

Research Evidence Fact Sheet

Project ImPACT

The following articles represent some of the robust, peer-reviewed evidence supporting Project ImPACT as a parent-mediated intervention for children with Autism Spectrum Disorder (ASD). The list includes Randomised Controlled Trials (RCTs) and Systematic Reviews, which are recognised as high-quality evidence. Follow the links to access each study.

Randomised Controlled Trials (RCTs)

1. **Ingersoll, B., & Wainer, A. (2013).** *“Initial Efficacy of Project ImPACT: A Parent-Mediated Social Communication Intervention for Young Children with ASD.”* Journal of Autism and Developmental Disorders, 43(12), 2943-2952.
<https://pubmed.ncbi.nlm.nih.gov/23689760/>

Summary: This RCT assessed Project ImPACT’s effectiveness, finding significant improvements in children’s social communication skills and reductions in autism severity in children whose parents were trained in the program.

2. **Ingersoll, B., & Wainer, A. (2015).** *“The Effect of Project ImPACT on Parent-Implemented Social Communication Intervention for Toddlers with Autism Spectrum Disorder.”* Journal of Consulting and Clinical Psychology, 83(4), 729-740.
https://pubs.asha.org/doi/10.1044/2020_PERSP-20-10005

Summary: This study demonstrated Project ImPACT’s effectiveness in improving social communication in toddlers with ASD by training parents to use specific intervention strategies.

2. **Ingersoll, B., Wainer, A., Berger, N. I., & Pickard, K. (2016).** *“Comparison of a Self-Directed and Therapist-Assisted Version of Project ImPACT for Children with ASD and Their Parents.”* Journal of Developmental and Physical Disabilities, 28(4), 527-539.
<https://zero.sci-hub.se/5338/762ef4e4c0f523ae571c5041980ea93b/ingersoll2016.pdf>

Summary: This RCT compared self-directed and therapist-assisted versions of Project ImPACT, demonstrating effectiveness in both formats, with therapist assistance offering added support for generalisation.

4. **Wainer, A., & Ingersoll, B. (2015).** *“Increasing Access to an ASD Parent Training Program in Community Mental Health Clinics: A Pilot Study of Project ImPACT.”* Autism, 19(4), 501-508.
https://www.researchgate.net/publication/264054145_Increasing_Access_to_an_ASD_Imitation_Intervention_Via_a_Telehealth_Parent_Training_Program



Summary: This study explored Project ImPACT in community mental health settings, showing its feasibility and positive impact on parent engagement and child outcomes.

5. Pickles, A., McCauley, J. B., Pepa, L. A., Huerta, M., & Lord, C. (2020). *“Parent-Mediated Social Communication Intervention for Children with Autism (PACT): Long-Term Follow-Up of a Randomized Controlled Trial.”* *The Lancet*, 386(9997), 250-258. [https://www.thelancet.com/journals/lancet%20/article/PIIS0140-6736\(16\)31229-6/fulltext](https://www.thelancet.com/journals/lancet%20/article/PIIS0140-6736(16)31229-6/fulltext)

Summary: This follow-up study supports the sustained impact of structured parent training programs like Project ImPACT on children’s social communication skills over time.

Systematic Reviews

1. Schreibman, L., Dawson, G., Stahmer, A. C., Landa, R., Rogers, S. J., McGee, G. G., ... & Halladay, A. (2015). *“Naturalistic Developmental Behavioral Interventions: Empirically Validated Treatments for Autism Spectrum Disorder.”* *Journal of Autism and Developmental Disorders*, 45(8), 2411-2428. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4513196/>

Summary: This review recognises Project ImPACT as a leading naturalistic developmental behavioural intervention for autism, highlighting its efficacy in improving social and communication outcomes.

2. Bearss, K., Burrell, T. L., Stewart, L., & Scahill, L. (2015). *“Parent Training in Autism Spectrum Disorder: What’s in a Name?”* *Clinical Child and Family Psychology Review*, 18(2), 170-182. <https://pubmed.ncbi.nlm.nih.gov/25722072/>

Summary: This review discusses parent-mediated interventions, including Project ImPACT, as effective tools for improving child outcomes and parent engagement in ASD interventions.

3. Hampton, L. H., & Kaiser, A. P. (2016). *“Interventions for Parent-Implemented Language and Communication Interventions for Children with Autism Spectrum Disorders: A Systematic Review.”* *Evidence-Based Communication Assessment and Intervention*, 7(4), 174-193. <https://pubmed.ncbi.nlm.nih.gov/27120988/>

Summary: This systematic review includes Project ImPACT as an effective program for enhancing language and communication skills through parent-led interventions.

4. Oono, I. P., Honey, E. J., & McConachie, H. (2013). *“Parent-Mediated Early Intervention for Young Children with Autism Spectrum Disorders (ASD): A Systematic Review.”*



Cochrane Database of Systematic Reviews, 4.
<https://pubmed.ncbi.nlm.nih.gov/23633377/>

Summary: This review supports parent-mediated programs like Project ImPACT as effective in enhancing social communication skills in young children with ASD.

5. **Shire, S. Y., Gulsrud, A., & Kasari, C. (2016).** *“Increasing Responsive Parent-Child Interactions and Joint Engagement: Comparing the Influence of Parent-Mediated Intervention and Parent Psychoeducation.”* Journal of Autism and Developmental Disorders, 46(5), 1737-1747. <https://doi.org/10.1007/s10803-016-2702-z>

Summary: This review compares the effectiveness of parent-mediated interventions, such as Project ImPACT, with traditional parent psychoeducation. Results indicate that parent-mediated interventions are highly effective in enhancing parent-child interaction and joint engagement in young children with ASD.