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Citation for final published version:

Shahid, Numera M.I., Law, Effie Lai-Chong and Verdezoto, Nervo 2022. Technology-enhanced support for children with Down Syndrome: A systematic literature review. International Journal of Child-Computer Interaction 31, 100340. 10.1016/j.ijcci.2021.100340

Publishers page: http://dx.doi.org/10.1016/j.ijcci.2021.100340

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Technology-enhanced support for children with Down Syndrome: A systematic literature review

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| PII:<br>DOI:<br>Reference:                           | S2212-8689(21)00056-8<br>https://doi.org/10.1016/j.ijcci.2021.100340<br>IJCCI 100340 |
|--|--|
| To appear in:  | International Journal of Child-Computer<br>Interaction                               |
| Received date :<br>Revised date :<br>Accepted date : | 2  |



Please cite this article as: N.M.I. Shahid, E.L.-C. Law and N. Verdezoto, Technology-enhanced support for children with Down Syndrome: A systematic literature review. *International Journal of Child-Computer Interaction* (2021), doi: https://doi.org/10.1016/j.ijcci.2021.100340.

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### Technology-enhanced Support for Children with Down Syndrome: A Systematic Literature Review

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#### ABSTRACT

This paper presents a systematic literature review on technology-enhanced support for children with Down Syndrome and young people who match the mental age of children considered neurotypical (NT). The main aim is threefold: to (1) explore the field of digital technologies designed to support children with Down Syndrome, (2) identify technology types, contexts of use, profiles of individuals with Down Syndrome, methodological approaches, and the effectiveness of such supports, and (3) draw out opportunities for future research in this specific area. A systematic literature review was conducted on five search engines resulting in a set of 703 articles, which were screened and filtered in a systematic way until they were narrowed to a corpus of 65 articles for further analysis. The synthesis identify several key findings: (1) there is diversity of technology supports available for children with Down Syndrome targeting individual capabilities, (2) overlapping definitions of technology makes it difficult to place technology supports in individual categories rather than subsets of a broader term, (3) the average sample size remained small for participants in the studies, making it difficult to draw solid conclusions on the effectiveness of the related interventions, (4) the distribution of papers indicates that this is an emerging area of research and is starting to build body of knowledge, and (5) there are limited studies on newer emerging technologies which requires further investigation to explore their potential.

Keywords: Down Syndrome, Technology-enhanced Support, Children, Assistive Technologies, HCI

#### 1. INTRODUCTION

Technology has become indispensable in most, if not in all areas of life. We witness an increasing trend of using technology and reliance on it by people from all walks of life, including children with special education needs (SEN). Such a trend is matched with the United Nation's Sustainable Development Goals(SDGs) for 2030<sup>1</sup> to achieve a better future for all. This has paved the way for the argument that more research is needed to understand deeply the use and adoption of technology together with existing methodologies, intervention techniques, and their potential in equipping children with special needs from their early age to transform them into independent adults. Most of the prevailing research focuses on the medical aspects of Down Syndrome looking at its prevalence, causes, symptoms, diagnosis, medical complications, and their overall care management [1–3]. While there is no cure for Down Syndrome, a variety of support and educational programs exist to support the development of skills of individuals with Down Syndrome [4–7]. While digital technologies have shown the potential to support children with intellectual disabilities, there is limited understanding on how to design technology support for individuals with Down Syndrome [8–13].

Previous research has reported a social stigma associated with Down Syndrome due to the lack of acceptance by society [14]. The reasons for the lack of acceptance are the negative public comments given to parents of children with Down Syndrome, and lack of published works, early communications by doctors, termination of foetus after prenatal detection, which leads to the perception of having a

<sup>&</sup>lt;sup>1</sup> https://sdgs.un.org/goalsea

baby with Down Syndrome as a tragedy. Health professionals and Down Syndrome Associations (DSA) are working to raise awareness and provide support to parents and working towards changing the negative perception associated with DS [15]. This has led to an increased interest and recently picked up by the human computer interaction (HCI) community [16] for research into various technology development to support the DS population.

As shown by some recent research projects POSEIDON [17–19], and Casa+ [20,21], the inclusion of individuals with Down Syndrome has been improved as they are receiving more appropriate support (e.g., one-to-one education sessions), increasing the opportunities for careers, promoting independent life, and autonomy [6]. It has been a challenge to design technology to cater to their disabilities as combined characteristics rather than individual conditions. Children with Down Syndrome present unique capabilities such as poor visual skills yet their strengths lie in visuospatial memory, or poor motor skills but are better kinaesthetic learners, or delayed developments (cognitive, and perceptual skills) which make technology design a complex challenge.

Down Syndrome is a chromosomal disorder caused by the presence of an extra 21<sup>st</sup> chromosome hence Trisomy 21, having a prevalence of 1 in 1000-1100 live births worldwide as reported by World Health Organization (WHO)<sup>2</sup>. Today the average life expectancy of an individual with DS is between 50-60 years [7], with few individuals living into their seventies. Anomalies and phenotypical characteristics of DS vary in severity and complexity but generally fall under growth deficiency and intellectual disability.

DS has been categorized under the umbrella term of Intellectual Disability (ID), which, according to WHO [9] is defined as: "significantly reduced ability to understand new or complex information and to learn and apply new skills (impaired intelligence)." It is categorized by limitations in two areas: intellectual functioning (the person's capacity to discover, justify, make choices, and solve issues also referred to as Intelligence Quotient –IQ) and adaptive behaviour (activities of daily life such as communication, interaction, and autonomy). This results in a decreased capacity to cope socially and, with a lasting impact on growth, starting before reaching adulthood. One of the most common causes of ID are genetic conditions that include Down Syndrome [22,23].

There is a range of phenotypic characteristics of DS, varying in prevalence and severity. These features observed in all Trisomy 21 include: (1) Intellectual disability, (2) physical limitations e.g. decreased muscle tone (hypotonia), an excessive ability to extend the joints (hypermobility), short and broad hands and feet, and etc., (3) facial dysmorphology with common variations including flat facial profile, small nose with flat bridge, upward slanting eyes in the outer corner, low set ears, small nasal cavity, etc., and (4) clinical complications such as ophthalmologic disorders of the eye (nystagmus, refractive errors), ear nose throat (ENT) related issues (hearing loss, chronic middle ear fluid, recurrent sinusitis and upper respiratory infections, endocrine (hypothyroidism) and growth issues (short stature and obesity) [24,25].

