

# REATTACH THERAPY FOR ENHANCING EMOTIONAL INTELLIGENCE IN CHILDREN WITH DEVELOPMENTAL DISORDERS

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**Abstract**

**Introduction:** Reattach therapy is an important process for the treatment of children who are suffering from developmental disorders. The developmental disorder has become a big issue among children. Therefore, it is important to use reattach therapy for the treatment of these kinds of children by enhancing their emotional intelligence.

**Methodology:** The primary method of research is selected for this study. The abductive approach of research, the realism philosophy of research and the exploratory design of research are selected. Data collected for the present study is collected through a survey process and is analysed through Microsoft Excel. 101 people are selected as the population of this survey and through simple random sampling method is used for the selection of survey participants. 51 people are selected as the survey participants through this sampling method.

**Results and Discussion:** It is found from the survey that the reattach therapy is effective for emotional improvement. This therapy also helps the children to get an idea regarding their intention and ability to do that work, this therapy helps to increase their confidence by making them succeed in meeting short goals.

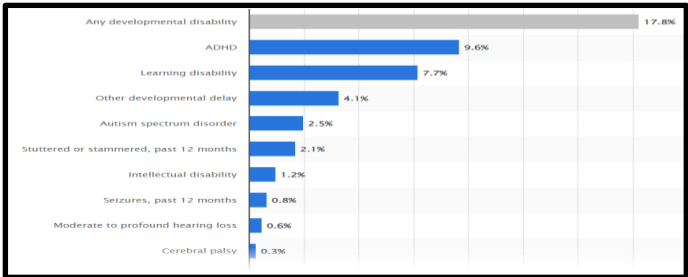
**Conclusion:** It is concluded that the reattach therapy has a huge positive impact on the improvement of children with a developmental disability. This is effective to increase emotional intelligence. Thus, the reattach therapy is effective for the growth of children with developmental disorders by increasing emotional intelligence.

Keyword: Reattach Therapy, Emotional Intelligence, Developmental Disorder, Improvement

**INTRODUCTION**

Emotional intelligence is the ability of children to manage and understand their own emotions. Along with their understanding, they can recognise the influence surrounding them. Apart from that emotional intelligence is an important thing for the general activity of children and to increase the emotional intelligence of children with developmental disorders. Developmental disorder refers to a group of conditions for learning, impairment in physical, behaviour or language. These kinds of conditions commence during the developmental period and they may impact on the daily life functions of children. The main aim of this study is to discuss the importance or significance of the reattach therapy for emotional intelligence among children with a developmental disability. Reattach therapy is a psychological intervention which is effective to decrease psychological distress by optimising the process of negative impact. Developmental disorders include abnormal patterns of development or delays in the areas of language or communication, problem-solving attitude, social or adaptive behaviour, motor skills and many other activities. Thus, this kind of disorder stops the growth of children according to age and expectations. The developmental disorder is an issue in the motor functions of children (Blank et al. 2019, p247). Therefore, developmental disorders impact on creative functions of children. It is important to resolve these issues for the children to enhance their emotional intelligence for increasing creative power and improving activities. The present study is conducted to discover the solutions to these issues by using the reattach therapy. It is evaluated to explore the effectiveness of the

reattach therapy to enhance the emotional intelligence of those children who are suffering from developmental disorders. The developmental disorder has become a noticeable issue among children across the world. The developmental disorder among children is the main problem statement on which the entire study is conducted. It is found that children between the age of 3 to 17 years were 2.76%, who are suffering from autism spectrum disorder (Elflein, 2020). Therefore, it has been seen that a major percentage of children in the USA is suffering from developmental disability. Apart from that it is necessary to use therapy for the treatment of this kind of issue among the children. It is observed from the provided data that most of the children who are suffering from developmental disability whose age group 3 to 17 years. In 3.2% of children under five years, a developmental disability is most prevalent (Ncbi.nlm.nih.gov, 2022). Therefore, most of these kinds of issues are observed among the children.



**Figure 1: US children with the developmental disorder**  
(Source: Elflein, 2020)

In the UK, governmental services are provided to children who are suffering from disabilities. Developmental disabilities are included in this. It has been observed that 2018, in 2018, 2310 children who accessed the childcare services of the UK, are suffering from disability (Statista.com, 2022.). Therapy is regarded as the main treatment for children with a developmental disability. There are various kinds of therapy which are used for the treatment of children with developmental disability. Among the kinds of therapy, reattach and professional therapy is the most important which are used for the treatment of children with disability. The reattach therapy is used for the enhancement of emotional intelligence which supports the mental development of children with developmental disorder. Developmental disabilities are a genuine problem in the past. This is a problem for the present time, though the technologies and the advanced therapy system have been able to control this problem it exists among children.

