

What Works Clearinghouse



Lovaas Model of Applied Behavior Analysis

Program Description¹

The *Lovaas Model of Applied Behavior Analysis* is a type of behavioral therapy that initially focuses on discrete trials: brief periods of one-on-one instruction, during which a teacher cues a behavior, prompts the appropriate response, and provides reinforcement to the child. Children in the program receive an average of 35 to 40 hours of intervention per week, which

consists of in-home one-to-one instruction, facilitated peer play, inclusion and support in regular education classrooms, and generalization activities for transfer of skills to natural environments. In addition, parents are trained in instructional techniques. The intervention generally lasts about three years.

Research²

One study of the *Lovaas Model of Applied Behavior Analysis* (hereafter the *Lovaas Model*) that falls within the scope of the Early Childhood Education Interventions for Children with Disabilities review protocol meets What Works Clearinghouse (WWC) evidence standards, and one study meets WWC evidence standards with reservations. The two studies included 51 children in two locations ages 18 to 42 months with autism or pervasive developmental disorder.³

Based on these two studies, the WWC considers the extent of evidence for the *Lovaas Model* for children with disabilities to be small for cognitive development, communication/language competencies, social-emotional development and behavior, and functional abilities. No studies that meet WWC evidence standards with or without reservations examined the effectiveness of the *Lovaas Model* on children with disabilities in the literacy, math competencies, or physical well-being domains.

1. The descriptive information for this program was obtained from publicly available sources: the program's website (<http://www.lovaas.com>, downloaded February 2010) and the literature reviewed for this report. The WWC requests developers to review the program description sections for accuracy from their perspective. Further verification of the accuracy of the descriptive information for this program is beyond the scope of this review. The literature search reflects documents publicly available by February 2010.
2. The studies in this report were reviewed using WWC Evidence Standards, Version 2.0 (see the WWC Procedures and Standards Handbook, Chapter III), as described in protocol Version 2.0.
3. The evidence presented in this report is based on available research. Findings and conclusions may change as new research becomes available.

Effectiveness The *Lovaas Model* was found to have potentially positive effects on cognitive development for children with disabilities and no discernible effects for communication/language competencies, social-emotional development/behavior, and functional abilities. No studies that meet WWC evidence standards with or without reservations examined the effectiveness of the *Lovaas Model* on children with disabilities in the literacy, math competencies, or physical well-being domains.

	<i>Cognitive development</i>	<i>Communication/ language competencies</i>	<i>Literacy</i>	<i>Math competencies</i>	<i>Social-emotional development/ behavior</i>	<i>Functional abilities</i>	<i>Physical well-being</i>
Rating of effectiveness	Potentially positive	No discernible effects	na	na	No discernible effects	No discernible effects	na
Improvement index⁴	+27 percentile points	Average: -3 percentile points Range: -4 to -3 percentile points	na	na	Average: +7 percentile points Range: +2 to +14 percentile points	+4 percentile points	na

na = not applicable

Additional program information

Developer and contact

The *Lovaas Model* was developed in the Psychology Department of the University of California–Los Angeles under the direction of O. Ivar Lovaas, Ph.D. Clinic and consultation-based services are currently available through the Lovaas Institute (<http://www.lovaas.com/contact.php>).

Scope of use

The Lovaas Institute currently operates 12 centers nationwide and has certified consultants across the country. In addition, 11 sites around the world were chosen to participate in research originally funded by the National Institute of Mental Health to replicate the research published by Lovaas. The results of the

research are being analyzed as part of the Multi-Site Young Autism Grant.

Teaching

During the first stages of the intervention, the main method of teaching is discrete trial training, which includes brief periods of instruction when a teacher cues a specific behavior, assists the child in providing an appropriate response, and provides reinforcement to the child. As children progress, therapists gradually increase the emphasis on instruction in less structured or more natural settings, such as peer play and classrooms.⁵

The early stages of the intervention focus on reducing behaviors that interfere with learning (e.g., self-stimulatory and

4. These numbers show the average and range of student-level improvement indices for all findings across the studies.
 5. Lovaas, O. I., & Smith, T. (2003). Early and intensive behavioral intervention in autism. In A. Kazdin & J. Weisz (Eds.), *Evidence-based psychotherapies for children and adolescents* (pp. 325–340). New York: Guilford Press.