While individuals within similar etiology groups of Down Syndrome present similar trajectory for weaknesses, developments, strengths, and behavioural patterns, they perform at the same level as children matched by mental age with the typically developing children. Children with Down Syndrome develop different skills (intellectual, physical, emotional) but at a slower rate and staying at that age for longer periods than neurotypical peers. Children with Down Syndrome stay at school until they reach the age of 18, and then they can make choices for colleges, or trainings [26].

If the chronological age range of participants is between birth to 25 years, this loosely corresponds to

<sup>&</sup>lt;sup>2</sup> https://www.who.int/genomics/public/geneticdiseases/en/index1.html

mental age 0-18 for neurotypical children. We used the definition of children, defined in SEN code of practice [27] and Children and Families Act 2014 [28], as anyone reaching the age of 16, then young people as individuals over 16 and under 25 years old and adults over the chronical age of 25 years.

For the purpose of our study, we will consider individuals with Down Syndrome chronologically aged between 0-25 years as children and refer to them as children collectively or children and young people where appropriate. Table 1 shows the weakness and strengths of children with Down Syndrome which define their learning profile [24,29].

| Challenges                                  | Weakness   | Strengths  |
|---|--|--|
| Speech and<br>Language                      | Poor verbal memory, difficulty in developing spoken<br>language, learning and use of phonics, communication<br>difficulties, weak comprehension, coping with long<br>sentences, weak thinking and reasoning skills,<br>difficulties with sequencing. |  |
| Visual skills                               | Difficulty with writing on faint lines, smaller font size<br>than 18pt not readable, difficulty with busy/ detailed<br>or low contrast content   | Visual memory, ability to learn sign,<br>gestures, use visual resources: pictorial,<br>concrete & practical materials, have strong<br>visual awareness                               |
| Hearing                                     | Difficulty learning from listening, hearing loss,<br>difficulty in differentiating between similar<br>sounds/phonics   |  |
| Fine and gross<br>motor skills              | Difficulty with gripping pencil associated with low muscle tone, fluid joints, delayed self-help skills  | Better kinaesthetic learner  |
| Short term<br>auditory<br>working<br>memory | Weak consolidation and retention skills, difficulty in transferring information from working to long term memory   |  |
| Social relations                            | Behavioural problem arises when fundamental needs are not communicated and addressed   | Show strength in understanding and relating<br>to others, empathetic, social. Tendency to<br>imitate behaviour and attitude from peer and<br>adults, following structure and routine |
| Learning                                    | Delayed learning of number skills, on average 2 years behind, short concentration span, distracted easily  | Reading is better that would be expected at their levels   |

Table 1: Strengths and Weakness for Down Syndrome [24,29].

It is encouraging to observe that integration of children with Down Syndrome in society has gradually increased, thanks to a greater understanding of their conditions and better development of adaptive assistive technologies. Research in the past has been focused on studying the phenotype and genotype associated with DS, and the findings have suggested that behavioural characteristics of Autism Spectrum Disorder (ASD) (e.g., repetitive motor behaviour, fascination with lights, fingers, poor receptive language display –giving the appearance that the child does not understand, etc. [18]) are closely related to those of DS [19]. Table 2 presents strengths and weaknesses of characteristics among ASD, ID adapted from Benton et al. [30] from works of Armstrong [31], however, Benton et al. [30] do not clearly mention which if any etiology of ID were sampled, and DS, but DS do not necessarily share the same strengths and weaknesses as with ID in general. Together the weakness and strengths of Down Syndrome present a unique profile, which makes use of existing technology often unsuitable to their requirements. This highlights the need for designers to take into consideration the challenges and inflexibilities independently rather than using the existing personas associated with ID.

| Associated Characteristic         | ASD      | ID       | DS |
|-----------------------------------|----------|----------|----|
| Creative (in specific areas)      | Strength | Strength |    |
| High focus (related to interests) | Strength |          |    |
| Distractible                      | Weakness |          |    |
| Strong systemisers/               | Strength |          |    |

| Obsessive routines                         | Weakness |          |          |
|--|----------|----------|----------|
| Repetitive body movements                  | Strength |          | Weakness |
| Prodigious memory/Poor memory              | Strength |          | Weakness |
| Visual-spatial skills                      | Strength | Weakness | Strength |
| Exceptional talents in very specific areas | Strength | Strength | Strength |
| Social skills                              | Weakness | Strength | Strength |
| Reading, writing and/or spelling abilities |          |          | Weakness |
| Cognitive abilities                        |          | Weakness | Weakness |
| Communication skills                       | Weakness | Strength | Weakness |

Table 2: Comparison of characteristic between ASD, ID, and DS [30,31]

There are a number of systematic literature reviews (SLR) that aimed at individual phenotypical characteristics of DS such as obesity [32], visuo-spatial ability [33], motor ability [34], growth curves [35], and the largely cited study on general use of computer by DS evaluating the use of different input modalities (e.g. keyboard, and mouse) by Feng et al. [16,36,37]. Besides this work, there is no publicly available data on technological support for children with Down Syndrome as an etiology which motivated our systematic literature review to contribute to the field. Research available on technologies for special education needs [38] or intellectual disabilities [29] target audiences with Down Syndrome as well, but it is unclear how these technologies conceptualize children with Down Syndrome alone or how these technological fields understand the limits and opportunities for design for such population. Existing research into DS has provided design for applications for diverse types of technologies or investigated a specific context of use such as input devices under general computer use [36], speech and language support [39], and Augmented Reality (AR) [20]. While these map out the design of the systems, there is a lack of data on their impact on the lives of children with Down Syndrome, technology that can support multiple phenotype characteristics, as well as the design rationale behind existing technology support.

A variety of terminologies and notions have been used to describe digitization and use of more rapidly changing fields of technologies. These concepts include digital technology, information, and communication technology (ICT), and information technology (IT) which have been used interchangeably. The national curriculum and SEN code of practice makes it clear to give access to appropriate ICT based solutions to support the process of learning based on individual's needs and assessments. Most of the ICTs focus on physical needs such as mobility, vision or hearing impairments, motor control, rather than cognitive needs in the context use [40]. Some ICTs that are in use include games [41], augmented alternative communication (AAC), assistive or enabling technology, Internet applications, virtual environments, teacher education and technology integration [42] for people with special education needs.

The main goal of this work is threefold: to (1) explore the field of digital technologies designed to support children with Down Syndrome, (2) identify technology types, contexts of use, profiles of individuals with Down Syndrome, methodological approaches, and the effectiveness of such supports, and (3) draw out opportunities for future research in this specific area.

To achieve our goal, we conducted a systematic literature review which is defined by Kitchenham et al. [43] as a way of identifying, evaluating and interpreting all available research on a particular topic through precise research questions, leading to precise outcomes using a thorough review process, while adhering to guidelines on the implementation of the review. The 65 papers included in the review focus on technology to support children with Down Syndrome targeting a wide range of characteristics or phenotypes. The goal was to synthesize the current knowledge and create an overview that can serve as a starting point for future work.

