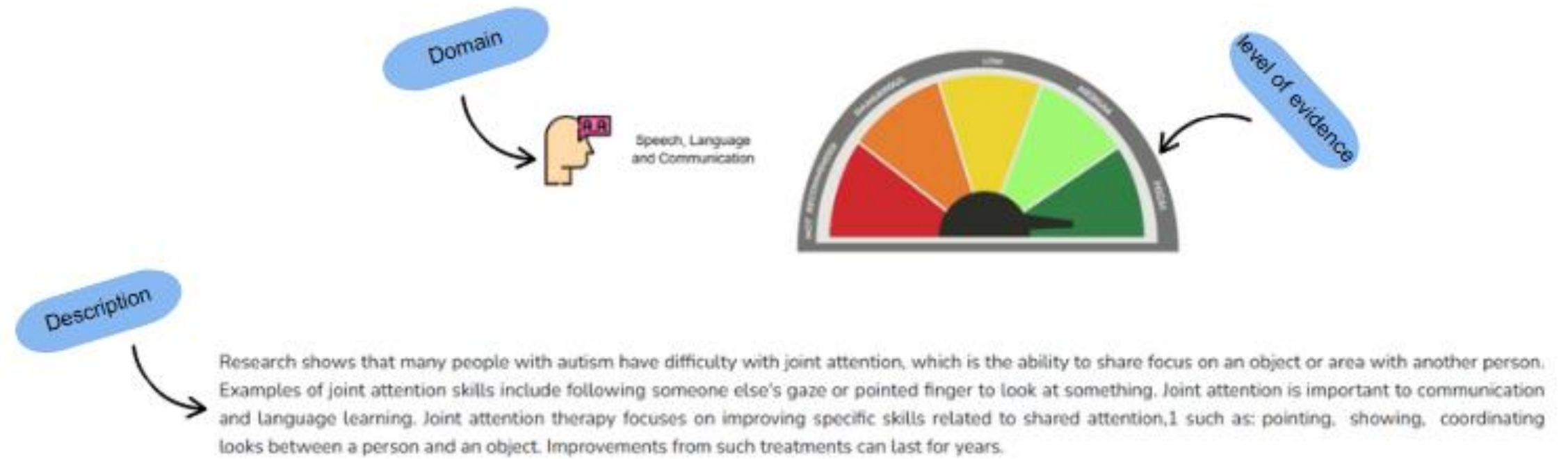
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**Plus: references  
and link sources**

## JOINT ATTENTION THERAPY



**References**

What are the treatments for autism? NIH

**Link Source**

<https://www.nichd.nih.gov/health/topics/autism/conditioninfo/treatments>



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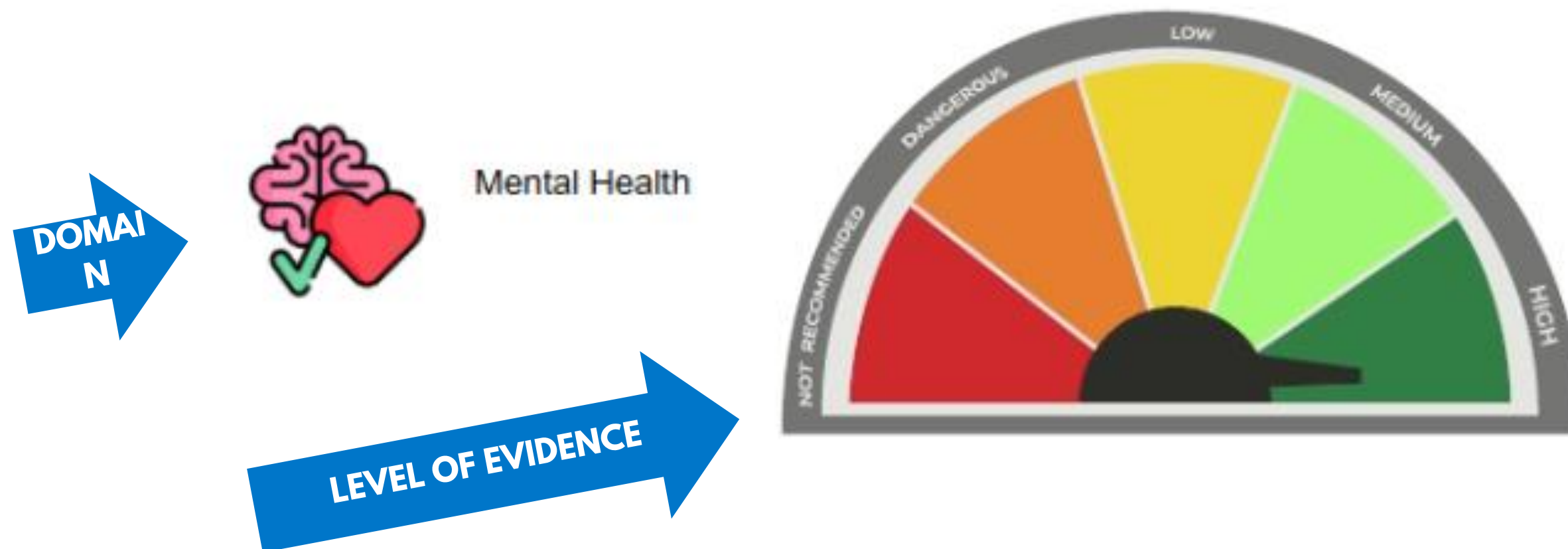


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DI TORINO



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## Search filter by domain and level of evidence



- High
- Medium
- Low
- Dangerous
- Not recommended



# Interactive activity: 'Make an evidence-based decision'

## FICTITIOUS CLINICAL CASE

**Name:** Leo

**Age:** 6 years old

**Diagnosis:** Autism, grade 2, no intellectual disability

### Profile:

- Limited verbal language
- Difficulties in social interaction
- Sensitivity to noise
- Repetitive behaviours
- Problems with food textures

**Environment:** Mainstream schooling with support, motivated family, no serious medical history.

1



Access the Autherapies database and search for information on the following three therapies:

- Sensory integration therapy
- Quelation/Chelation
- Applied Behaviour Analysis (ABA)

Compare their level of evidence and risks, and decide which one you would recommend for Leo.

2



3

Use the code to finish: 2315 5696



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## ✓ Maintenance & Updates:

Regular evidence reviews  
Technical and content updates

## ✓ Expansion:

New languages & cultural adaptations  
Broader professional dissemination

## ✓ Outreach:

Collaboration with families & associations  
Partnerships in low-resource settings

## ✓ Promotion:

Social media, newsletters, SEO  
Academic publications & conferences

## ✓ Evaluation:

User feedback & impact analysis  
Integration in education & training

## ✓ Sustainability:

Funding strategies  
Partnerships with universities & NGOs





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# AUTHERAPIES



<https://autherapies.eu/>



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