Characteristic	Number of children
2018	2,230
2017	2,290
2016	2,300
2015	2,290
2014	2,340
2013	2,290
2012	2,310

**Figure 2: Number of disabled children looked after by the UK childcare service**

(Source: Statista.com, 2022)

It is important to enhance the emotional intelligence of children with developmental disorders. The main purpose of the present study is to discuss the importance and effectiveness of the reattach therapy for enhancing emotional intelligence to enhance the skills of children with developmental disorders. In this context, a brief regarding the cause and effects of developmental disorder is to be evaluated. It is important to explore the needs of the children to perform their daily activities. The importance of emotional intelligence is explored through this research which is included in the purpose of the present study. In the discussion of the importance of reattach therapy for children with developmental disabilities to enhance emotional intelligence, the importance of emotional intelligence is discussed. Impact of the emotional intelligence on the activities of this kind of child is discussed in this study which is included in the purpose of the present research.

## METHODOLOGY

Methodology is an important part of research and it is considered as the framework to conduct the study. The methodology of the research includes the approach of research, philosophy of reach, design of research, and process of collecting and analysis of data. The validity and reliability of the research depend on the methodology of the study. The approach of research is selected to gather, analyse and interpret the information by the author. The approach of research is important to complete the study in a disciplined manner (Maarouf, 2019, p7). Therefore, the approach of research plays an important role in keeping the research on the proper track as it can complete the study without any hazards. The approach of research refers to the implications of data, analysis and data collection process. It refers to the

differences between quantitative and qualitative methods of research.

The approach of research is divided into three types such as inductive, abductive and deductive. Any one approach among these three is selected by the researcher based on the types of data which is used in the study. The abductive approach of research is selected for this study based on the types of data. The present study is conducted using primary data. Through this approach, a testable conclusion is given. Therefore, based on the primary data which are collected and analysed in this study, a conclusion is drawn. With the approach, the philosophy of research is another important part. The philosophy of research is considered the foundation of educational study (Khatri, 2020, p1437). This present study is educational research; thus, the selection of research philosophy is important for the foundation of the research. The philosophy of research is divided into four types such as positivism, realism, pragmatism and interpretivism. The realism philosophy of research is selected for the present study. The present study is accomplished with primary data and there is no utilisation of secondary data in this research. Therefore, the realism philosophy of research is appropriate for the present study.

The design of the research is another important segment, the same as the approach of research. The design of research is known as the choice between qualitative and quantitative research. The design of the research is the choice for selecting a specific data collection and analysis process. The design of the research is an instrument which is applied to conduct the study (Borgianni & Maccioni, 2020, p257). The design of the research is divided into many types among all of those four are most important such as descriptive, exploratory, experimental and explanatory. The design of the research is selected based on the nature of the information. This is primary research thus; primary quantitative data is selected. The use of primary quantitative data is effective to explore new information which is not used in any research before this, thus, the exploratory design of the research is selected for this study which is effective to explore new data. The data collection process is an important part of the research. The collection process of information depends on the nature of the information. The process of collecting information depends on the entire plan and process of the work (Ajaz et al. 2019, p707). As the present research is to be finished with primary data then, a primary data collection process is to be followed. The data for this study is collected through the survey and is analysed through Microsoft Excel. The survey is conducted among those people who know this therapy and developmental disability. Females and males are selected as the participants of the survey. The chart is created based on the answers of the participants of the survey. The chart is generated with the answers of the participants of the survey for each question. 101 people were selected as the population for the study. A simple random sampling method is used for the selection of samples for the study and 51 people are selected as the participants of the survey by using this method.