We aimed to expand on the previous work of Feng et al. [37,44] where they explore computer usage by children and young individuals with Down Syndrome, investigating authentication methods and

user behaviour [45,46], understanding computer skills by adults with Down Syndrome [16] and investigating input technologies for children and young people [36]. The goal was to synthesize the current knowledge and create an overview that can serve as a starting point for future work. Furthermore, we extend the widely cited as well as only known (to the best of our knowledge) previous work by adding new relevant research questions, broader searches of papers and providing an in-depth analysis. Specifically, our review focuses on 1) mapping out the purpose of technology, 2) targeted phenotypic characteristic, and 3) identifying larger trends in technology design and methodologies in use. This highlights the gaps and gains possible insights into the lack of more accessible technology-enhanced support for individuals with Down Syndrome. In contrast to previous literature reviews that focused on intellectual disability [47], learning with creativity in cognitively challenged individuals (DS, ASD, and attention deficit hyperactivity disorder – ADHD) [48], technology-mediated communication needs for diverse population of children [49], collaborative technologies for children with special needs [50]. While others include those on the use and quality of mobile apps [51], or AAC use with children with down syndrome [52], this review seeks to get an holistic overview of technology-enhanced support for children with Down Syndrome.

#### 2. BACKGROUND

#### 2.1 Support for Down Syndrome

#### 2.1.1 Social and Educational Support

There are several non-technological support options available for individuals with Down Syndrome. These start from infancy and offer support until they reach adulthood in chronological age, or until the age of 25 in the form of personalized plans. This intervention is in the form of support workers, personal assistants, circles of support consisting of family, friends, and other personal caregivers. In England, young people over 16 and with Special Education Needs and Disabilities (SEND) come under the Special Education Needs framework which covers children and young people from 0-25 years of age. The legal framework and formal document describing the child's needs and help they must receive is drafted as the Education, Health and Care Plan (EHCP) after assessments and is changed over time based on performance and changing needs. Similarly, a customized legally binding Individualized Education Plan (IEP) is provided to individuals with ID developed in coordination with parents/guardians, teachers, and other stakeholders. This is usually for those individuals who are enrolled in public schools between the ages of 3 - 21 years and have one of the intellectual or developmental disabilities defined.

Similar to the EHCP, the IEP focuses on social inclusion, speech and language, behaviour, motor, and academic goals. These plans have been used across the developed countries, but no formal or legal guidelines seem to exist in developing countries to provide scaffolding structure to individuals with intellectual disability, or DS in particular.

#### 2.1.2 Technological, Non-technological and Methodological Supports

Assistive technologies consist of adaptations, devices, and services by definition. Adaptations and devices range from low-tech/low cost readily available devices such as car seats, strollers, other baby equipment, communication books or non-powered boards, written words on paper, photographs, drawings, and pictograms. On the other end of the spectrum the high-tech/specialized and complex devices are computerized toys, voice output communication aids (VOCAs), software on personal computers or laptops used as communication aid (providing recorded or synthesized voice or written output) [53].

Augmentative and alternative communication (AAC) are the different interventions, methods and technology used to supplement individual's alternative to speech. AACs range from symbol systems using charts, boards, communication books and on individual cards (e.g., Picture exchange communication system-PECS) [54,55]. A more effective intervention technique with positive

outcomes for alternative communication among Down Syndrome is the use of Makaton as sign language, it supports their visuospatial memory and ability to mirror through iconic components in comparison to verbal speech. Makaton has showed signs of retention in 50% participants in [56] and favoured in comparison to verbal language [54].

The border between real and virtual worlds continues to break down, games are now seen as virtual technology. On the one hand, Virtual reality (VR), the most widely known technology is the use of computer-generated graphics/digital elements represented in virtual environments (VE) in which the user is immersed also known as immersive virtual reality (IVR). On the other hand Augmented Reality (AR) uses digital elements (multi modal) which are virtually overlayed over real-world environment. Mixed reality (MR) anchors or incorporates the digital elements where the user then interacts and manipulates both physical and virtual elements. All IVR, MR, and AR hold the potential for enriching teaching and learning through illustrating scenarios, promoting role play, analysing problems, and exploring new concepts. They differ in their abilities based on match with real world, functionality, interaction and engagement from the user [57–61].

Other technologies include facilitating the interaction of tangible devices through tangible user interfaces (TUI). Tangible interfaces give physical representation to digital information, employing physical objects as being representations and controls for computations [62]. It acts as scaffolding between the real and virtual world to support learning. The user interface is the point of interaction between the user and the device allowing physical interaction, feedback, and realism. TUI provides the key for children's cognition, and brain development, and scope for visual stimuli, through tailor made designs to suit requirements of children with SEN. They range from tabletops, multi touch inputs/screens to kits and toys or objects embedded with RFID to support kinaesthetic learning [62–64]. Other technologies for kinaesthetic communication are haptics systems that refer to any technology that can create an experience of touch by applying forces, vibrations, or motions to the user.

Some other methodological supports report on the User-centred Intelligent Environments Development Process (U-C IEDP) [63,65]. These papers discuss U-C IEDP as a software development process for developers to use as guidelines while implementing applications for individuals with SEN. The process brings emphasis on networks, interfaces, multiple iteration support along with usual hardware and software as part of the development process. The approach it uses is similar to the waterfall model, having initial scoping, main development, and intelligent environment installation phases. Mohammedi et al. [66] presents design guidelines for an easy to use interface which uses a visual analogue scale (smiley faces) as input method towards calories count by children with Down Syndrome in a health app.

Some non-digital technological supports include simple everyday use devices which have been modified (e.g., vision glasses<sup>3</sup> with adjustable nose pads – to suit the flat nose bridges of children with Down Syndrome. Others include wearable harness (device for mobility) [67] for infants promoting motor function such as learning to walk, crawl, climbing, and movement in all directions. In addition, some offer support for mobility with transport when regular pushchairs have outgrown through adapted "special needs" pushchairs.

#### 2.2 Child-Computer Interaction (CCI)

Hourcade in his book [68] defines CCI as "the study of the design, evaluation, and implementation of interactive computer systems for children, and the wider impact of technology on children and society." (pg. 1). The field focuses on designing interactive technology, how children can benefit from

<sup>&</sup>lt;sup>3</sup> https://erinsworldframes.com/, https://www.tomatoglassesuk.com/

it to its effectiveness in the child's development process. Technology is increasingly being used to support children with special needs, in areas of healthcare, education, behaviour and social communications to name a few.

