



# Therapeutic Role Playing Games (RPGs)

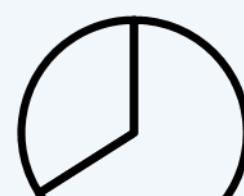
Learn more about this LEND Fellowship pilot study done with parents and providers of autistic adolescents with low support needs.

39%

Of parents (n=31) were aware that RPGs can be used therapeutically.

50%

Of providers (n=40) were aware that RPGs can be used therapeutically.



83%

Of parents found games to be socially beneficial.



70%

Of parents found games to be psychologically beneficial.



20%

Of providers use RPGs in their practice.



**Top barriers:** For parents, transportation, cost, and insurance. For providers, lack of experience with RPGs.

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Parents ranked 10 things that would help facilitate RPGs in therapy. Any barriers seemed surmountable.

2 & 3

Parents ranked 2 barriers and 3 facilitators as statistically significant, compared to providers.

**RPGs in therapy is feasible and acceptable but will remain niche unless providers gain experience in using them and the evidence base for them is expanded.**



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Future directions:

- Additional qualitative research from the 14 parents and 9 providers who expressed interest.
- Additional survey of Philadelphia-area providers

on their practices and whether RPGs as interventions can be studied.

- Development of RPG programs at CHOP.

**To learn more about low**

**support needs autism, see the reverse. References and Acknowledgements also appear on the reverse.**

**Scan the QR Code** at the top for a complete video presentation.

# Acknowledgements

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Autism parent: John Younger, MD  
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## Low Support Needs Autism

Autism spectrum disorder (ASD):

- Neurodevelopmental disability
- Affects 2 domains
  1. Communication
  2. Social interaction

Low support needs (Level 1) ASD.

- Might appear or seem neurotypical.
- Repetitive talking, pacing, or rocking (stimming) can be calming.

Examples:

- A bright, articulate child collapses in tears because bus is late.
- A good student fails to complete a test because it's in a different location from the one they expected.
- A college student is unable to attend lectures because the lights in the room are too bright.
- A teenager, invited to an informal event with their peers, comes dressed in a suit and tie.

Source: <https://www.verywellhealth.com/explaining-childs-asperger-syndrome-259941> - to Explain Autism With Low Support Needs (verywellhealth.com)

## References

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