

Research and Scholarly Articles on The Zones of Regulation (Kuypers, 2011)

*Studies in gray are specific to Tier-1 (whole class/whole school) Implementation						
						www.zonesofregulation.com
Study Title (ordered by date)	Institution/Organization	Author(s)	Quick Description	Publication	Access	Citation
Using Technology to Enhance Sensory-Based Interventions (2021)		Piller, A., Del Pilar Saa, M., Tremino, I., Koester, A. C., & Duker, L. S.	<i>Journal Article:</i> Article lists The Zones of Regulation Apps in "Examples of Apps to Promote Sensory-Related Wellness" and utilized The Zones of Regulation App as an intervention in case study of 8 year-old with ASD.	AJOT SIS Quarterly Practice Connections, Vol 6 (1), 2-4	Restricted Access through AJOT www.ajot.aota.org	Piller, A., Del Pilar Saa, M., Tremino, I., Koester, A. C., & Duker, L. S. (2021). Using technology to enhance sensory-based interventions. <i>SIS Quarterly Practice Connections</i> , 6(1), 2–4.
Developing Self-Regulation in Children with FASD Using the Zones of Regulation (2021)	University of Washington, WA	Anderson, S., Bartholow, B., Snow, J., Stratiner, M., Nash, J., & Jirikowic, T.	<i>Journal Article:</i> Clinical intervention with children ages 8-11 with Fetal Alcohol Spectrum Disorder (FASD) using The Zones lessons adapted for students with FASD, includes recommendations.	AOTA SIS Quarterly Practice Connections, 2(4), 5–7.	Restricted Access through AJOT www.ajot.aota.org	Anderson, S., Bartholow, B., Snow, J., Stratiner, M., Nash, J., & Jirikowic, T. (2017). Developing self-regulation in children with FASD using the Zones of Regulation. <i>SIS Quarterly Practice Connections</i> , 2(4), 5–7.
Collaborative Development of a Social-Emotional Skills Development Curriculum for Children Who Are Deaf (2020)	California School for the Deaf Fremont (CDS Fremont), CA	Domenique Embrey, Tiffany Wilson, and Courtney Hipskind	<i>Journal Article:</i> Adapted preschool SEL intervention program for children who are deaf/hard of hearing (D/HH), focused on SEL and sensory processing using The Zones framework.	AOTA SIS Quarterly Practice Connections, 5(1), 7–10	Restricted Access through AJOT www.ajot.aota.org	Embrey, D., Wilson, T., & Hipskind, C. (2020). Collaborative development of a social-emotional skills development curriculum for children who are Deaf. <i>SIS Quarterly Practice Connections</i> , 5(1), 7–10.
A Feasibility Study of The Zones of Regulation® curriculum as part of Tier I MTSS, POSTER (2018, updated 2020)	Tufts University, MA	Erin McQuaid	<i>Poster Session:</i> General education Tier-1 instruction using The Zones of Regulation with 4th grade class in Elementary School setting.	AJOT: Vol. 72	https://www.zonesofregulation.com/research-evidence-base.html	Erin McQuaid; Feasibility Study: Implementing the Zones of Regulation® Curriculum at a Whole-Class Level. <i>Am J Occup Ther</i> 2018;72(4_Supplement_1):7211505083. https://doi.org/10.5014/ajot.2018.72S1-PO1014
Using a modified Zones of Regulation curriculum to teach emotional regulation to young adults with a diagnosis of Autism Spectrum Disorder (2020)	Beyond Autism, London, UK	Jordana Lyons	Intervention for high-schoolers (age 18-19) diagnosed with ASD with limited verbal communication utilizing an adapted version of The Zones of Regulation paired with individualized communication boards focused on identifying emotional state and regulation strategies.	Informal Study for clinical use	https://www.zonesofregulation.com/research-evidence-base.html	
The Impact of a Social Emotional Learning Curriculum on the Social-Emotional Competence of Elementary-Age Students (2019)	Clemson University, SC	Michelle Dunn	<i>Dissertation:</i> Large-scale study of implementing The Zones of Regulation in general education Tier-1 instruction in twelve 2nd grade classrooms from three socio-economically diverse Elementary Schools.	University Publication	Open Access Link: https://tigerprints.clemson.edu/cgi/viewcontent.cgi?article=3461&context=all_dissertations	Dunn, Michelle. "The Impact of a Social Emotional Learning Curriculum on the Social-Emotional Competence of Elementary-Age Students" (2019). All Dissertations. 2457. https://tigerprints.clemson.edu/all_dissertations/2457