In order to measure or evaluate interaction of children with technology few different methodologies have been presented. Manojlovic et al. in his paper presents work around playful interactions also known as Theraplay to strengthen the bond between parents and child with Down Syndrome for a Dutch family. His work allowed the parents to be more sensitive to the child's needs and could get feedback since the child had vision and hearing impairments and relationship had been difficult in the first two years. The child was able to mirror physical activities of parents through observations and in return the parents and stakeholders received feedback from the child on discomforts and needs. This approach can be beneficial for other children with vision and hearing impairments in their overall development process [69].

Another paper [70] studied interaction between parents and children with Down Syndrome to for exploring the game experience of the player. It was observed that parents in particular mothers of children with Down Syndrome used directed behaviours more often than mothers of typically developing children [71]. The increased use of directed behaviours resulted in children being easily distracted and their attention diverted from the activities that they were carrying out. Macias et al. used a puzzle game to observe the type of directed behaviour that was given (e.g., "The parent suggests to the child which puzzle piece to place on the board.") and the response of the child to the directed behaviour. Analysis of the interaction was used to predict what happens in similar activities where two people participate. Excessive use of directed behaviour can damage the child's autonomy and independence.

Macedo et al. in their work propose a coding scheme to detect usability in games for children with Down Syndrome. This approach is different from the traditional methods such as think aloud or questionnaires that cannot be applied for understanding usability problems in children with Down Syndrome. The evaluators used videos to record scores against each instance of interaction that occurred and used their sum as a value for the score. This determined usability issues such as wrong action, help, execution problem, puzzled, dislike, etc. The scores (results) obtained could be used as new requirements or highlighted aspects that needed further improvement during the product development cycle [72].

#### **3. REVIEW METHODOLOGY**

A systematic search strategy was designed using the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) guidelines [73]. PRISMA aims to improve reporting of systematic reviews, by providing an evidence-based list of the minimum set of items in the form of a checklist and flow diagram. In the review we seek to answer the following research questions (RQ) formulated using the Participants, Intervention, Comparison, Outcomes, and time/Study design-optional (PICOS – Figure 1) structure given in [73].

**RQ1:** What are the different types and aims of digital technologies developed for and being used by children and young people with Down Syndrome?

**RQ2:** What are the demographics of children and young people with Down Syndrome, and in what contexts are digital technologies developed to address their needs?

**RQ3**: What are the methodological approaches used for designing and evaluating technology for children and young people with Down Syndrome?

**RQ4:** How effective were the technological approaches in implementation, deployment and the empirical evidence information obtained for children and young people with Down Syndrome?

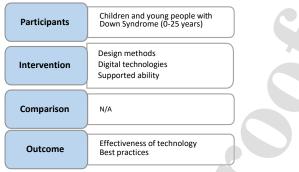


Figure 1: RQ as structured by PICOS criteria

#### 3.1 Overview of Systematic Literature Review Process

In our SLR we used the ACM Digital Library (ACM), IEEE, PubMed, Scopus, and Web of Science (WoS) to search for articles. While ACM and IEEE are technology-based databases, PubMed was included to search for papers that considered Down Syndrome as a genetic defect and/or medical condition at the core for which technology support was then provided. Studies that presented application or technology for diet management [74,75], supporting development [49], or improving skills [76] were results from PubMed. There were 8 unique results from PubMed in total out of which 5 were included in the final corpus. Both Scopus and Web of Science cover a broad range of research areas, and we extract few unique papers from both multidisciplinary databases. Scopus provided access to most studies that were found in WoS, or IEEE.

| Database                             | Unique Results | Included in the Review |
|--------------------------------------|----------------|------------------------|
| ACM                                  | 21             | 14                     |
| IEEE                                 | 12             | 5                      |
| Scopus                               | 25             | 12                     |
| Web of Science                       | 16             | 6                      |
| PubMed                               | 8              | 5                      |
| Table 2: Contribution from Databases |                |                        |

The SLR process involved collecting data by searching through the databases, exporting the citation information, initial elimination of papers not falling under the category of "technology support for DS", and extraction of full papers. This was followed by developing the coding scheme and analysis. The first author searched the databases using the string "Down Syndrome" AND \* technolog\*. The first author screened all the titles and abstracts of all the articles identified (703) through the search string and after removing duplicates, which resulted in 124 papers. The second author screened the resultant titles and abstracts and discussed with the first author until consensus was reached on the final set of articles for analysis, Figure 2 shows the process in detail.

Three authors then independently performed data extraction from the final set of articles and applied the inclusion and exclusion criteria. A coding template was iteratively developed and consented after coding a batch of 10 papers by the first and second author. The main coding attributes were paper information, paper type, ability/disability being supported, objective and goals, the broad category type the digital technology falls under, participant information, data collection techniques used, methodological approaches, and effectiveness presented in detail in Table 3. The first author coded the articles into the template, the second and third authors coded independently a small batch of papers as a verification step. A table consisting of the final corpus can be found in the Appendix.

| Attribute   | Description  |  |
|---|--|--|
| PID   | Unique ID assigned to each paper   |  |
| Paper Type  | Classifies the paper into design, evaluation, design and   |  |
|   | evaluation, study, usability study, empirical study, intervention                                    |  |
|   | technique,   |  |
|   | literature review, and medical research,   |  |
| To Code/Not to Code   | This was a 'Yes' or 'No' field   |  |
| Reason for Not Coding   | Briefly explain the reason for exclusion   |  |
| Extension Paper   | r Some projects had multiple publications; this field was used to                                    |  |
|   | highlight the link to other papers under the same project  |  |
| Ability/Capability Support  | Phenotypical characteristic in context of technology   |  |
| Project Name  | Name of project, set of papers it was part of  |  |
| Country of Research   | Country as identified by the participants, otherwise authors, or                                     |  |
|   | funding agency   |  |
| Objective/ Goal   | As identified in the paper   |  |
| Target Population   | DS or other (ID, SEN, Neurotypical, Neuro Developmental Disorder,                                    |  |
|   | ASD, etc)  |  |
| Participant Age   | Children (0-16), Young people (over 16- under 25), still considered                                  |  |
|   | children due to mental age gap, on average is around 5 years.  |  |
| Sample size   | No. of participants recruited and gender balance   |  |
| Setting   | Location where the evaluation/study was carried out  |  |
| Category of Technology  | One of the categories listed in Figure 5 for technology support                                      |  |
| Data Collection Technique Type (interview, questionnaires, survey, observation, sys |  |  |
|   | recorded data, score from standardized tests), from whom.  |  |
|   | (Participants, primary caregivers, stakeholders)   |  |
| Time Duration   | Time duration of evaluation/testing process where given, e.g., no. of                                |  |
|   | sessions, activities, and tasks, etc.  |  |
| Design Methodology  | Description of design and evaluation of technology, architecture,                                    |  |
|   | processes, details on how evaluation was conducted   |  |
| Intervention Techniques   | Any mentioned – technology based; software based   |  |
| Theoretical Framework   | If any given, described  |  |
| Challenges/ Limitations   | Any mentioned  |  |
| Hardware  | List of Hardware   |  |
| Software  | List of Software   |  |
| Stakeholder Support   | Parents, caregivers, educators, teachers, etc involved to support technology use and by participants |  |
| Effectiveness   | Results if any   |  |
| Empirical Evidence  | Weak or strong   |  |
|   | Table 3: Description of Attributes   |  |

