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REVOLUTIONIZING AUTISM CARE: THE ROLE OF AI-DRIVEN TOOLS IN ENHANCING INTERVENTIONS FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

Jasmin Ilyani Ahmad[1*], Noor Hasnita Abdul Talib[2], Siti Nurbaya Ismail[3], Nor Hafizah Abdul Razak[4], Zanariah Idrus[5]

[1] College of Computing, Informatics and Mathematics, Universiti Teknologi MARA (UiTM) Kedah Branch, 08400 Merbok, Kedah, Malaysia
Email: jasmin464@uitm.edu.my
[2] College of Computing, Informatics and Mathematics, Universiti Teknologi MARA (UiTM) Kedah Branch, 08400 Merbok, Kedah, Malaysia
Email: nhasnita@uitm.edu.my
[3] College of Computing, Informatics and Mathematics, Universiti Teknologi MARA (UiTM) Kedah Branch, 08400 Merbok, Kedah, Malaysia
Email: sitinurbaya@uitm.edu.my
[4] College of Computing, Informatics and Mathematics, Universiti Teknologi MARA (UiTM) Kedah Branch, 08400 Merbok, Kedah, Malaysia
Email: hafizah466@uitm.edu.my
[5] College of Computing, Informatics and Mathematics, Universiti Teknologi MARA (UiTM) Kedah Branch, 08400 Merbok, Kedah, Malaysia
Email: zanaidrus@uitm.edu.my
[*] Corresponding Author

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Abstract:

Autism Spectrum Disorder (ASD) is a condition related to brain development that affects social interaction and communication. Among the symptoms of ASD are reduced eye contact, differences in body language, lack of facial expressions and repeating gestures or sounds. There are various traditional treatment methods such as communication therapy, but there are also many challenges that need to be faced such as lack of resources, high costs, limited access, and a lack of tailored solutions. With the existence of Artificial intelligence (AI), various techniques, applications and devices are introduced to overcome this problem by using tools such as machine learning, virtual reality, and AI-driven wearables. This technology has great potential for early diagnosis, personalized therapy, communication support, and real-time progress tracking. It also helps in reducing costs, fill resource gaps, and give caregivers practical insights. Although there are many advantages of AI, challenges such as data quality, algorithm bias, privacy concerns, and

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accessibility still need to be seen. Experts emphasize the need for collaboration across disciplines and ethical practices to ensure these tools are effective and fair. With continued research and thoughtful application, AI could also support other developmental conditions, making healthcare more personalized and inclusive for children with ASD and their families.

Keywords:

Autism Spectrum Disorder (ASD), Artificial Intelligence (AI), Personalized Therapy and Early Diagnosis

Introduction

ASD is a condition that affects brain development, impairs communication and social interaction skills, and has restricted or repetitive behaviors or interests in individuals with ASD. With increasing technology and more sophisticated diagnostic tools, it is estimated that approximately 1 in 100 children worldwide is a child with ASD (Maenner et al., 2021). Even with the use of the latest technology, families often face delayed diagnosis, limited access to effective treatments, and significant emotional and financial stress. Navigating the complex healthcare system to find individual support can be overwhelming, highlighting the need for innovative approaches to ASD care.

AI provides a variety of solutions to most problems in various fields. It is defined as a computer system that simulates human intelligence to perform tasks such as learning, reasoning, and problem solving (Russell & Norvig, 2021). In addition, AI has also had an impact in the field of healthcare (Topol, 2019). From the perspective of ASD care, AI tools are used to detect ASD from an early stage in children. This AI technology can help ASD children lead their daily lives well. In addition, this technology also helps ease the burden of caregivers and parents of ASD children in terms of using the right approach in dealing with these children. AI technologies such as machine learning, natural language processing and wearable devices can help in the early detection of ASD, in addition to being able to suggest appropriate types of therapy according to the level of ASD in the child. This situation can directly help parents and caregivers of ASD children take the right action in ASD intervention.

