



Aplicación de un nuevo programa de habilidades sociales a un grupo de adultos con discapacidad intelectual [

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text (article)

Analítica

The present study has the purpose to develop and apply a new training program in order to promote the use of social skills in a group of adults with intellectual disabilities. It contains a quasi-experimental methodological design to prove the program effectiveness. The sample used consists of 21 adults with intellectual disabilities, users of an occupational therapy day entity (10 persons participated in the program and 11 did not). The social skills were evaluated using an adjusted version of the Social Skills Scale Model of Gismero (2010). The outcomes of this study show a significant improvement in the overall score of the group included in the program in comparison with the rest of the group. Likewise, the group under the program obtained an increase in the scores within 5 out of 6 subscales evaluated. The identified improvements are key elements for the individual development of this group. The implications of the results are discussed

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