



**“IMPACT OF DIETARY MODIFICATION ON ATTENTION AND  
BEHAVIOUR OF CHILDREN WITH AUTISM: PARENTS  
PERSPECTION”**

By

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**Title: “Impact of dietary modification on attention and behavior of children with autism: Parents perception”**

**Aim of the study:** To explore the perception of parents about dietary modification on attention & behavior of children with autism.

**Methodology:** This is a qualitative study where 5 sample were assigned from Dhaka city. Self-Questionnaire was used for the study. Data was analyzed by interview.

**Result:** Most of the parents were satisfied by dietary modification. After the dietary modification most of the child’s attention and behavior were increased.

**Conclusion:**

The prevalence of autism spectrum disorder has increased in all over the world. In Bangladesh a large number of children are effective in ASD. The autism diet includes gluten free/casein free food items. This diet strictly eliminates gluten items like wheat and barley along with casein items like dairy products. The autism diet might be able to reduce the symptoms and thus help in better communication and social interactions.

The gluten-free, casein-free food is one of the most common dietary interventions. Nutrients or foods offers to improve behavior, encourage children to be more communicative, or relieve the gastrointestinal conditions that often accompany autism.

### **Limitation:**

There were some limitations to conduct the study. Time and resources are limited which have a great fit up of impact of the study.

In this study participants were only taken from Dhaka city and which parents are follow diet for their child. In this study investigator used some selected questions. The total interview was directed in Bengali and then it was translated in English. So, during translation process there was a possibility to dissolution the original theme of the information. The interview was conducted in naturalistic setting. Participant's information was collected in their different settings e.g, Home, school, outdoor. So, there are many hampers to get information in the situation. There could be same effects of modification and therapy on the participant behavior which won't possible to exclude.

### **Recommendation:**

After completing this study, the investigator identified the impact of dietary modification on attention and behavior of children with autism. A child with autism showing different types of behavior and cannot pay attention in different situation. As this was the first study on the impact of diet modification on attention and behavior among the children with autism. So, a number of recommendations are identified as a focus for future study. The investigator can use more participants for future study. In this study the investigator used both male and female which are following diet and, in this result, both are showing positive outcome in their behavior and attention. In future, a study can be conducted for male and female separately are pay attention and behavior in different environment. In this study the investigator used some selective questions. For future study the investigator can use more questions about dietary changes. The further study could be long term effect of dietary changes. Even further study could be on separate group where one group will get dietary modification and another group will be only with dietary modification with no modification.

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***[N.B. For better understanding of the study, please see hard copy & for any further information please contact:anika.tasnimrt@gmail.com]***