Methodology

A systematic literature review (SLR) approach was used to analyze existing studies related to AI-driven interventions for ASD. This review was conducted across various databases including Scopus, IEEE Xplore, PubMed, and Web of Science. The combination of keywords used to cross these databases are AI in ASD care, machine learning for autism diagnosis, AI-driven ASD interventions, and wearable technology in ASD treatment. The inclusion criteria are also scoped to peer-reviewed journal articles and conference proceedings published between 2018 and 2024. Articles that are more than five years old have been excluded except for articles that provide foundation knowledge. The selected literature was classified into thematic areas, namely AI-driven diagnosis, AI applications in therapy and intervention, AI for communication enhancement, and AI-driven monitoring and caregiving support.

Understanding Autism Spectrum Disorder

ASD includes children's neurodevelopmental conditions that can be associated with difficulties in social interaction, communication and performing repetitive behaviors. Children with ASD have difficulty understanding social cues and have difficulty interacting, making them unable

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to communicate effectively with those around them (Lord et al., 2018). This challenge is usually accompanied by repetitive behavior patterns including a deep interest in something, a very high adherence to a routine and a high level of sensory sensitivity. The degree and symptoms of ASD differ among ASD individuals, which creates a gap of different interventions among them. (Hodges et al., 2020). These different levels of ASD highlight the importance of different approaches to meeting the unique needs of each child with ASD.

Traditional interventions for ASD focus a lot on communication skills, social skills and behavior. Applied Behavior Analysis (ABA) is one of the most widely used therapeutic approaches to shape positive behavior (Leaf et al., 2016). Speech therapy is also a traditional approach to help ASD children who experience speech delay (Paul et al., 2021). In addition, occupational therapy is also given attention in order to improve the skills of ASD children in daily life and allow them to adapt to the environment (Okoye et al., 2023).

Although ABA has been proven effective, it also has limitations, as some of its characteristics are time-consuming and neglect emotional well-being (Sandbank et al., 2021).Similarly, speech and occupational therapies also require long-term engagement from individuals with ASD. In addition, other constraints to access to these therapies include their high cost and limited access and resources. This makes it important to have simpler solutions for addressing ASD intervention and care.

AI-Driven Tools in Autism Care

AI technology provides a wide array of tools that have begun to transform ASD care. Machine learning algorithms that can analyze large datasets can diagnose ASD in early childhood. Simeoli et al. (2024) in their research found that early diagnosis of ASD can be improved by integrating machine learning algorithms with motion analysis techniques. In addition, virtual reality (VR) and augmented reality (AR) also provide a safe environment for children with ASD to develop communication and social interaction skills. AI tools also provide language training based on the needs of children with ASD, thus improving communication and language skills among them (Simeoli et al., 2020).

AI applications in ASD care have shown advances in the process of therapy, communication, and monitoring. The integration of AI algorithms such as machine learning and motion analysis techniques has facilitated early detection of ASD in children (Simeoli et al., 2024). With the use of AI applications, advances in communication that support verbal and non-verbal communication have helped improve language skills in ASD children. In addition, wearable devices are designed to assist ASD children and their caregivers by providing real-time emotional changes, which can improve behavioral interventions and quality of life (Taj-Eldin et al., 2018). These AI applications have demonstrated the accuracy and effectiveness of interventions in ASD. Table 1 shows the summary of AI-driven tools in ASD care.

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Table 1: Summary of AI-driven Tools in ASD Care

