

Abstract (#290)

Decision: Accepted

Congratulations! Your abstract has been accepted for presentation at the 2026 NASPSPA Conference in Montreal.

Title:

Acute Effects of Walking on Executive Function and Motor Performance in Young Adults with Autism Spectrum Disorder

Authors:

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Funding:

NASPSPA Graduate Student Research Grant

Abstract:

Adults with autism spectrum disorder (ASD) show higher rates of executive function deficits, motor impairments, and anxiety. This study examined the effects of 20 minutes of walking on executive function, motor performance, and anxiety in young adults with ASD. Eight adults with ASD completed light- and moderate-to-vigorous-intensity walking sessions. Pre- and post-tests included the STAI, Trail Making Test, Stroop, Digit Span, grip strength, and Purdue Pegboard. Results showed improvements in Purdue Pegboard Assembly and TMT-A regardless of intensity, and greater improvement on TMT-B following moderate-to-vigorous walking. Findings suggest acute walking improves executive and motor performance in adults with ASD.

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 Decision: accepted

Congratulations! We are pleased to inform you that your abstract submitted to the 2026 NASPSPA Conference has been accepted for presentation. We look forward to welcoming you to Montreal for what promises to be an outstanding conference.

Please share this notification with your co-authors, as acceptance communications are sent only to the lead author.

The Area Program Committees—led by Brandon Alderman (SEP; alderman@kines.rutgers.edu), Jared Porter (MLC; jporter@utk.edu), and Ryan Hulteen (MD; rhulteen@lsu.edu)—along with me as Program Chair, are currently developing the conference schedule. You will be notified in the coming weeks of your presentation format (oral or poster), along with formatting instructions and important deadlines.

Reminders:

- Register by April 1 for the best rate.
- Reserve your hotel accommodation as soon as possible, as conference rooms fill quickly.
- If travelling internationally, please ensure you have appropriate documentation to enter Canada, if applicable.

Additional conference information is available on the NASPSPA website. You will also find links to register and book your hotel room.

Best wishes,

Jeffrey T. Fairbrother, PhD, FNAK

NASPSPA Past President

2026 Conference Program Chair