#### 3.2 Data Extraction

Our review focuses on children with Down Syndrome who when equipped with accessible or modified technology can enhance their potential and strengthen their skills. We started by defining the terms for the search string. The terms Intellectual Disability, non-Neuro Typical peers (non-NT), Special Education Needs, children with developmental/cognitive disabilities or learning difficulties, neurodevelopmental disorder are all umbrella terms that may list Down Syndrome as one of the disabilities. To retrieve only papers that focused on individuals with Down Syndrome, we used Down Syndrome as one of the key terms in our search string. The databases were searched twice, first during March 2020, and a final cut-off search in October 2020.

3.2.1 Search String

We first searched using the string **"Down Syndrome" AND \* technolog\*** in the titles and/or abstract, and keywords (SLR 1). The word Down Syndrome must appear together and so it was put in quotation marks to avoid retrieving papers on Fragile X syndrome, and others in the results. The term "technolog" was used with \* before the term to retrieve results with assistive technology, emerging technology, and etc., and to accommodate for other forms of the word (e.g., technologies, technological, etc.), an \* was added at the end. No year range was set, we wanted to see when the first paper appeared. The search string did not include the keyword "children", other synonyms, or filter based on age, as we wanted to see the percentage of papers focusing on children and adults.

We reviewed 556 papers in the SLR1 set and ended up with a corpus of 71 papers and 12.5% of those fit the inclusion/exclusion criteria after removal of duplicates for the study. For updating our SLR we performed another search (SLR2) and considered this as the cut off search. We used the string "Down Syndrome" only in same metadata as above and omitted the word technolog\*. A pilot search showed retrieval of the same papers as with the first search. There was a high probability that papersdiscussing mobile applications, digital devices, AR, and etc. that did not use "technology" in the metadata would have skipped. Papers sometimes take a year or more due to review cycles, and new information that becomes available may change the outcomes. While updating a systematic literature review is more efficient than starting a new SLR, the panel for updating guidance for systematic reviews (PUGs) group provides a decision framework to assess for updating and report decisions [77]. In order to update our SLR we had to finalize a period as cut-off search in October so that we can capture any new paper and narrow down most relevant recent papers to achieve the objective for our study. For SLR2 the year range was set as 2019 (when a peak was observed) to October 2020 a few weeks before submission. Figure 3 shows two peaks, one in 2017 and the second in 2019 indicating an interest in the field slowly developing.

SLR2 resulted in 147 hits from the five databases. Following the same process of removal of duplicates, inclusion/exclusion criteria a corpus of 3 resulted. This allowed us to retrieve maximum papers on DS and through inclusion/exclusion criteria we were able to filter out studies on different forms of ICT for children with Down Syndrome. No filter on age range was applied initially, we wanted to identify the pattern in technology becoming inclusive, and only recently did population with Down Syndrome come under the attention of technology designers. Figure 2 presents the systematic review flow diagram.

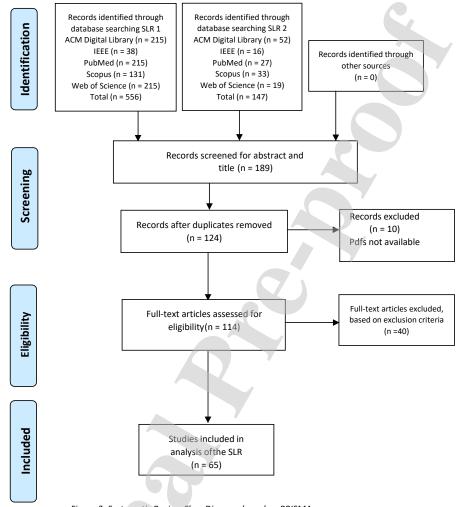


Figure 2: Systematic Review Flow Diagram based on PRISMA

#### 3.2.2 Inclusion and exclusion Criteria

For our study we used the inclusion and exclusion criteria presented in Table 4:

| Inclusion   | Exclusion   |
|---|---|
| Papers in English   | <ul> <li>Papers not in English</li> </ul>                     |
| • Papers from peer-reviewed journals, conferences,  | Papers which were abstracts, posters,                         |
| or workshops  | newsletters, proceedings, summary, surveys,                   |
| <ul> <li>Paper focused on DS as an Intellectual Disability,<br/>or sample must contain data from DS.</li> </ul> | published thesis, and systematic literature reviews.          |
| <ul> <li>Paper must be on children with DS only (ranging</li> </ul>   | <ul> <li>Papers only on intellectual disabilities,</li> </ul> |
| in mental age of 2 to 18, or equivalent   | special needs children, children                              |
| chronological age 0-25, or categorized as children,   | with developmental delay, and other groups                    |
| and young people)   | of disabilities in general                                    |
|   | <ul> <li>Adults with Down Syndrome</li> </ul>                 |
|   | • Paper does not include use of digital devices as a          |
|   | form of technology.   |

- Paper must focus on technology developed or directly related to DS children for enhancing or supporting their disabilities.
- Paper just describes a conceptual framework, design of an idea of developing a technology, but without empirical data.
- Studies reported in more than one article, with different data, or as post studies, or extensions, include all studies.
- Duplicated papers
- Paper discusses software development process, methods only.
  Study reported in more than one article with the
- study reported in more than one article with the same data, exclude all except most recent
- Pdfs not available

Table 4: Inclusion and Exclusion Criteria

#### 4. RESULTS

#### 4.1 Basic Attributes

Both qualitative and quantitative data were extracted and analysed from the batch of papers included in the study. A coding scheme based on the attributes described in Table 4 was formulated and presented in Table 3. Few attributes such as PID, to code/not to code, reasons for not coding, and extension papers are not part of the final summary of the corpus as these attributes were only meaningful to the authors for the purposes of populating the corpus. There was no data under the theoretical framework and was absent from our corpus, so the attribute was ignored during analysis. Challenges and limitations, list of hardware and software, and stakeholder support, had missing data or were very briefly touched upon. These fields have therefore been left out from the summary table present in the Appendix. Effectiveness was measured and presented as general comments (e.g. significant increase and retention of vocabulary [78], or HATLE might be effective [79]) in the papers and no long term effectiveness was measured. Empirical evidence was also mostly absent but papers [80], and [81] presented data. The data from these two fields (effectiveness, empirical evidence) was combined and presented into one column titled Effectiveness/ Results as Yes, No or to some extent.