Author(s)	Article Title	Tools/Technology	Output/Findings
Simeoli et al. (2024)	Using Machine Learning for Motion Analysis to Early Detect ASD	Machine Learning with Motion Analysis	Enhances early screening and diagnosis accuracy
Simeoli et al. (2020)	Personalized Language Exercises for ASD with AI Tools	AI-driven Speech and Language Tools	Improves communication with real-time feedback
Taj-Eldin et al. (2018)	Wearable Technology in Autism Care	AI-driven Wearable Devices	Real-time monitoring for emotional and physiological states
Hossain et al. (2022)	IoT-Based Health Monitoring for e-Health	IoT & AI	Continuous tracking and remote monitoring of ASD symptoms
Lanotte et al. (2023)	AI in Rehabilitation Medicine	AI for Behavioral Rehabilitation	Personalized intervention for improving daily functioning
Wankhede et al. (2024)	AI in Autism Diagnosis & Treatment	AI-powered Screening & Therapeutic Tools	Enhances early detection and therapy effectiveness
Reddy et al. (2019)	AI in Healthcare: Data Quality Challenges	AI-based Data Management	Identifies biases and inconsistencies in ASD data
Thenmozhi et al. (2024)	Cryptographic Solutions in Healthcare AI	AI & Cryptography	Enhances data security and privacy in ASD interventions
Kim & Padilla (2020)	Technology Access in Low-Income Families	Digital Access & AI Tools	Examines disparities in access to AI-driven ASD care
Howard (2019)	Ethics and AI in Healthcare	AI-driven Ethical Frameworks	Balances AI automation with human-centered caregiving

Benefits of AI in Autism Care

The use of AI in ASD care has improved ASD intervention patterns. One of the most striking benefits is improving the diagnostic process of ASD which is very accurate and fast. Traditional diagnostic methods that previously depended on time-consuming evaluation and observation as shown in Figure 1.

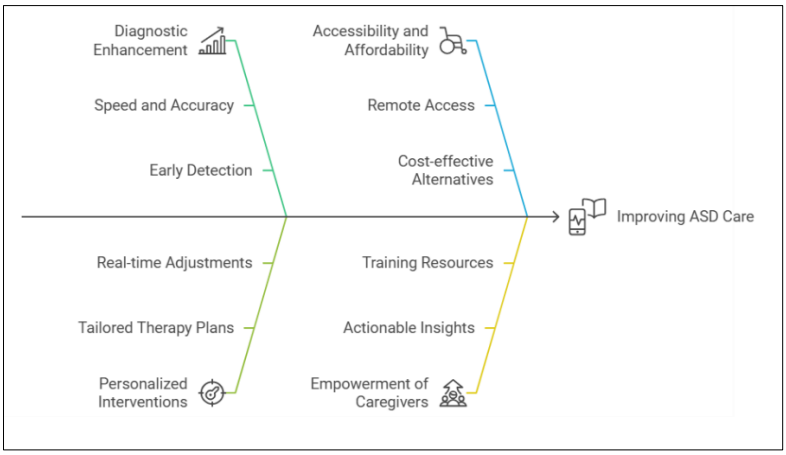

Figure 1: Enhancing ASD Care with AI

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Machine learning algorithms, which are AI-powered tools, can analyze large datasets of behavioral and physiological markers to detect ASD symptoms with remarkable precision and efficiency (Simeoli et al., 2024). These AI tools can identify subtle patterns that might be overlooked by clinicians, enabling earlier and more reliable diagnoses. Early detection allows for early intervention for children with ASD, helping them address communication, social, and behavioral problems (Dawson et al., 2010). AI not only speeds up the process of accurate diagnosis but also helps ASD interventions be faster and more effective. AI tools are enabling the development of unique therapy plans to meet the unique needs of children with ASD. These tools facilitate real-time interventions, ensuring that therapy can be delivered to children with ASD by observing the child's responses (Ricks & Colton, 2010). This not only increases the level of ASD intervention but also empowers parents, caregivers and therapists to take appropriate action for each child depending on the level of ASD and the uniqueness of everyone.

AI has the potential to bridge significant gaps in ASD care, particularly in resource-limited settings where access to specialized services is often constrained. By leveraging AI-driven tools, such as mobile apps and telehealth platforms, families in underserved areas can access screening, diagnosis, and intervention programs remotely, reducing geographical barriers to care. These technologies also provide scalable solutions, enabling more children to benefit from interventions without overburdening limited healthcare resources. Furthermore, AI offers cost-effective alternatives to traditional therapy models, which often require intensive one-on-one sessions with highly trained professionals. For instance, AI-powered virtual therapists and adaptive learning systems can deliver high-quality interventions at a fraction of the cost, making care more affordable and sustainable for families (Kuhl & Rivera-Gaxiola, 2008). By improving accessibility and affordability, AI has the potential to democratize ASD care, ensuring that more children receive the support they need regardless of their socioeconomic status.