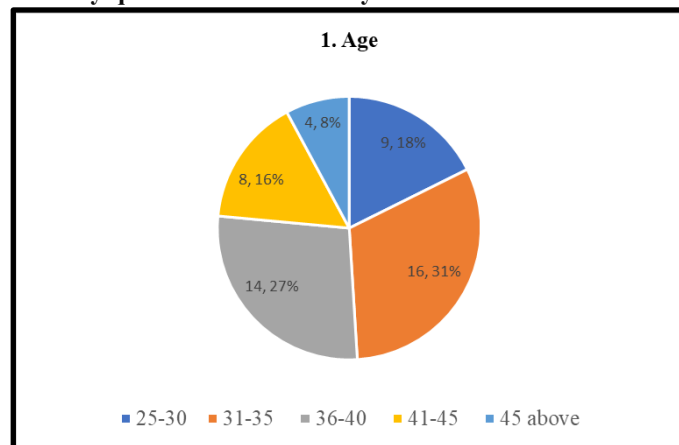
Ethical consideration is another important part of the research. Without ethical consideration, it may be doomed. Ethical consideration refers to some ethical principles which are maintained by the researcher during the research. The researchers of the present study do not manipulate any participants of the survey to give answers in favour of the study. The researcher does not pressurise any participants to participate in the survey. The researcher does not follow any unethical way to collect the information for the present study and does not harm any people for the collection of the information. Though the

present study is lacking secondary data as the data is analysed based on the answers of the participants, thus it increases the authenticity of the study. As only primary data is used in this study thus, the researcher does not get any chance to use any website for other sources to collect data for this research. Thus, the information which is used in this study is valid and reliable.

## RESULTS AND DISCUSSION

The survey is conducted to know the importance of reattach therapy in emotional intelligence among children who are suffering from developmental disorders. Reattach therapy is used for the treatment of children with developmental disorders (CHAUHAN, 2020). Thus, this therapy is effective for the enhancement of the mental ability of children with developmental disorders. Apart from that it is understood that reattach therapy is effective for the enhancement of the emotional intelligence of children who are suffering from a developmental disorder.

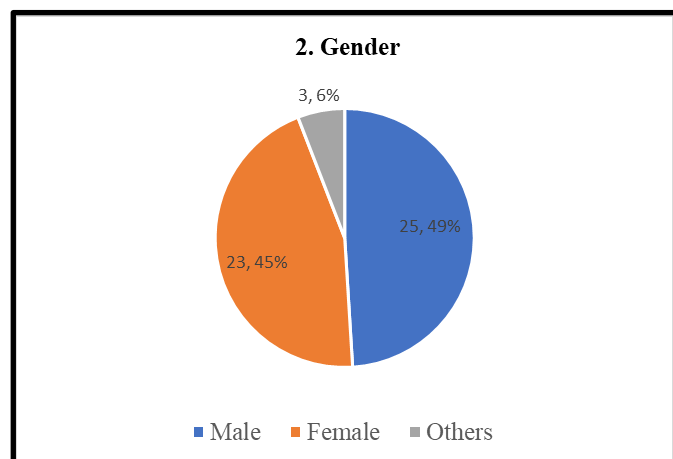
### Primary quantitative data analysis



**Figure 3: Age**

(Source: MS Excel)

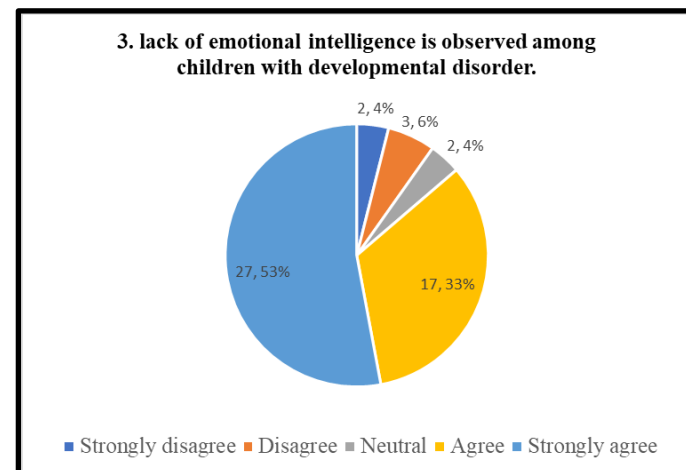
The survey was conducted among those people who know this. According to the results of the survey "18% respondent under 25 to 30 age, 31% respondent under 31 to 35 age, 27% respondent under 36 to 40 age, 16% respondent under 40 to 45 and 8% respondent under age group of above 45". Based on the survey results it is found that most of the people who are in the age group between 31 to 35 have the most knowledge regarding this. 31% people of in the survey are in the age group between 31 to 35 years.