#### 4.1.1 Distribution per Year and Region

We collected the data on the year in which the article was published. If there was a difference in the citation data, we used the year from the metadata of the paper.

The number of studies published in the databases (Figure 3) shows an increasing trend over the years, with 11 papers published alone in 2017, being the highest in the corpus. The year 2020 shows only 2 papers matching our criteria, this could be due to the current ongoing pandemic which greatly impacted studies and research earlier in the year. This suggests that assistive technology for children with Down Syndrome is a fairly new trend and slowly gathering attention from researchers.

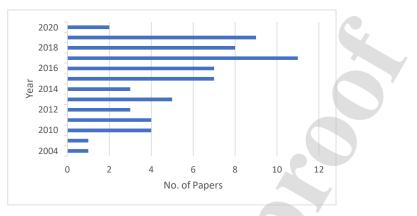


Figure 3: Year-wise Distribution of Papers

We also collected data on the country of study based either on the country mentioned where the study took place or where the participants were recruited from, if each information was present and was different, we considered the location of the participants. Information was missing in 27 studies that did not mention any country where the study took place, or location of participants, or was "undefined". In these cases, we looked at the affiliation of the authors and/or funding agency to then assign the location.

We categorized the countries into continents based on the United Nations geoscheme<sup>4</sup> a system that defines countries into regional and sub-regional groups. The 6 regions are: Africa, Americas, Asia, Europe, Oceania, and Antarctica (a country level area but not included in any geographical region). Within the context of this study the Americas are sub-divided into Latin America and Caribbean, and Northern America, where Northern America lists all its countries as developed countries. We considered the 6 regions for our study, but divided the papers under Americas into Northern America, and Latin America and Caribbean, respectively.

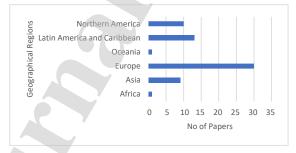


Figure 4: Geographical Distribution of Papers

The geographical distribution (Figure 4) of the papers shows that most of the studies were from Europe (30 papers), followed by Americas (23 papers). Taking a closer look at Europe, Italy (10 papers) and Spain (12 papers) have the highest number of publications. In Italy, projects for DS were pushed after the earthquake in 2009, which caused loss of infrastructure and support for the disabled population and their families [21]. One paper [82] was a joint collaboration between Europe and Latin America

<sup>4</sup> <u>UNSD — Methodology</u>

and Caribbean. There was one paper from Africa (Egypt) [83], and one paper from Oceania (Australia) 因

Another rationale behind the large number of papers from Europe is due to increasing maternal age, in developed countries (based on UN's geoscheme classification) the age at which women start conceiving is delayed due to education and full-time careers they have. An increased quality of life of DS has also left a large number of individuals with down syndrome in the population and as this continues to in future [64] foreseeing an increased inclusive society, support and more research. There is no rationale or information on papers from developing countries on the number of studies, and exact population size.

#### 4.1.2 Participants

The purpose of this review was to examine the etiology of Down Syndrome only, during the coding process we came across papers that used participants with DS exclusively, and participants with DS in comparison with participant such as Autistic Spectrum Disorder [83–88], or compared DS with Intellectual Disability [75,89–92], Neurodevelopmental Disorder (NDD) [93–95] or DS with Neurotypical Peers (NT) [46,67,75]. These were the broader terms that we came across during the coding process. While removing duplicates, we selected a study for analysis if there was a minimum of one DS participant in the sample. The justification for this is that the size of the sample has been considerably small through the studies (mean sample size of participants: 14). Fourteen studies did not report any quantity of participants, others reported "group" as sample size (2 papers) if a study mentioned participants with Down Syndrome; it was then included for analysis. Reporting varied as samples were reported as either total numbers of participants only or ratio of male to female participants, while others reported in detail the number of participants for data gathering, pilot studies, and the final number who completed tasks.

The age in studies was defined as either chronological age (amount of time from birth to given date), or mental age (biological age the doctors consider an individual to be based on factors such as intellectual capacity). We included a study if the chronical age range of participants was between birth to 25 years which loosely corresponding to mental age 0-18 for neurotypical children. A study was also considered if some of the participants with Down Syndrome fell in the chronological age /mental age bracket while others crossed it (e.g., if the participant was between 12-26 years old, the study was included). If a study included other non-DS participants, we only counted the participant with DS if given, otherwise recorded the total sample size. Studies reporting samples as more than one set/group, only the studies with matched the age range defined were considered. If a study reported multiple evaluations of a prototype or tool with different samplesizes, the most recent sample was considered as the final number of participants involved in the study. Studies were also included in the final corpus where the age was undefined, and no reference was made to age.

Gonzalez-Gonzalez et al. in [96] describes 7 participants (children) in the age range of 7-19 but corresponding to mental ages of 3-6 years old. A task or activity, which a neurotypical child would usually know how to conduct, was then tested with the participants to detect the age for children with Down Syndrome who were able to conduct the same task. In 26% of the papers either the authors had not mentioned the age, nor number of participants that were recruited for evaluation, nor there was a target audience defined. Paper [89] was the only paper included that tested emotion detection through interaction by three groups falling in three categories C1: Under 12 years - children (10 participants), C2: 12-21 years children and young people (10 participants); C3:22-30 years young people and adults (10 participants).

Regarding sample sizes, 48 papers mentioned the sample size recruited, 2 papers used the

terminology of the *group* to indicate the sample size, while others remained undefined. We distributed the number of participants into brackets of 1-10, 11-20 and so on. 30 papers had a popular sample size of between 1-10 participants, out of which 4 papers only used 1 participant, 7 papers fell into the bracket of 11-20 participants, 5 in the next interval (21-30), and then 4 papers had a sample size of 40 or above were all included. There was 1 study that recruited 105 participants to measure the effectiveness in their study.

Overall, 46 papers were found to target children with Down Syndrome exclusively as participants, 3 papers compared DS vs neurotypical developing children, 6 papers which included DS along with children with other undefined intellectual disabilities, and another 7 papers included children with ASD as participants alongside DS.