Additional program information
(continued)

aggressive behaviors), teaching appropriate replacement behaviors, and teaching prerequisite skills necessary for subsequent progress (such as requesting, toy play, imitation, following simple instructions). As a child progresses, instruction advances to focus on development of expressive and receptive language skills, followed by social and conversation skills, such as topic maintenance and asking appropriate questions. Finally, pre-academic skills such as early reading and writing and observational learning skills are taught, with programming for generalization of all skills to preschool and other community settings.⁶

A typical therapy session lasts two to three hours. Short periods of structured time are devoted to a task, such as appropriate toy play or following instructions, and each session is followed

by a short break. A longer break is provided at the end of every hour and used for incidental teaching or generalization activities.

The intervention team consists of one-to-one instructors, trainers, and supervisors. A team of three to five trained instructors delivers the majority of teaching in a child's home. One or two instructors on the team are responsible for training other instructors as well as monitoring the child's progress. All members of the intervention team are supervised by a case supervisor and program director.⁷

Cost⁸

One study estimates initial costs that range between \$45,575 and \$69,050 annually.⁹

Research

Fifty-eight studies reviewed by the WWC investigated the effects of the *Lovaas Model* on children with disabilities. One study (Sallows & Graupner, 2005) is a randomized controlled trial that meets WWC evidence standards. One study (Smith, Groen, & Wynn, 2000) is a randomized controlled trial with severe attrition that meets WWC evidence standards with reservations. The remaining 56 studies do not meet either WWC evidence standards or eligibility screens.

Meets evidence standards

Sallows and Graupner (2005) randomly assigned students to receive the *Lovaas Model* with a trained therapist or a parent-directed treatment using the Lovaas methods. Twenty-three

children participated in the study, which examined cognitive development, communication and language competencies, social-emotional development and behavior, and functional abilities.¹⁰

Meets evidence standards with reservations

The study by Smith et al. (2000) was conducted in the Los Angeles area with 28 children with autism or a pervasive developmental disorder not otherwise specified. The study compared the cognitive development of children in the treatment group, who received 30 hours per week of the *Lovaas Model* with trained student therapists, to children in the parent-training group, whose parents were taught the same methods used in the *Lovaas Model*.¹⁰

6. Smith, T., Mruzek, D. W., & Peyton, R. T. (2008). A study in perseverance: The emergence of early intensive behavioral intervention. In E. Cippani (Ed.), *Triumphs in early autism treatment* (pp. 151–170). New York: Springer.
7. The Lovaas Institute: http://www.lovaas.com/services_clinic.php.
8. The WWC converted costs to 2010 dollars using the consumer price index.
9. Jacobson, J. W., Mulick, J. A., & Green, G. (1998). Cost-benefit estimates for early intensive behavioral intervention for young children with autism—general model and single state case. *Behavioral Interventions*, 13(4), 201–226.
10. The study included other outcomes, which are excluded from this report because baseline equivalence was not established or required the use of adjustments, or the outcomes did not meet the topic area criteria for acceptable outcomes.

Research (continued) **Extent of evidence**

The WWC categorizes the extent of evidence in each domain as small or medium to large (see the WWC Procedures and Standards Handbook, Appendix G). The extent of evidence takes into account the number of studies and the total sample size across the studies that meet WWC evidence standards with or without reservations.¹¹

The WWC considers the extent of evidence for the *Lovaas Model* on children with disabilities to be small for cognitive development, communication/language competencies, social-emotional development and behavior, and functional abilities. No studies that meet WWC evidence standards with or without reservations examined the effectiveness of the *Lovaas Model* on children with disabilities in the literacy, math competencies, or physical well-being domains.

Effectiveness **Findings**

The WWC review of interventions for Early Childhood Education for Children with Disabilities addresses student outcomes in seven domains: cognitive development, communication and language competencies, literacy, math competencies, social-emotional development and behavior, functional abilities, and physical well-being. The studies included in this report cover four domains: cognitive development, communication/language competencies, social-emotional behavior and development, and functional abilities. The findings below present the authors' estimates and WWC-calculated estimates of the size and the statistical significance of the effects of the *Lovaas Model* on children with disabilities.¹²

Cognitive development. Smith et al. (2000) reported a statistically significant difference on intellectual functioning favoring children in the treatment group. According to the WWC calculations, this difference was not statistically significant, but the effect size was substantively important according to WWC criteria (that is, at least 0.25). According to the WWC criteria, the *Lovaas Model* has potentially positive effects on cognitive development for children with disabilities.

Communication/language competencies. Sallows and Graupner (2005) examined two outcomes. The authors found, and the WWC confirmed, that neither effect was statistically significant. Neither effect size was large enough to be considered substantively important according to WWC criteria. According to the WWC criteria, the *Lovaas Model* has no discernible effects on communication/language competencies for children with disabilities.