**Figure 4: Gender**

(Source: MS Excel)

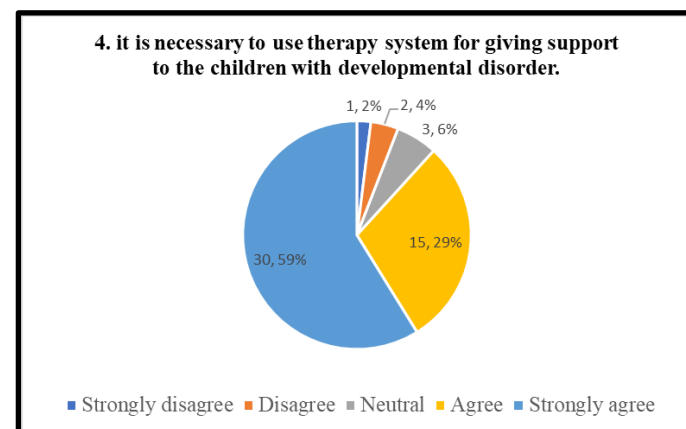
The gender of the participants is asked during the survey which is regarded as another important demographic factor in collecting primary data for the study. Three types of options have been given to the participants such as female, male and others. The provided pie chart indicates that 6% of participants are male, 45% are female and 49% of participants are male. Apart from that the majority of the respondents are going to male participants



**Figure 5: Lack of emotional intelligence is observed among children with the developmental disorder**

(Source: MS Excel)

A question is added to the questionnaire of the survey regarding the type of children among whom the deficiency of emotional intelligence is observed. The lack of emotional intelligence among the children is understood by their attitude (Parinussa et al. 2023, p8529). According to the results of the survey "4% strongly disagreed, 6% disagreed, 4% neutral, 33% agreed and 53% strongly agreed". Thus, most of the participants strongly agreed with this question. Therefore, the deficiency of emotional intelligence is mostly observed among children with developmental disorders.



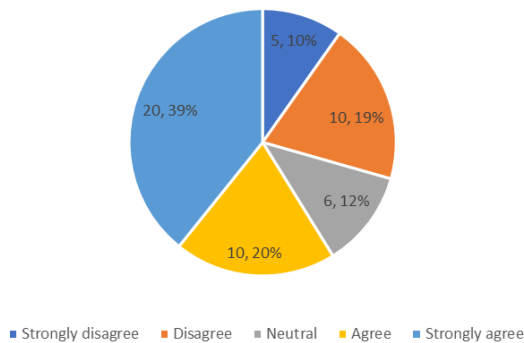
**Figure 6: It is necessary to use a therapy system for giving support to children with the developmental disorder**

(Source: MS Excel)

The physical effects and developmental disorders of the children affect them mentally. Therefore, to be clear about this, a question is added regarding the importance of reattach therapy for children with developmental disorders. Children with developmental disability need to access at least one therapy for their treatment (Jeste et al. 2020, p827). The provided chart shows that "2% strongly disagreed, 4% disagreed, 6% neutral, 29% agreed and 59% strongly agreed". As most of the

participants of the survey strongly agreed with the provided statement. Apart from that it can be said that it is important to use a therapy system for supporting children with developmental disorders. Through this treatment, these kinds of children can get mental and physical strength for their growth.

**5. reattach theory is effective to improve emotional intelligence of children with developmental disorder.**

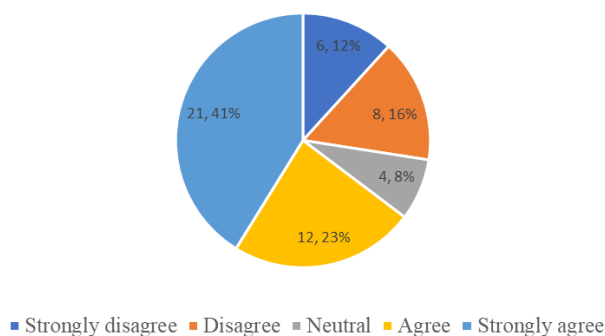


**Figure 7: Reattach theory is effective to improve the emotional intelligence of children with the developmental disorder**

(Source: MS Excel)

A direct question is added to the survey questionnaire regarding the contribution of reattach therapy to increase the emotional intelligence of the children. Therapy helps to get the results of the treatment and decreases the complexities of children with developmental disorders (Drigas & Papoutsis, 2020. p27). The provided chart shows that "10% strongly disagreed, 19% disagreed, 12% neutral, 20% agreed and 39% strongly agreed". According to the results of the survey, most of the participants have agreed that the reattach therapy is effective for the improvement of emotional intelligence among children with developmental disabilities. Therefore, reattach therapy is important for enhancing emotional intelligence among this kind of child.