#### 4.1.3 Paper Type

We classified the papers under *design* (13 papers) for those describing design of technology, development stages, and implementation details. Papers that presented just the evaluation of prototypes, application, device, came under the category of *evaluation* (11 papers), and *design and evaluation* (26 papers) for those that discussed both in the paper. Only 8 papers were categorized as a *study*, which mostly describe the pilot phase of the study, or papers which only described the process of how the technology is/was used without any data on results, design, or development. There were 4 papers reporting *usability studies* which shed detail on usability aspect of a particular device/digital technology/methodology in use, followed by 2 papers as *empirical study* which measured performance of computer use [36] or the learning profile of cognitively impaired children [97] and 1 paper tested the *intervention technique* applied.

#### 4.1.4 Ability Support for DS

We assigned ability support shown in Figure 5 (phenotype characteristic) to the corpus through the coding process. In cases where the paper targeted more than one ability, we assigned a code of "multi" instead of recording each one of the characteristics. Our aim was to make the codes more specific while covering the core phenotype characteristics of DS. There were two papers [82,98] that used RFID tags embedded into objects, the tags were read through scanners and the corresponding audio and/or image of the object was then displayed on a monitor or screen. These papers stimulated cognition, and one paper [82] provided detail only on how literacy can be improved through words, phrases, and phonic recognition for Spanish language, while the other paper stimulated literacy, hearing, visual, and communication skills therefore improving interaction for children with Down Syndrome.

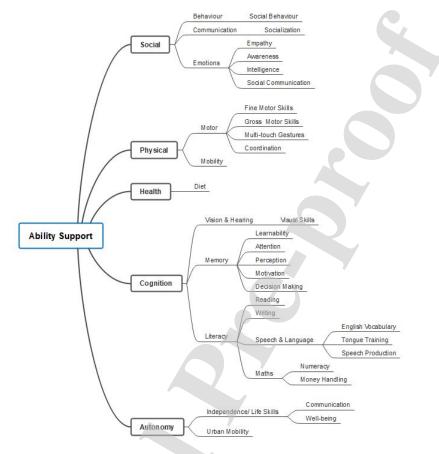


Figure 5: Classification of Phenotypical Abilities

The majority of the technological support has targeted cognition (40 papers collectively), especially literacy (14 papers), which was followed by autonomy as seen in Figure 5 and 8. Small scale projects such as HATLE [79] which uses small game-based activities for speech, recognition and drawing skills on a tablet as pedagogical intervention technique. Aladdin's cave [99] strengthens maths skills through quantity discrimination rather than numbers as absolute values which using game-based activities designed for tablets targeted towards children. Galaxy Shop [83] uses an Augmented Reality (AR) based approach for children in the classroom to solve real life problems in addition, subtraction problems, and money handling projected on the wall. Kiteracy [82,98] measures interaction in early years using multi-touch/Tangible User Interfaces (TUI) on tablets in combination with RFID tags placed inside objects being identified. The objective is to improve cognition through tangible objects, in combination with visual display. This stimulates motor skills, attention, and visuospatial memory. MathsDS [100,101] is a mobile app developed in Malaysia for children to practice counting, matching and writing numbers between 1-10 in English or Malay language.

#### 4.2 Findings for the Research Questions

RQ1: What are the different types and purposes of digital technologies developed for and beingused by children with Down Syndrome?

Figure 6 shows the distribution of technology supports that were extracted from the studies.

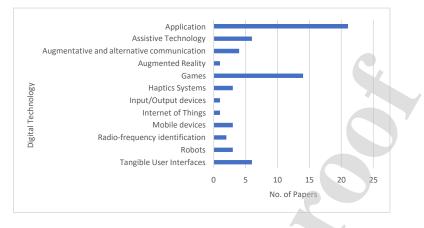


Figure 6: Technology Support

Most of the technologies fit under two categories of *application* and *games* accounting for 53% (35) papers together. Applications were mostly software programs designed for mobile devices or computers. There were 12 applications designed to support cognition, 2 were to improve speech [79,85], numeracy or mathematical skills [86,102,103], design and evaluation of use of MathDS [100,101].

Applications to support health and wellbeing recorded diet intake [67,73,74] through apps on the smartphone or tablet, other applications included autonomy support [104,105] and development of life skills needed for performing a job [106]. Applications for enhancing short term memory [107], evaluation of different authentication methods [46], and computer tools to enable correct emotional response for emotions [108] included use of mobile apps. Next largest set of papers (14) were *games* to support cognition, autonomy, and emotions. Cognition accounted for 12 papers including games for tongue training [109], talking and reading [110,111], language [112], and memory [92,97,113,114]. We also found use of avatars to support emotions [89,115]. Others included comparison of traditional therapy versus Virtual Reality based therapy on performance of children with Down Syndrome [116], and Reflex as a customizable and affordable tool that supported multiple cognitive abilities [94]. There was 1 paper [117] on using games as an intervention tool for simulation of cognitive abilities.

Other two popular types of technologies were Assistive Technology (AT) and Tangible User Interface (TUI). We found AT being used for supporting urban mobility in [18–21,118,119]. There was a single paper looking at correctly detecting emotions using avatars [90], and one paper [91] for linguistic and last but not least one paper [120] for design of a software development methodology as guidelines for development of AT. A total of 6 papers makes use of Tangible User Interfaces (TUI), and 5 of them focusing on improving cognition, in particular literacy [62,95,99,121], and one study [87] describes the design of Trollskogen ("The Troll Forest") to improve, enhance, and allow for exercise of social communication skills via multitouch table tops in three phases.

Although we expected more papers focusing on *augmentative and alternative communication (AAC)*, our corpus included only 4 papers. Three papers [122–124] supporting cognition, while [88] evaluated gaze behaviour in individuals with DS or ASD using visual scene displays (VSD) for two activities: number of people and the presence of sharing activity.

*Robots* (3 papers) seem to gain popularity in 2018 and none was reported in the following years. This paper used robots to support pedagogical approaches. Investigating student performance and motivation [80], providing educational tool for supporting the curriculum for DS [125] and teaching computational thinking to students with Down syndrome [96].

Three papers [76,126,127] implement *Haptics Feedback and Sound* systems for providing training and support to improve motor skills when used by individual with DS while drawing, colouring, and cutting shapes, and one study uses a similar approach for sketching only [126].

Two papers [82,98] evaluate a number of techniques (picture cards, tangible letters and corresponding objects) for learning Spanish. The children were evaluated again in the latter paper but for motivation, attention and perception, memory, and motor skills in addition to learning language while using *RFID* tags embedded into objects.