Increasing Self-Regulation for ADL Independence in Children: Feasibility Study and Coregulation Curriculum Description POSTER (2019)	Western Michigan University, MI	Michelle Suarez, Ben Atchison, Elsie Bush	<i>Poster Session:</i> Clinical focus group of children ages 6-14 with regulatory issues utilizing The Zones of Regulation to increase independence in Activities of Daily Living (ADLs).	AJOT: Vol. 73 Iss. 4	Link to Abstract: https://ajot.aota.org/article.aspx?articleid=2754939	Michelle Suarez, Ben Atchison, Elsie Bush; Increasing Self-Regulation for ADL Independence in Children: Feasibility Study and Coregulation Curriculum Description. <i>Am J Occup Ther</i> 2019;73(4_Supplement_1):7311520407. https://doi.org/10.5014/ajot.2019.73S1-PO3024
Blue–Yellow–Red–Green: Teaching Self-Regulation Skills to First Graders (2019)	The School Association for Special Education (SASED), IL	Christa Valkanos, Cheryl Huber-Lee, and Susan M. Cahill	<i>Journal Article:</i> Whole-class instruction using The Zones of Regulation curriculum in two 1st Grade classrooms in 15 weekly 30 min. sessions. Includes case examples.	AOTA OT Practice, 21(12), 7–11.	Restricted Access through AJOT www.ajot.aota.org	Valkanos, C., Huber-Lee, C., & Cahill, S. M. (2016). Blue–yellow–red–green: Teaching self-regulation skills to first graders. <i>OT Practice</i> , 21(12), 7–11.
Trauma-Responsive Practice in Baltimore City Public Schools: Humane Education (2019)	Baltimore City Public Schools, Project Mickey, MD	Jennifer Ganz	<i>Journal Article:</i> Intervention utilizing adapted Zones of Regulation check-in within humane/animal therapy with children with trauma histories in a Elementary Setting.	Protocol, Volume LIX, Issue 3, 4-5	Restricted Access through Maryland School Psychologists' Association MSPA https://www.msponline.org/	Ganz, Jennifer. (2019). Trauma-Responsive Practice in Baltimore City Public Schools: Humane Education (2019). Protocol, Volume LIX, Issue 3, 4-5.
Effectiveness of Components of the Zones of Regulation on Student Behaviors (2019)	Minot State University, ND	Marti Quale	<i>Thesis:</i> Intervention in school setting using components of The Zones of Regulation with 2nd/3rd grade students with ASD & ADHD diagnoses focused on participation and compliance in classroom.	ProQuest		Quale, M. (2019). Effectiveness of components of the zones of regulation on student behaviors (Order No. 22622385). Available from Publicly Available Content Database. (2306303699). Retrieved from https://search.proquest.com/dissertations-theses/effectiveness-components-zones-regulation-on/docview/2306303699/se-2?accountid=143111
Efficacy Study of a Social Communication and Self-Regulation Intervention for School-Age Children With Autism Spectrum Disorder: A Randomized Controlled Trial (2019)	University of North Carolina (UNC) Chapel Hill, NC	Sallie W. Nowell, Linda R. Watson, Brian Boyd, and Laura G. Klinger	<i>Peer Reviewed Journal Article</i> Assessed efficacy of a parent-assisted 12-week group intervention for 1st and 2nd graders with ASD targeting social-communication and self-regulation skills for students and competency for parents using Zones of Regulation and Social Thinking concepts and lessons combined with TEACHH program.	LSHSS Journal Online: Vol. 50 Iss.3	Link to Abstract: https://pubs.asha.org/doi/10.1044/2019_LSHSS-18-0093	Nowell, S. W. (2018). Social-communication and self-regulation development in children with autism spectrum disorder (Order No. 10789360). Available from Health Research Premium Collection; Nursing & Allied Health Premium. (2059393069). Retrieved from https://search.proquest.com/dissertations-theses/social-communication-self-regulation-development/docview/2059393069/se-2?accountid=143111

The Zones of Regulation: Research and Scholarly Articles

Increasing Self-Monitoring Effectiveness Using Heart Rate Zone Notifications and The Zones of Regulation® (2018)	University of Cincinnati, OH	Jamie Jones	<i>Dissertation:</i> Intervention with students grades 1-3 in Alternative School setting for students identified with EBD, combined instruction using selected Zones of Regulation lessons along with smartwatch heart monitors focused on self-monitoring to increase on-task behavior.	University Publication	Open Access Link: https://etd.ohiolink.edu/apexprod/rws_etd/send_file/send?accession=ucin1562059964659066&disposition=inline	Jones, J. (2019). Increasing Self-Monitoring Effectiveness Using Heart Rate Zone Notifications and The Zones of Regulation. (Electronic Thesis or Dissertation). Retrieved from https://etd.ohiolink.edu/
