

The Use of Visual Imagery in Asperger's Syndrome

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Introduction: Previous research (1) suggests that visual imagery (the act of imagining the exact replication of how a task is performed) enhances learning and performance. Individuals with Asperger's Syndrome have capabilities in the use of visual imagery (2), but to date, there is no research on the use of visual imagery to improve activities of daily living performance in this population.

Objectives: This pilot study investigated the use of visual imagery in the performance of a cooking task in three individuals with Asperger's Syndrome.

Method: This is a one-group pretest-posttest pilot study that utilized a sample of convenience. The Revised Kitchen Task Assessment (3) was used to measure performance on a cooking task before and after the use of visual imagery, and the Short Imaginal Processes Inventory was used as an instrument to determine the subjects' innate ability to image.

Results: A positive relationship was found between the use of visual imagery and improved performance on a cooking task as per visual inspection of the data, more specifically, the execution/motor planning of the task. There was no relationship between innate ability to image and performance.

Conclusion: The use of visual imagery may be associated with the ability of individuals with Asperger's Syndrome to perform more independently on a cooking task regardless of their innate ability to image.

Contribution: Results support the need for a full quantitative study.

Reference List

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