



**TITLE: Weighted Modalities for Adults with Mental Illness: Clinical Effectiveness**

**DATE:** 22 May 2015

## **RESEARCH QUESTION**

What is the clinical effectiveness of weighted modalities for adults with mental illness?

## **KEY FINDINGS**

No relevant literature was identified regarding the clinical effectiveness of weighted modalities for adults with mental illness.

## **METHODS**

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD), PsycInfo, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. The search was also limited to English language documents published between January 1<sup>st</sup>, 2010 and May 19, 2015. Internet links were provided, where available.

## **SELECTION CRITERIA**

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

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**Table 1: Selection Criteria**

<b>Population</b>	Adults with mental illness (e.g., dementia) in psychiatric settings or residential care
<b>Intervention</b>	Weighted modalities (e.g., blankets, lap pads, wraps, vests, garment)
<b>Comparator</b>	No comparator
<b>Outcomes</b>	Clinical benefit (decrease agitation, decrease seclusion room use, improve adaptive behaviours – less verbally and physically aggressive)
<b>Study Designs</b>	Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies

## RESULTS

No relevant health technology assessment reports, systematic reviews, meta-analyses, randomized controlled trials, or non-randomized studies were identified regarding the clinical effectiveness of weighted modalities for adults with mental illness.

References of potential interest are provided in the appendix.

### Health Technology Assessments

No literature identified.

### Systematic Reviews and Meta-analyses

No literature identified.

### Randomized Controlled Trials

No literature identified.

### Non-Randomized Studies

No literature identified.

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**APPENDIX – FURTHER INFORMATION:**

**Randomized Controlled Trials – Alternate Population**

1. Gringras P, Green D, Wright B, Rush C, Sparrowhawk M, Pratt K, et al. Weighted blankets and sleep in autistic children--a randomized controlled trial. *Pediatrics*. [Internet]. 2014 Aug [cited 2015 May 22];134(2):298-306. Available from: <http://pediatrics.aappublications.org/content/134/2/298.long>  
[PubMed: PM25022743](#)
2. Lin HY, Lee P, Chang WD, Hong FY. Effects of weighted vests on attention, impulse control, and on-task behavior in children with attention deficit hyperactivity disorder. *Am J Occup Ther*. 2014 Mar;68(2):149-58.  
[PubMed: PM24581401](#)

**Non-Randomized Studies**

*Qualitative Studies*

3. Sutton D, Nicholson E. Sensory modulation in acute mental health wards: a qualitative study of staff and service user perspectives [Internet]. Auckland (NZ): Te Pou o Te Whakaaro Nui; 2011. [cited 2015 May 22]. Available from: [http://www.tepou.co.nz/uploads/files/resource-assets/sensory\\_modulation\\_in\\_acute\\_mental\\_health\\_wards.pdf](http://www.tepou.co.nz/uploads/files/resource-assets/sensory_modulation_in_acute_mental_health_wards.pdf)

*Alternate Intervention*

4. Novak T, Scanlan J, McCaul D, MacDonald N, Clarke T. Pilot study of a sensory room in an acute inpatient psychiatric unit. *Australas Psychiatry*. 2012 Oct;20(5):401-6.  
[PubMed: PM23014117](#)

*Alternate Population*

5. Davis TN, Dacus S, Strickland E, Copeland D, Chan JM, Blenden K, et al. The effects of a weighted vest on aggressive and self-injurious behavior in a child with autism. *Dev Neurorehabil*. 2013 Jun;16(3):210-5.  
[PubMed: PM23278839](#)
6. Lindstedt H, Umb-Carlsson O. Cognitive assistive technology and professional support in everyday life for adults with ADHD. *Disabil Rehabil Assist Technol*. 2013 Sep;8(5):402-8.  
[PubMed: PM23992459](#)
7. Collins A, Dworkin RJ. Pilot study of the effectiveness of weighted vests. *Am J Occup Ther*. 2011 Nov;65(6):688-94.  
[PubMed: PM22214113](#)
8. Hodgetts S, Magill-Evans J, Misiaszek JE. Weighted vests, stereotyped behaviors and arousal in children with autism. *J Autism Dev Disord*. 2011 Jun;41(6):805-14.  
[PubMed: PM20839040](#)

9. Reichow B, Barton EE, Sewell JN, Good L, Wolery M. Effects of weighted vests on the engagement of children with developmental delays and autism. *Focus Autism Dev Disabilities*. 2010;25(1):3-11.

#### Review Articles

10. Beauchamp S. Summary: weighted blankets and vests: safety, efficacy and issues related to their use in different intervention settings [Internet]. Quebec City: INESSS; 2010. [cited 2015 May 22]. Available from: [https://www.inesss.qc.ca/fileadmin/doc/AETMIS/Rapports/ServicesSociaux/2010\\_04\\_res\\_en.pdf](https://www.inesss.qc.ca/fileadmin/doc/AETMIS/Rapports/ServicesSociaux/2010_04_res_en.pdf)

#### Additional References

11. Allford C. Take the load off with weighted blankets. [Presentation slides on the internet]. Sydney (AU): Psychogeriatric Nurses' Association Australia; 2012. [cited 2015 May 22]. Available from: [http://www.pgna.org.au/Symposium%20Presentations/Courtney%20Alford\\_Weighted%20Blanket%20Presentation%20.pdf](http://www.pgna.org.au/Symposium%20Presentations/Courtney%20Alford_Weighted%20Blanket%20Presentation%20.pdf)
12. Farrow T. Sensory modulation as a suite of clinical tools in mental health settings [Internet]. Hamilton (NZ): Te Pou o te Whakaaro Nui; 2011. [cited 2015 May 22]. Available from: <http://www.tepou.co.nz/uploads/files/resource-assets/Sensory-Modulation-As-a-Suite-of-Clinical-Tools-in-Mental-Health-Settings.pdf>