Evidence

Children
Research suggests that preschoolers can learn language through social interactions, both live and through video chat when their communication partner’s response is immediate, accurate, and reliable.


Assessment of language in school-aged children was completed to determine if assessment through telepractice was valid and reliable. The study concluded that the scores did not differ between assessment completed through telepractice and assessment completed in person.


Studies focused on treatment of school-aged children found that there was little difference in the performance of children treated through telepractice and those treated on-site. Telepractice resulted in outcomes that were comparable to the face-to-face intervention, where both groups showed improvement over time.


A systematic review of telepractice and Autism Spectrum Disorder concluded that parents reported satisfaction with therapy and positive outcomes with sessions online compared to face-to-face sessions.

Evidence

Adults

Covret, Hatterman, and Slevin found that telepractice may be a solution to reduce missed visit rates. Their study looked at Individuals with Parkinson’s disease. Both groups saw comparable progress over the course of time. They believe that this model could allow clients to have access to more intensive treatments over multiple days.


A systematic review found that adults with aphasia benefited from teletherapy following various intervention approaches. A mix of group intervention as well as individual teletherapy sessions and home practice were used in the treatment plan. The same review found preliminary results for patients with Parkinson’s disease, TBI, and PPA. Although the sample size was small, it showed positive feasibility and efficacy for the use of telepractice with adult populations.


One study concluded that teletherapy may be as effective as face-to-face therapy for adults with mild to severe traumatic brain injury. The study focused on the rehabilitation of memory and depressive symptoms for the patients.


Additional Resources

ASHA TELEPRACTICE EVIDENCE MAPS

HTTPS://WWW.ASHA.ORG/EVIDENCEMAPLANDING.ASPX?ID=8589944872&RECENTARTICLES=FALSE&YEAR=UNDEFINED&TAB=ALL

THE INFORMED SLP

HTTPS://WWW.THEINFORMEDSLPMEMBERS.COM/FREE-TELEPRACTICE-RESEARCH-REVIEWS