Social-emotional development and behavior. Sallows and Graupner (2005) examined three outcomes in this domain. Although none of the impacts in this domain were statistically significant, one finding was large enough to be considered substantively important according to WWC criteria. The mean effect size across all three outcomes was not large enough to be considered substantively important, and thus the WWC found the *Lovaas Model* to have no discernible effects on social-emotional development and behavior for children with disabilities.

Functional abilities. Sallows and Graupner (2005) examined one functional ability outcome. The authors found, and the WWC confirmed, that the effect was not statistically significant nor was the effect size large enough to be considered substantively important according to WWC criteria. Thus, the WWC concludes that the *Lovaas Model* has no discernible effects on functional abilities for children with disabilities.

11. The extent of evidence categorization was developed to tell readers how much evidence was used to determine the intervention rating, focusing on the number and size of studies. Additional factors associated with a related concept—external validity, such as the students' demographics and the types of settings in which studies took place—are not taken into account for the categorization. Information about how the extent of evidence rating was determined for the *Lovaas Model* is in Appendix A5.
12. The level of statistical significance was reported by the study authors or, when necessary, calculated by the WWC to correct for clustering within classrooms or schools and for multiple comparisons. For the formulas the WWC used to calculate the statistical significance, see WWC Procedures and Standards Handbook, Appendix C for clustering and WWC Procedures and Standards Handbook, Appendix D for multiple comparisons. For the *Lovaas Model* studies summarized here, no corrections for clustering or multiple comparisons were needed. However, Smith et al. (2000) used a one-tailed test for the outcome data, whereas the WWC uses a two-tailed test, so the significance levels may differ from those reported in the original study.

Effectiveness *(continued)*

The WWC found the *Lovaas Model* to have potentially positive effects for cognitive development for children with disabilities and no discernible effects for communication/language competencies, social-emotional development/behavior, and functional abilities

Rating of effectiveness

The WWC rates the effects of an intervention in a given outcome domain as positive, potentially positive, mixed, no discernible effects, potentially negative, or negative. The rating of effectiveness takes into account four factors: the quality of the research

Improvement index

The WWC computes an improvement index for each individual finding. In addition, within each outcome domain, the WWC computes an average improvement index for each study and an average improvement index across studies (see WWC Procedures and Standards Handbook, Appendix F). The improvement index represents the difference between the percentile rank of the average student in the intervention condition and the percentile rank of the average student in the comparison condition. Unlike the rating of effectiveness, the improvement index is entirely based on the size of the effect, regardless of the statistical significance of the effect, the study design, or the analysis. The improvement index can take on values between -50 and $+50$, with positive numbers denoting favorable results for the intervention group.

The improvement index for cognitive development is $+27$ percentile points based on one finding in one study. For communication/language competencies, the average improvement

design, the statistical significance of the findings, the size of the difference between participants in the intervention and the comparison conditions, and the consistency in findings across studies (see the WWC Procedures and Standards Handbook, Appendix E).

index is -3 percentile points in one study, with a range of -4 to -3 percentile points across findings. The average improvement index is $+7$ for the social-emotional development/behavior domain in one study, with a range of $+2$ to $+14$ percentile points across findings. The improvement index for functional abilities is $+4$ percentile points from one finding in one study.

Summary

The WWC reviewed 58 studies on the *Lovaas Model* for children with disabilities. One study meets WWC evidence standards; one study meets WWC evidence standards with reservations; the remaining 56 studies do not meet either WWC evidence standards or eligibility screens. Based on the two studies, the WWC found potentially positive effects on cognitive development for children with disabilities and no discernible effects on communication/language competencies, social-emotional development/behavior, and functional abilities. The conclusions presented in this report may change as new research emerges.

References

Meets WWC evidence standards

Sallows, G. O., & Graupner, T. D. (2005). Intensive behavioral treatment for children with autism: Four-year outcome and predictors. *American Journal on Mental Retardation*, *110*(6), 417–438.

Meets WWC evidence standards with reservations

Smith, T., Groen, A. D., & Wynn, J. W. (2000). Randomized trial of intensive early intervention for children with pervasive developmental disorder. *American Journal on Mental Retardation*, *105*(4), 269–285.

Studies that fall outside the Early Childhood Education Interventions for Children with Disabilities review protocol or do not meet WWC evidence standards

Anderson, S. R., Avery, D. L., DiPietro, E. K., & Edwards, G. L. (1987). Intensive home-based early intervention with autistic children. *Education & Treatment of Children*, *10*(4), 352–366. The study is ineligible for review because it does not occur within the time frame specified in the protocol.

