

Diagnostic Category: Intellectual Disability, Speech & Learning Deficit Discipline: Health Education

Reference	N	Intervention (n)	Telerehabilitation program's:	Platform & clinician's involvement	Outcomes
Country Study Design Quality (for RCTs)	Sample description (dx specifics, age, gender)	vs. Comparison (n) Frequency & duration	I. Focus II. Nature III. Target IV. Receiving client		Child-related outcomes Parent-related outcomes (+) significant between-group differences for RCTs or within group improvements for non-RCTs (-) no significant between-group differences for RCTs or within group improvements for non-RCTs
Ptomey et al., 2017 USA Pre-post study	N= 31 Adolescents with mild to moderate intellectual and developmental disabilities (IDD) Mean age: 13.9 ± 2.7 yrs Age range: 11-21 yrs 16M:15F	Physical Activity (PA) (n=31) 30min/session, 3 sessions/week for 12 weeks	I. Focus II. Physical activity sessions were conducted via videoconferencing. They started with a 5-min warm-up, then 20 min of Moderate-to Vigorous-Physical-Activity (MVPA), and ended with a 5-min cool-down. The MVPA was comprised of aerobic-based exercises such as walking and jogging to music, and dancing, as well as strength-based exercises such as vertical jumps, bicep curls, and squats. Exercise intensity, assessed by heart rate, increased progressively across the first 6 weeks of the intervention, then	Videoconferencing via Zoom Sessions were conducted directly by the health educator.	After post-treatment (12 weeks): (+) <i>Daily Physical activity</i> . Daily steps monitor (-) <i>Self-efficacy</i> . Self-Efficacy for Physical Activity questionnaire (SEPA) (+) <i>Weight</i> . Calibrated scale (-) <i>Waist circumference</i> . measurement <i>Social interactions</i> . Video recordings; peer interactions increased during weeks 5 to 8, then remained constant until week 12.

			<p>remained constant from weeks 7 to 12. When sessions were 2 days apart, participants were given a homework assignment to complete prior to the next session. Ex trying a physical activity they have never done before, creating a dance routine, and accumulating 10,000 steps in 1 day.</p> <p>III. Child/youth</p> <p>IV. Child/youth</p>		
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