



**Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της
ένταξης**



**Διαταραχή Αισθητηριακής Επεξεργασίας και ο ρόλος και η ενσωμάτωση της
ποστηρικτικής τεχνολογίας και των νέων τεχνολογιών για την ανίχνευση και τη
μείωση του νευροφυσιολογικού στρες και του άγχους σε παιδιά με ΔΑΦ.**

**Sensory Processing Disorder and the role and integration of assistive technology
and new technologies to detect and reduce neurophysiological stress and anxiety in
children with ASD.
Του Παντελή Περγαντή**



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 Επικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

Εγκεκριμένο από την τριμελή επιτροπή:

1^{ος} Επιβλέπων: Δρ. Δρίγκας Αθανάσιος, Ερευνητής Α' βαθμίδας, Ι.Π.Τ.

Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

2^{ος} Επιβλέπων: Δρ. Μαντάς Παναγιώτης, Συνεργαζόμενος Ερευνητής, Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

3^η Επιβλέπουσα: Δρ. Κατσαντώνη Σπυριδούλα, Συνεργαζόμενη Ερευνήτρια Ι.Π.Τ. Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

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Περίληψη

Σκοπός της παρούσας έρευνας είναι να διερευνήσει το πως οι υποστηρικτικές και αναδυόμενες τεχνολογίες βοηθούν στη μείωση του στρες και του νευροφυσιολογικού άγχους παιδιών και εφήβων με Διαταραχή Αυτιστικού Φάσματος (ΔΑΦ). Η ΔΑΦ τα τελευταία χρόνια παρουσιάζει αυξημένη συχνότητα εμφάνισης με τα σύγχρονα αποτελέσματα το CDC να δείχνουν επιπολασμό της τάξεως του 1 στα 36 παιδιά στις Η.Π.Α. Η ΔΑΦ είναι μια διαταραχή η οποία παρουσιάζει μεγάλη ποικιλομορφία καθώς και ένα μεγάλο και διαφορετικό εύρος στην εμφάνιση των συμπτωμάτων της, επιπλέον έχει συσχετιστεί άμεσα με την εμφάνιση στρες και άγχος στη ζωή του ατόμου, κάτι που χαρακτηρίζεται από αρκετούς και ως διαταραχή αισθητηριακής επεξεργασίας (ΔΑΕ). Η ΔΑΕ είναι μια συνθήκη η οποία χαρακτηρίζει τη συμπεριφορά των ατόμων σε απόκριση των ερεθισμάτων που δέχονται από το περιβάλλον από τις οποίες το άτομο μπορεί να επεξεργάζεται μη τυπικά αισθανόμενος το εισερχόμενο παραπάνω σε ένταση από ότι είναι προκαλώντας του στρες και άγχος. Το άγχος αποτελεί έναν από τους σημαντικότερους περιοριστικούς παράγοντες οι οποίοι μπορούν να παρεμβάλουν τη συμμετοχή ενός ατόμου στις απαραίτητες για εκείνο δραστηριότητες της καθημερινής του ζωής. Τα άτομα με ΔΑΦ βιώνουν καθημερινά στρες κάτι το οποίο επηρεάζει σε σημαντικό βαθμό τη λειτουργικότητά τους. Σκοπός της παρούσας έρευνας είναι να εξετάσει συλλέγοντας δεδομένα των τελευταίων δέκα χρόνων πριν και μετά το COVID-19 καλύπτοντας ένα σημαντικό ερευνητικό κενό αναφορικά με τη χρήση των υποστηρικτικών και αναδυόμενων τεχνολογιών με σκοπό τη μείωση του στρες σε άτομα με ΔΑΦ εξετάζοντας την απόδοση, το περιβάλλον χρήσης και την εμπειρία χρηστών. Η μεθοδολογία της έρευνας αφορά την συλλογή άρθρων μέσω κριτηρίων ένταξης και αποκλεισμού. Τα κριτήρια ένταξης ήταν πειραματικές και μελέτες παρατήρησης που δημοσιεύτηκαν μόνο στην αγγλική γλώσσα σχετικά με τη χρήση υποστηρικτικών τεχνολογιών για τη διαχείριση του στρες και του άγχους σε παιδιά και εφήβους με ΔΑΦ. Τα κριτήρια αποκλεισμού περιλάμβαναν μελέτες που δεν σχετίζονταν άμεσα με τα αποτελέσματα του στρες και του άγχους, μη αγγλικές δημοσιεύσεις, καθώς και εκείνες που βρίσκονταν εκτός του καθορισμένου εύρους ημερομηνίας. Τα αποτελέσματα της έρευνας έδειξαν ότι οι τεχνολογίες που εξετάστηκαν παρουσίασαν θετικές επιδράσεις σχετικά με τη μείωση του στρες, όμως εντοπίστηκαν σημαντικοί περιορισμοί οι οποίοι μπορεί να επηρεάσουν τη γενίκευση και την αναπαραγωγή αξιόπιστων και έγκυρων εφαρμογών στη χρήση τους.

Λέξεις κλειδιά: Διαταραχή Αισθητηριακής Επεξεργασίας, Διαταραχή Αυτιστικού Φάσματος, Υποστηρικτική Τεχνολογία, Νευροφυσιολογικό Στρες, Άγχος, Αναδυόμενες Τεχνολογίες

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