



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ  
ΣΧΟΛΗ ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ  
ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ

σε συνεργασία με το

ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ

«ΔΗΜΟΚΡΙΤΟΣ»

ΙΝΣΤΙΤΟΥΤΟ ΠΛΗΡΟΦΟΡΙΚΗΣ ΚΑΙ ΤΗΛΕΠΙΚΟΙΝΩΝΙΩΝ

ΔΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ:  
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**ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ**

**«Αυτισμός και Επιλεκτικότητα Τροφίμων»**

Κιοσέ Βασιλική, Α.Μ 587

Μεταπτυχιακή διατριβή που υποβάλλεται στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης του Τ.Ε.Φ. – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

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Επιβλέπων/ουσα Καθηγητής/τρια: [Ζωή Καραμπατζάκη, Συνεργαζόμενη Ερευνήτρια Ι.Π.Τ-Ε.Κ.Ε.Φ.Ε «ΔΗΜΟΚΡΙΤΟΣ»]

2<sup>ο</sup> Μέλος: [Ιφιγένεια Δόση, Επίκουρη Καθηγήτρια, Τμήμα Ελληνικής Φιλολογίας Δ.Π.Θ]

3<sup>ο</sup> Μέλος [Χριστίνα Συριοπούλου, Αναπληρώτρια Καθηγήτρια, Τμήμα Εκπαιδευτικής & Κοινωνικής Πολιτικής- Πανεπιστήμιο Μακεδονίας]

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## ΠΕΡΙΛΗΨΗ

Σκοπός της παρούσας μελέτης αποτέλεσε η διερεύνηση της σχέσης της τροφικής επιλεκτικότητας σε παιδιά με Διαταραχή Αυτιστικού Φάσματος ηλικίας 4-10 ετών καθώς και οι πιθανές αιτίες που προκαλούν την εμφάνιση επιλεκτικότητας. Σύμφωνα με πληθώρα πρόσφατων ερευνητικών μελετών παρατηρήθηκε ότι η επιλεκτικότητα τροφίμων είναι στενά συνδεδεμένη με τον Αυτισμό υποθέτοντας ότι τα παιδιά με Αυτισμό έχουν και επιλεκτική διατροφή. Προκειμένου να διερευνηθεί αυτή η υπόθεση πραγματοποιήθηκε ποσοτική έρευνα και συντάχθηκε ένα άτυπο ερωτηματολόγιο αποτελούμενο από 32 ερωτήσεις κλειστού τύπου το οποίο χορηγήθηκε σε 40 μητέρες παιδιών με ΔΑΦ που εμφάνιζαν στοιχεία επιλεκτικότητας τροφίμων και περιορισμένες διατροφικές συνήθειες. Η ηλικία των παιδιών κατά μέσο όρο ήταν 6 έτη ενώ στην έρευνα συμμετείχαν 35 αγόρια και 5 κορίτσια. Η έρευνα πραγματοποιήθηκε στον νομό Θεσσαλονίκης, και συγκεκριμένα συμμετείχαν ένα Ειδικό Δημοτικό Σχολείο και 2 Κέντρα Ειδικών Θεραπειών στην Δυτική Θεσσαλονίκη. Τα αποτελέσματα της έρευνας υποστήριξαν την ύπαρξη τροφικής επιλεκτικότητας και προβλημάτων συμπεριφοράς σχετικά με το φαγητό στα παιδιά με ΔΑΦ ενώ συγχρόνως διαπιστώθηκε ότι πολλά παιδιά με ΔΑΦ είχαν συγκεκριμένες προτιμήσεις στον τρόπο επιλογής τροφίμων ενώ κατανάλωναν επιλεκτικά συγκεκριμένα τρόφιμα αποκλείοντας μερικές φορές ολόκληρες ομάδες τροφίμων. Ωστόσο, παρά την αποδοχή της παρουσίας επιλεκτικότητας τροφίμων στα παιδιά με ΔΑΦ και την δημιουργία άγχους στις οικογένειες τους σχετικά με την λειτουργικότητα της σίτισης, μόνο το 1/5 των οικογενειών αυτών δήλωσε ότι είχε αναζητήσει τεχνικές και προγράμματα παρέμβασης επιλεκτικότητας τροφίμων δημιουργώντας πρόσφορο έδαφος για μελλοντικές έρευνες στην Ελλάδα που θα διερευνήσουν τις παρεμβάσεις τροφικής επιλεκτικότητας και την αποτελεσματικότητά τους.

**Λέξεις-κλειδιά:** Αυτισμός, Τροφική Επιλεκτικότητα, Αισθητηριακή Ευαισθησία, Εφαρμοσμένη Ανάλυση Συμπεριφοράς, Αισθητηριακή Ολοκλήρωση

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