Title: Comparing the effect of motor imagery on gross motor skills and balance motor skills in children with developmental coordination disorder

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Abstract: Corresponding Author: Maryam Asaseh, Ph.D. student in Psychology and Education of Exceptional Children in Allame Tabatabai University (Email: maryam.asaseh@yahoo.com)
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Introduction: Developmental coordination disorder is one of the disorders in childhood that cause significant deficiency in motor skills. Children with DCD have difficulty in doing gross and balance motor skills. These problems can affect other aspects of mental health in these children.

Objective: The purpose of this research was the design of a motor imagery training program for improving gross and balance motor skills in children with DCD.

Method: In this pre-experimental research, 16 children with DCD were selected after examinations. Balance and gross motor skills of children were assessed before training program by Linconosersky. Motor imagery training was conducted during 8 sessions, and after that, motor skills were reassessed.

Results: Data analysis showed that motor imagery training improved gross motor skills but did not improve balance motor skills.

Conclusion: Motor imagery training can be effective for improving gross motor skills in DCD and the effect of motor imagery on gross motor skills was more than balance motor.

Keywords: Developmental coordination disorder, Motor imagery, Balance, Gross motor

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