

## **BERARD AIT METHOD**

### **AND ATTENTION DISORDERS AND BEHAVIOUR DISORDERS:**

#### **A PILOT STUDY**

The pilot study is about the efficacy of the Berard AIT training. It regards the educational needs of children and teenagers with attention and behaviour disorders.

The research is based on the study of 53 clients (40 males – 13 females) aging from 3 to 17 years, with different pathologies and problems such as: autism, developmental disorders, genetic syndrome, ADD, stuttering or speech impediments, dyslexia, dysgraphia, learning difficulties, reading and writing, mood problems, and emotional behaviour. All the clients were provided Berard AIT method for the first time.

The “CPRS-R:L test extended version for parents”, which is part of the “Conners' Rating Scales – Revised”, was used for the research. This test evaluates the presence of ADD, hyperactivity and other important disorders affecting children and teenagers. Mothers were given the test to complete for their child the first day of the AIT program and 6 months post AIT.

The results were analyzed with STATA vers.14.

Statistically significant improvements were measured for: Connors' Global Index, DSM Index, hyperactivity. Important results were shown also in the anxiety - shyness scale, perfectionism and ADHD.

No statistically significant changes were found in the opposition scales, inattention/cognitive problems, social and psychosomatic problems.

The research showed the Berard AIT Method's effectiveness in assisting minors with attention disorders and behavioural problems.

The complete research article can be found in a publication:

Faberi M., Lascioli A., Guerriero M., “Metodo AIT Berard e disturbi dell'attenzione e del comportamento”, *Disturbi di Apprendimento e Didattica Inclusiva*, vol.3, n. 2, dicembre 2015, pp. 145-153