Bailey, K. J. (2000). Social competence of children with autism classified as best-outcome following behavior analytic treatment (Doctoral dissertation, Washington State University).

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- Bassett, K., Green, C. J., & Kazanjian, A. (2000). *Autism and Lovaas treatment: A systematic review of effectiveness evidence*. Vancouver, British Columbia, Canada: British Columbia Office of Health Technology Assessment, Centre for Health Services and Policy Research, University of British Columbia. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Bibby, P., Eikeseth, S., Martin, N. T., Mudford, O. C., & Reeves, D. (2002). Progress and outcomes for children with autism receiving parent-managed intensive interventions. *Research in Developmental Disabilities*, 23(1), 81. The study is ineligible for review because it does not take place in the geographic area specified in the protocol.
- Birnbrauer, J. S., & Leach, D. J. (1993). The Murdoch Early Intervention Program after 2 years. *Behaviour Change*, 10(2), 63–74. The study is ineligible for review because it does not take place in the geographic area specified in the protocol.
- Blue Cross Blue Shield Technology Evaluation Center. (2009). Special report: Early intensive behavioral intervention based on applied behavior analysis among children with autism spectrum disorders. *Assessment Program*, 23(9). The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Buch, G. A. (1996). Teaching parents and paraprofessionals how to provide behavioral intensive early intervention for children with autism and pervasive developmental disorder (Doctoral dissertation, University of California–Los Angeles). *Dissertation Abstracts International*, 56(9-B), 5153. The study does not meet WWC evidence standards because it does not have at least three attempts to demonstrate an intervention effect at three different points in time.
- Chasson, G. S., Harris, G. E., & Neely, W. J. (2007). Cost comparison of early intensive behavioral intervention and special education for children with autism. *Journal of Child and Family Studies*, 16(3), 401–413. The study is ineligible for review because it does not examine the effectiveness of an intervention.
- Cohen, H., Amerine-Dickens, M., & Smith, T. (2006). Early intensive behavioral treatment: Replication of the UCLA model in a community setting. *Journal of Developmental & Behavioral Pediatrics*, 27(2), 145–155. The study does not meet WWC evidence standards because it uses a quasi-experimental design in which the analytic intervention and comparison groups are not shown to be equivalent.
- Committee on Educational Interventions for Children with Autism. (2001). *Educating children with autism*. Washington, DC: National Academy Press. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Connor, M. (1998). A review of behavioural early intervention programmes for children with autism. *Educational Psychology in Practice*, 14(2), 109–117. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
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- Eikeseth, S. (2009). Outcome of comprehensive psycho-educational interventions for young children with autism. *Research in Developmental Disabilities*, 30(1), 158–178. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.

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- Eikeseth, S., Smith, T., Jahr, E., & Eldevik, S. (2002). Intensive behavioral treatment at school for 4- to 7-year-old children with autism: A 1-year comparison controlled study. *Behavior Modification, 26*(1), 49. The study is ineligible for review because it does not use a sample aligned with the protocol—the sample is not within the specified age or grade range.
- Eikeseth, S., Smith, T., Jahr, E., & Eldevik, S. (2007). Outcome for children with autism who began intensive behavioral treatment between ages 4 and 7: A comparison controlled study. *Behavior Modification, 31*(3), 264–278. The study is ineligible for review because it does not use a sample aligned with the protocol—the sample is not within the specified age or grade range.
- Eldevik, S., Eikeseth, S., Jahr, E., & Smith, T. (2006). Effects of low-intensity behavioral treatment for children with autism and mental retardation. *Journal of Autism and Developmental Disorders, 36*(2), 211–224. The study is ineligible for review because it does not take place in the geographic area specified in the protocol.
- Eldevik, S., Hastings, R. P., Hughes, J. C., Jahr, E., Eikeseth, S., & Cross, S. (2009). Meta-analysis of early intensive behavioral intervention for children with autism. *Journal of Clinical Child & Adolescent Psychology, 38*(3), 439–450. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Farrell, P., Trigonaki, N., & Webster, D. (2005). An exploratory evaluation of two early intervention programmes for young children with autism. *Educational and Child Psychology, 22*(4), 29–40. The study is ineligible for review because it does not take place in the geographic area specified in the protocol.
- Gresham, F. M., Beebe-Frankenberger, M., & MacMillan, D. L. (1999). A selective review of treatments for children with autism: Description and methodological considerations. *School Psychology Review, 28*(4), 559. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Harris, S. L., & Weiss, M. J. (2007). *Right from the start: Behavioral intervention for young children with autism* (2nd ed.). Bethesda, MD: Woodbine House. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Hourmanesh, N. (2006). Early comprehensive interventions for children with autism: A meta-analysis (Doctoral dissertation, University of Utah). *Dissertation Abstracts International, 67*(07A), 140–2463. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Howlin, P., Magiati, I., & Charman, T. (2009). Systematic review of early intensive behavioral interventions for children with autism. *American Journal on Intellectual and Developmental Disabilities, 114*(1), 23–41. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Hutchison-Harris, J. (2003). Does first year treatment intensity predict outcome in young autistic children receiving Lovaas ABA intervention? (Doctoral dissertation, University of Southern California). *Dissertation Abstracts International, 65*(05B), 156–2609. The study does not meet WWC evidence standards because it uses a quasi-experimental design in which the analytic intervention and comparison groups are not shown to be equivalent.