AI-driven tools play a crucial role in empowering parents and educators to better support children with ASD. These tools provide caregivers with actionable insights, practical resources, and real-time guidance tailored to the needs of their child or student. For instance, mobile apps equipped with AI algorithms were designed to enhance emotional intelligence skills in children and adolescents with ASD (Papoutsi et al., 2018). By simplifying complex therapeutic processes and making expert knowledge more accessible, these tools help caregivers implement consistent, effective interventions in everyday settings. This not only improves outcomes for children with ASD but also reduces stress and fosters a greater sense of confidence and competence among caregivers.

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Challenges and Ethical Considerations

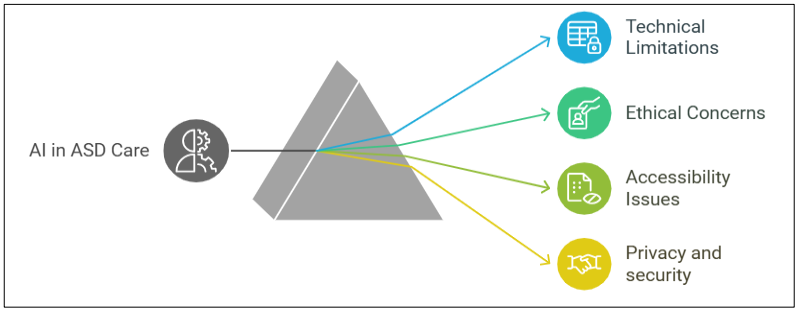

Figure 2: Navigating AI Challenges in ASD care

Figure 2 shows the challenges in ASD care including technical limitations, ethical concerns, accessibility issues and privacy and security. Despite the promising potential of AI in ASD care, several technical limitations remain significant obstacles. One primary concern is data quality, as AI tools require large, diverse, and high-quality datasets to function effectively. However, integrating AI tools into existing healthcare systems poses few challenges. This is due to AI systems relying on accurate, comprehensive, and up-to-date data to generate reliable outputs. Electronic health records often contain missing, incomplete, or inconsistent data, which can undermine AI's effectiveness and accuracy (Reddy et al., 2019). Addressing these technical limitations is essential to ensure that AI tools in ASD care are accurate, equitable, and seamlessly integrated into healthcare practices.

Safeguarding the sensitive data of children with ASD and their families is a critical ethical concern in the deployment of AI-driven tools. AI tools in healthcare analyze vast amounts of data to identify patterns and design personalized care strategies. This includes data from personal health sensors, devices, and digital records (Lanotte et al., 2023). However, the storage and processing of AI tools introduces risks of breaches and unauthorized access. Thus, the adoption of cryptography in healthcare settings is needed to ensure the confidentiality, integrity, and availability of patient data, thereby supporting the sector's ongoing digital transformation (Thenmozhi et al., 2024). Additionally, transparency in how data is collected, stored, and used is vital to fostering trust among caregivers and mitigating ethical concerns surrounding AI's role in ASD care. Addressing these privacy and security challenges is fundamental to the ethical implementation of AI technologies.

Ensuring equitable access to AI-driven tools for ASD care across socio-economic groups remains a significant challenge. While AI has the potential to democratize ASD interventions, disparities in access to technology and healthcare resources can hinder its widespread adoption. Families from lower socio-economic backgrounds face significant barriers to accessing the internet and using smart devices (Kim & Padilla, 2020). Addressing these accessibility issues requires intentional efforts, including designing user-friendly interfaces, subsidizing costs for low-income families, and integrating AI tools into publicly funded health programs. Without such measures, the risk of exacerbating existing healthcare inequities remains high, undermining the transformative potential of AI in ASD care.