Transforming Traumatized Children within NSW Department of Education Schools: One School Counsellor's Model for Practise – REWIRE (2017)	New South Wales Department of Education, Aus	Deborah A. Costa	<i>Journal Article:</i> Counselor-led wellness program using the REWIRE Model that includes 17 weeks of whole-class Zones of Regulation, focused on increasing capacity and connection for children who are victims of maltreatment and/or trauma.	Children Australia Volume 42 Number 2 pp. 113–126	https://search.proquest.com/docview/1910234712?pq-origsite=gscholar&fromopenview=true	Costa, Deborah A . Transforming Traumatized Children within NSW Department of Education Schools: One School Counsellor's Model for Practise - REWIRE. Children Australia; Melbourne Vol. 42, Iss. 2, (Jun 2017): 113-126. DOI:10.1017/cha.2017.14
The Efficacy of Zones of Regulation in Teaching Grade 3 and 4 Students Self-Regulation Skills (2017)	City University of Seattle, WA	Kelly Munro	<i>Thesis:</i> Implementation of Tier-1 Zones of Regulation instruction in 3rd and 4th grade classroom using observations and journaling focused on self-awareness.	University Publication	Open Access Link: http://repository.cityu.edu/handle/20.500.11803/650	Munro, Kelly (2017). The Efficacy of Zones of Regulation in Teaching Grade 3 and 4 Students Self-Regulation Skills. (Thesis, City University of Seattle, WA) Retrieved from http://repository.cityu.edu
The Use of the Zones of Regulation® in an Elementary School: Student and Teacher Perceptions (2016)	Elizabethtown College, PA	Carly Mutter	<i>Thesis:</i> Data collection and perception data in elementary school implementing Zones of Regulation schoolwide, sampled 5 students from each classroom in school using multiple measurements.	University Publication	Open Access Link: https://jayscholar.etown.edu/cgi/viewcontent.cgi?article=1009&context=otstu	Mutter, Carly, "The Use of the Zones of Regulation® in an Elementary School: Student and Teacher Perceptions" (2016). Occupational Therapy: Student Scholarship & Creative Works. 7. https://jayscholar.etown.edu/otstu/7
Intervention to Increase Self-Regulation in Kindergarten Students (2015)	Saint Joseph's University, MN	Lauren E. Yack	Small group intervention utilizing The Zones of Regulation with Kindergarten students in an Elementary School setting.		https://www.zonesofregulation.com/research-evidence-base.html	Yack, Lauren; Intervention to Increase Self-Regulation in Kindergarten Students. (St. Joseph's University).
Impact of Modified "Zones of Regulation" Curriculum on Preschool Students (2016)	The School Association for Special Education (SASED) and Rush University, IL	Cheryl Huber Lee, Christa Valkanos, Maria Bettler, Margaret Dess-McGuire, Arielle Frederico, Bridget Kerman, Allison Mohr	Adapted Zones of Regulation Curriculum for Early Childhood implemented in a whole-class model in inclusive Preschool setting.		https://www.zonesofregulation.com/research-evidence-base.html	Christa Valkanos, Cheryl Huber Lee, Maria Bettler, Margaret Dess McGuire, Arielle Frederico, Bridget Kerman, Allison Mohr; "Impact of Modified Zones of Regulation Curriculum on Preschool Students" (2016). The School Association for Special Education (SASED) and Rush University, IL.
Zones of Regulation® for Preschool Students: An Intensive Skills Training Intervention Model (2015)	University of Cincinnati, OH	Kayley Sanger	<i>Dissertation:</i> Intervention with preschoolers with identified behavioral concerns in an Early Childhood setting using adapted version of The Zones of Regulation in 6-weeks of biweekly instruction, followed by incidental teaching/prompt training for generalization.	University Publication	Open Access Link: https://etd.ohiolink.edu/apexprod/rws_etd/send_file/send?accession=ucin1595847029142493&disposition=inline	Sanger, K. (2020). Zones of Regulation® for Preschool Students: An Intensive Skills Training Intervention Model. (Electronic Dissertation, University of Cincinnati Ohio). Retrieved from https://etd.ohiolink.edu/