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- Jacobson, J. W., Mulick, J. A., & Green, G. (1998). Cost-benefit estimates for early intensive behavioral intervention for young children with autism—general model and single state case. *Behavioral Interventions, 13*(4), 201–226. The study is ineligible for review because it does not examine the effectiveness of an intervention.
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- Keesbury, S. A. (1997). *The effectiveness of Lovaas therapy for children with autism*. Unpublished master's thesis, Mankato State University, MN. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
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- Lovaas, O. I. (1994). Intensive and long-term treatments for clients with destructive behavior. In T. Thompson & D. Gray (Eds.), *Destructive behavior in developmental disabilities: Diagnosis and treatment* (pp. 243–260). Thousand Oaks, CA: Sage Publications. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
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- McEachin, J. J., Smith, T., & Lovaas, O. I. (1993). Long-term outcome for children with autism who received early intensive behavioral treatment. *American Journal on Mental Retardation, 97*(4), 359–372. The study is ineligible for review because it does not occur within the time frame specified in the protocol.
- Mudford, O. C., Martin, N. T., Eikeseth, S., & Bibby, P. (2001). Parent-managed behavioral treatment for preschool children with autism: Some characteristics of UK programs. *Research in Developmental Disabilities, 22*(3), 173–182. The study is ineligible for review because it does not take place in the geographic area specified in the protocol.
- Perry, R., Cohen, I., & DeCarlo, R. (1995). Case study: Deterioration, autism, and recovery in two siblings. *Journal of the American Academy of Child & Adolescent Psychiatry, 34*(2), 232–237. The study is ineligible for review because it does not use a comparison group design or a single-case design.
- Reed, P., Osborne, L. A., & Corness, M. (2007). Brief report: Relative effectiveness of different home-based behavioral approaches to early teaching intervention. *Journal of Autism and Developmental Disorders, 37*(9), 1815–1821. The study is ineligible for review because it does not take place in the geographic area specified in the protocol.
- Reed, P., Osborne, L. A., & Corness, M. (2007). The real-world effectiveness of early teaching interventions for children with autism spectrum disorder. *Exceptional Children, 73*(4), 417–433. The study is ineligible for review because it does not take place in the geographic area specified in the protocol.
- Reichow, B., & Wolery, M. (2009). Comprehensive synthesis of early intensive behavioral interventions for young children with autism based on the UCLA Young Autism Project model. *Journal of Autism and Developmental Disorders, 39*(1), 23–41. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
- Rogers, S. J., & Vismara, L. A. (2008). Evidence-based comprehensive treatments for early autism. *Journal of Clinical Child & Adolescent Psychology, 37*(1), 8–38. The study is ineligible for review because it is not a primary analysis of the effectiveness of an intervention, such as a meta-analysis or research literature review.
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- Sheinkopf, S. J., & Siegel, B. (1998). Home based behavioral treatment of young children with autism. *Journal of Autism and Developmental Disorders, 28*(1), 15–23. The study does not meet WWC evidence standards because it only includes outcomes that are overaligned with the intervention or measured in a way that is inconsistent with the protocol.
- Smith, T., Buch, G. A., & Gamby, T. E. (2000). Parent-directed, intensive early intervention for children with pervasive developmental disorder. *Research in Developmental Disabilities, 21*(4), 297–309. The study does not meet WWC evidence standards because it does not have at least three attempts to demonstrate an intervention effect at three different points in time.

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- Smith, T., Eikeseth, S., Klevstrand, M., & Lovaas, O. I. (1997). Intensive behavioral treatment for preschoolers with severe mental retardation and pervasive developmental disorder. *American Journal on Mental Retardation*, *102*(3), 238–249. The study does not meet WWC evidence standards because the measures of effectiveness cannot be attributed solely to the intervention—the intervention was combined with another intervention.
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