

Results from the study ‘Measuring the participation of children and adolescents in everyday activities’

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Thank you to the families who were involved last year in our research study that compared how children with and without Asperger syndrome are involved in everyday activities. From the information collected we found that when compared with typically developing children, children with Asperger syndrome,

- are involved in fewer activities per day,
- report higher levels of enjoyment for school related activities (includes reading and writing),
- report no differences in the level of difficulty experienced when completing activities,
- have lower physical activity levels,
- spend less time involved in team sports,
- spend an additional 61 minutes per day in screen time activities (includes watching TV and playing computer games).

It is important to note however that although children with Asperger syndrome have lower physical activity levels than typically developing children, they still on the whole meet the recommended minimum of 60 minutes of moderate to vigorous physical activity per day. Both typically developing children and children with Asperger syndrome in this study exceeded the recommended maximum of 2 hours of screen time activities per day. High levels of screen time are a concern given that it has been reported that children who meet the physical activity and screen time recommendations are less likely to be overweight. The screen time levels of both typically developing children and children with Asperger syndrome should therefore be monitored to ensure that screen time activities are not detracting from time spent in physical activities.