Balancing human involvement with AI reliance in ASD caregiving is a critical ethical challenge. While AI-driven tools offer unparalleled precision and scalability, there is a growing concern that over-reliance on these technologies may undermine the human elements essential

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to caregiving. Striking a balance requires defining clear roles for AI as a supportive rather than a replacement tool, ensuring that human caregivers remain central to the intervention process. Incorporating AI into caregiving in an ethically mindful way involves fostering collaboration between technology and human expertise, ultimately ensuring that children with ASD receive compassionate and individualized care.

Future Directions

To address the technical limitations in AI-driven ASD care, future research should focus on enhancing data quality and AI reliability. Developing standardized data collection frameworks can ensure the availability of high-quality, diverse, and representative datasets. AI models must integrate advanced data preprocessing techniques to handle inconsistencies and missing information, thereby improving diagnostic accuracy and intervention effectiveness (Reddy et al., 2019). Additionally, exploring methods such as transfer learning and federated learning can enable AI systems to function effectively even with limited datasets, mitigating the challenge of data scarcity (Thenmozhi et al., 2024).

Ensuring robust privacy and security measures is crucial for the ethical deployment of AI in ASD care. Future advancements should prioritize encryption technologies like blockchain to protect sensitive health information. Implementing federated learning can also help safeguard patient data by allowing AI models to learn from decentralized datasets without transmitting personal information (Thenmozhi et al., 2024). Moreover, the development of explainable AI (XAI) frameworks can enhance transparency in AI-driven decision-making, fostering greater trust among caregivers, clinicians, and families (Lanotte et al., 2023).

To improve accessibility and affordability, AI-driven ASD tools should be designed to accommodate diverse socio-economic backgrounds. Future research should focus on developing mobile-friendly AI applications that function in low-resource settings, ensuring that individuals in underserved communities can benefit from AI-assisted interventions. Collaboration with policymakers and healthcare organizations is also essential to subsidize AI-based ASD care solutions, preventing disparities in access to these innovative technologies (Kim & Padilla, 2020).

Lastly, advancing human-AI collaboration in ASD care is necessary to maintain a balance between technological support and human involvement. AI should serve as an assistive tool rather than replace human caregivers and therapists. Future research should explore hybrid caregiving models that integrate AI-driven recommendations while ensuring human experts retain final decision-making authority (Howard, 2019). Additionally, training programs for healthcare professionals should emphasize ethical AI adoption, ensuring technology complements human expertise rather than diminishing the human touch in ASD care. By addressing these future directions, AI can be effectively leveraged to enhance ASD interventions while ensuring ethical considerations and equitable access are upheld.

Conclusion

AI has demonstrated immense potential in transforming the landscape of ASD care through its innovative tools and applications. The integration of AI into ASD diagnosis and treatment holds significant promise for advancing healthcare delivery (Wankhede et al., 2024). Furthermore, technologies such as AI-powered apps, virtual reality, and wearable devices have facilitated better communication, therapy, and progress monitoring, empowering caregivers

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and clinicians to provide more effective support (Howard, 2019). By bridging gaps in accessibility and affordability, AI has also opened avenues for reaching underserved populations, ensuring equitable care. These advancements collectively highlight AI's transformative role in not only improving outcomes for children with ASD but also in enhancing the overall well-being of their families, setting the stage for broader applications in developmental healthcare.

As AI continues to transform ASD care, it is imperative to encourage further research and adoption of AI-driven tools to maximize their potential benefits. However, the rapid integration of AI into ASD care must also address critical ethical and technical challenges, such as safeguarding privacy, ensuring equitable access, and maintaining the human elements of caregiving (Wankhede et al., 2024). By prioritizing these considerations, stakeholders can harness the transformative power of AI to create more inclusive, accessible, and effective interventions, ultimately improving the lives of children with ASD and their families.

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