**6. Reattach therapy helps to reduce the negative feeling from the children with developmental disorder.**



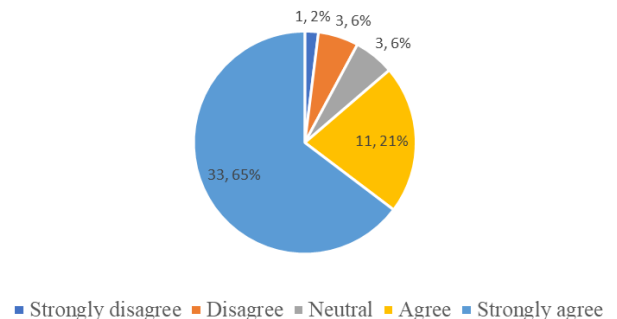
**Figure 8: Reattach therapy helps to reduce the negative feeling in children with the developmental disorder**

(Source: MS Excel)

An important contribution of the reattach therapy is the support in reducing negative feelings from the children. Strong therapy is effective to reduce the negative feeling in children with developmental disorders (Phoenix et al. 2020, p2157). According to the outcome of the survey "12% strongly disagreed, 16% disagreed, 8% neutral, 23% agreed and 41%

strongly agreed". It is seen that most of the participants agreed with this statement. Thus, it can be said that the reattach therapy is effective for the reduction of negative feelings in children with a developmental disability.

**7. Reattach therapy helps to understand the ability and the emotions of the children with developmental disorder themselves.**

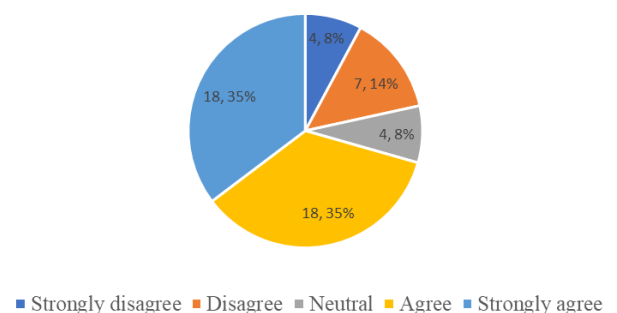


**Figure 9: Reattach therapy helps to understand the ability and the emotions of the children with developmental disorders themselves**

(Source: MS Excel)

Reattach therapy helps the children to make an idea regarding their abilities to understand their emotions. The therapy helps to make the mindset of the children with a developmental disability (Rosenbaum, et al. 2021, p1027). The provided pie chart shows that "2% of the participants strongly disagreed, 6% disagreed, 6% neutral, 21% agreed and 65% strongly agreed" with this statement. Apart from these results, it is understood that most of the participants strongly agreed with this statement. Thus, it can be stated that the reattach therapy is helpful to make an understanding regarding the ability and emotions of the children who are suffering from the developmental disorder.

**8. Reattach therapy is helpful to promote the connectedness and calmness among the children with developmental disorder.**



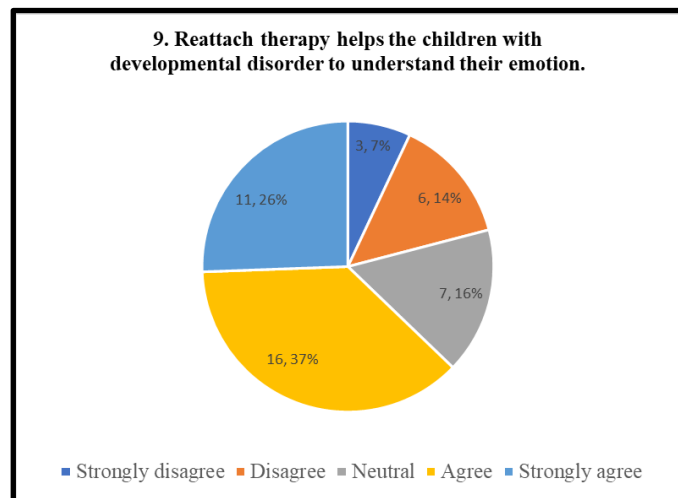
**Figure 10: Reattach therapy is helpful to promote connectedness and calmness among children with developmental disorders.**

(Source: MS Excel)

Another important impact of the reattach therapy on children with developmental disorders is the increase of calmness and connectedness of this kind of child. A question regarding this is asked to the participants of the survey. The therapy for the treatment of developmental disorders is effective to increase cognitive skills among children (Hu et al. 2021, p7). According to the results of the survey "8% of the participants strongly disagreed, 14% disagreed, 8% neutral, 35% agreed and 35% strongly agreed". Therefore, most of the participants strongly

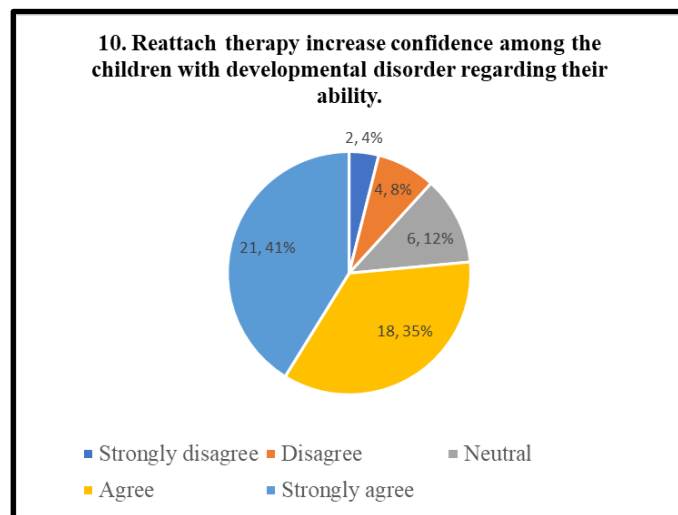


agreed and agreed with this statement. Thus, it can be said that the reattach therapy helps promote connectedness and calmness among children with developmental disorders.



**Figure 11: Reattach therapy helps children with developmental disorders to understand their emotion**  
(Source: MS Excel)

The therapy for the treatment of children with developmental disorders is effective to enhance social and emotional skills (Bakola, Rizos & Drigas, 2019, p127). As per the provided chart "7% of the participants strongly disagreed, 14% disagreed, 16% neutral, 37% agreed and 26% strongly agreed". Therefore, most of the participants of the survey agreed with this statement and they have given positive answers to this question. Apart from that it can be said that the reattach therapy is effective and it helps the children to develop their skills and understand their emotions.



**Figure 12: Reattach therapy increase confidence among children with developmental disorder regarding their ability**  
(Source: MS Excel)

A question is added regarding the contribution of reattach therapy in increasing confidence among children with developmental disorders. The therapy for the treatment of children with developmental disorder issues is used for increasing knowledge and confidence among this kind of child (Phoenix et al. 2021, p2157). According to the results of the survey "4% of the participants strongly disagreed, 8% disagreed, 12% neutral, 35% agreed and 41% strongly agreed". Therefore, it is observed that most of the participants of this survey strongly

agreed with this statement. Thus, it can be said that the reattach therapy is effective to increase confidence among children with developmental disabilities and with this emotional intelligence is enhanced.

## DISCUSSION

In society, people talk about those which they see happening around them. Thus, the participants of the survey provided their answers based on their knowledge and experience. The therapy for the treatment of children with developmental disorders gives importance to their goals of them (Novak & Honan, 2019, p267). Apart from that the therapy helps children with developmental disorders to improve their condition. Therefore, the reattach therapy is effective to enhance the emotional intelligence of this kind of child. Therapy is used for the complex treatment of people (Bisson et al. 2019, p477). Developmental disorder is a complex problem among children. Thus, the therapy can improve the skills and emotional sense among children with developmental disorders. Apart from that it can be said that the reattach therapy is effective to enhance the emotional intelligence among children with a developmental disability.

According to the results of the survey it is observed that the deficiency of emotional intelligence is mostly noticed among children with a developmental disability. It is important to use therapy to support these kinds of children to overcome their difficulties. Therefore, reattach therapy is used to give support to those kinds of children for overcoming the difficulties in their daily lives. This is only possible by increasing their emotional intelligence. Apart from that it can be said that the reattach therapy is effective to increase the emotional intelligence among children who are suffering from developmental disorders. The therapy is important for the treatment of children with developmental disorders to improve their management sense (Turner et al. 2021, p1577). Therefore, the sense of the developmental disorder is improved. During the reattach therapy, most of the therapist focuses on the entire process and the content. Thus, this therapy is effective for the improvement of emotional intelligence among children with developmental disorders.

According to the results of the survey it is found that the reattach therapy is effective to improve emotional intelligence. On the other hand, reattach therapy is helpful to reduce the negative feeling of children with this kind of issue. With the improvement of emotional intelligence, children with this kind of issue get confidence regarding other abilities. This is effective to increase positive feelings by reducing their negative thoughts. Autism spectrum disorder is a developmental disorder among children and therapy is the primary treatment for this kind of disease (Dhaliwal et al. 2019, p3285). Reattach therapy is effective to promote connectedness and calmness among children with these kinds of issues. On the other hand, according to the results of the survey, it can be said that the reattach therapy helps children with these issues to understand their ability and their emotions.

## CONCLUSION

Reattach therapy helps children with developmental disorders to establish a relationship between their intention and their physical ability to meet that intention. Therefore, it is important to enhance emotional intelligence to develop this kind of sense. Apart from that it can be said that reattach therapy is effective to enhance emotional intelligence among children with developmental disorders. This therapy is effective for these kinds of children to understand their emotions and develop confidence regarding their abilities. Confidence is developed

from the emotional intelligence of the children. Therefore, it can be said that reattach therapy helps to enhance emotional intelligence among children with developmental disorders. Through the reattach therapy external arousal regulation is combined with the physical contact for the improvement of the social system of the children with disability. Thus, this is useful for the recovery of children with developmental disorders by enhancing emotional intelligence. After the entire discussion, it can be stated that the reattach therapy is effective for the development of emotional intelligence among children who suffer from developmental disorders.

After the entire evaluation, it is understood that reattach therapy is an important process of treatment for children with developmental disorders. Along with the reattach therapy it is important to use other therapy which is effective to improve the motor skills and other abilities of children. Through the use of reattach therapy, it is possible to develop new interventions with an exciting process which may serve the patients in a better way. Alongside this therapy for the treatment of these kinds of issues, it is important to give family support for the recovery of them. It is necessary to develop such an environment in the house so the children remain happy. This kind of environment of the house impacts the recovery of this kind of child. Speech and language therapy needs to be tried the improvement of the condition of these kinds of issues who are suffering from developmental disorders. It is important to focus on brain development and the management ability of the children. Therefore, with the therapy some other activities need to be performed for the improvement of this kind of child.

This study is helpful for the research to get ideas regarding the process of primary data analysis. This study is effective to give authentic and relevant information to future research regarding this topic. The entire study is conducted based on the primary data which is a big limitation of this study. The researcher could use the secondary data which would be helpful to explore more information regarding the research topic. On the other hand, sufficient information is not collected from the survey due to the limited knowledge of the participants regarding this research topic which is a big limitation of this study.

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Statements	0	1	2	3	4
3. Lack of emotional intelligence is observed among children with developmental disorder.	2	3	2	17	27
4. It is necessary to use therapy system for giving support to the children with developmental disorder.	1	2	3	15	30
5. Reattach theory is effective to improve emotional intelligence of children with developmental disorder.	5	10	6	10	20
6. Reattach therapy helps to reduce the negative feeling from the children with developmental disorder.	6	8	4	12	21
7. Reattach therapy helps to understand the ability and the emotions of the children with developmental disorder themselves.	1	3	3	11	33
8. Reattach therapy is helpful to promote the connectedness and calmness among the children with developmental disorder.	4	7	4	18	18
9. Reattach therapy helps the children with developmental disorder to understand their emotion.	3	6	7	16	11
10. Reattach therapy increase confidence among the children with developmental disorder regarding their ability.	2	4	6	18	21

## Appendix

### Questionnaire for survey

1. Age
  - a) 25-30
  - b) 31-35
  - c) 36-40
  - d) 41-45
  - e) 45 above
2. Gender
  - a) Male
  - b) Female
  - c) Others

(Please rate your opinion against the attached statements based on the scale suggested below-

0 = strongly disagree, 1 = disagree, 2 = neutral, 3 = agree, 4 = strongly agree)