There was one paper on *Augmented Reality* (AR). The study [83] supported children in the classroom to project problems of addition and subtraction on the wall (Galaxy Shop) without exploiting the full potential of AR.

Magic Room [93] uses the *Internet of Things (IoT)* as the type of technology to provide children with various stimuli in a room where they interact with smart objects. The interaction and activities are controlled by an educator or caregiver. The therapist/caregivers create multisensory activities of different levels, complexity, and cognitive efforts (relaxation, visual-motor coordination, gross motor skills, spatial relationships, shapes, sizes, and colours, turn taking, practical skills, etc.). One paper [36] investigates the use of traditional keyboard and mouse, word prediction software, and speech-based input by children and young people with DS in order to evaluate performance data of the different input methods.

## RQ2: What are the demographics of children with Down Syndrome, and in what contexts are the digital technologies developed to address their needs?

ID is typically associated with developmental delays, abnormality in cognition, language and memory deficits, auditory processing. Since cognition is a key attribute, it was overall the most targeted capacity for which technological supports were available. It accounted for 40 papers (61%) from our corpus. There were 12 papers that targeted multiple cognitive skills in comparison to 28 papers on single cognitive skill (literacy, memory, speech & language, vision & hearing, and language. The phenotypic characteristics and their distribution across our corpus are presented in Figure 5, 7 and 8.

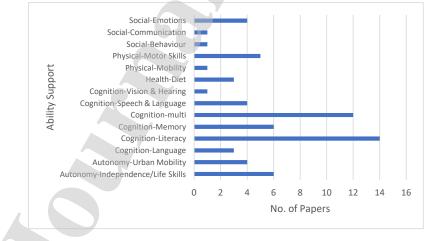


Figure 7: Phenotypical Characteristics

There was no correlation observed between the type of technology and cognition characteristics it supported from the analysis of our corpus. However, we observed that autonomy was addressed

mostly by AT [19–21,118,119] but none were designed for children. All AT designed or evaluated targeted young people.

Technological supports for fine motor skills were supported through haptics feedback and sounds system [76,127,128] and evaluation of gesture use on multi touch – TUI [128], and mobile application [129]. The target audience were both children, and young people, but the technologies are accessible to all ages since motor skills are required to carry out everyday tasks. This is because DS need extra time to learn and master motor skills where the younger population will be at great advantage.

There were 4 papers in our corpus with technology support for improving social skills, typically emotions. Training for correct recognition of emotions was provided first through avatars [89,90,115] which incorporates the fun element for children and to sustain their attention for a longer duration than in a typical scenario. One paper attempted to manage behavioural issues observed in SEN children by observing behavioural issues more natural to ASD children with one incident with DS [84].

Three papers make use of mobile applications to record diet and eating habits into the system to monitor calorie intake and sustain a healthy lifestyle [66,74,75]. A lot of challenges were recorded by the authors that the individuals and primary caregivers both faced while using the mobile applications. The individuals with DS experience short attention span, poor memory, and often "forgot" to enter data, or time fell short for data entry, or increased errors made into the system led to data from participants to be incomplete, even though the sample size was considerably high (52 participants from 377 initially recruited).

## RQ3: What are the methodological approaches for designing and evaluating technology for children with Down Syndrome?

Observation was the choice of methodology for evaluating the use of technology by participants in several sessions carried out from one week to a few weeks in 20 papers e.g., [93,99,101,108,109,111]. Very few papers e.g., [20,88,122,130] made use of recorded data/ or logs maintained by the system or application itself for measuring eye gaze data. Popular methodologies for both design and evaluation included questionnaires, (semi-structured) interviews to gather data from parents, guardians, or caregivers e.g. [80,82,125,131]. While one study e.g., [118] made use of scaffolding from stakeholders which included teachers or educators, and experts during the training phases of app for support, the scaffolding support was gradually then reduced as the participants with DS became more autonomous in their task, or activities.

Papers [120,132] present the user-centred intelligent environments development process (U-C IEDP) as software development methodology for designing or developing technology for SEN in particular. This is different from the traditional approach which only takes into consideration the hardware and software for development.

## RQ4: How effective were the methodological approaches in implementation, deployment and the empirical evidence information obtained for children and young people with Down Syndrome?

While reviewing the papers we coded the type of technology, objective defined, the ability it was supporting in terms of phenotype characteristics of DS, and the effectiveness. A total of 27 papers did not report on the effectiveness of the technology being used. The remaining 40 papers only provided very brief general statements whether the technology was effective, and if the technology was not effective, we cannot imply anything from the missing data. A total of 5 papers provided strong empirical evidence in their studies, but because the number of participants (mean=14 participants) has been so small, effectiveness could not be measured in true sense. Papers [83,102,110,119,122] obtained results from only 1 child to show enhanced performance in reading skills, all mentioned

small sample size, or participants left the study [133] limiting the effectiveness of the studies. There was missing or incomplete data for 7 participants who did not complete the task and 52 out of initial 61 who consentedrecording diet intake data in the mFR app food app [75], no long term follow up on impact of therapy [116]. In [74] participants faced difficulty in identifying food items from the uploaded single images or the image did not consistently provide sufficient details regarding the food item, portion size, or the preparation methods, participants also faced inability to recall all the food consumed. Participants affected the usefulness of the app in [101,110]. These were some of the limitations reported affecting the effectiveness in the studies.

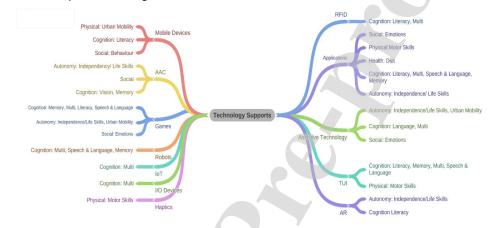


Figure 8: Conceptual Map of Technology Support

#### 5. DISCUSSION

The main objectives of this review were to 1) mapping out the purpose of technology, 2) targeted phenotypic characteristic, and 3) identifying larger trends in technology design and methodologies in use.

The main purpose of technology has remained to support children with Down Syndrome in the development of different skills. Numeracy skills [86,103], speech and language [62,79,85], enhancing short term memory skills [107], emotional and social skills [108]. As the review focused on children with Down Syndrome the focus lies in developing skills needed in early year education.

Digital technologies targeted physical limitations arising from low muscle tone, and small nasal cavity from as the phenotypical characteristics in children with Down Syndrome as most prominent. Decreased muscle tone in DS lead to cognitive delays which relate to deficits in areas of exploratory learning [69]. Similarly, difficulty of production of understandable speech sounds is also because of low muscle tone in the tongue and lips, while the small nasal leads to nasal congestion, enlarges tonsils which affect intelligibility and fluency of speech and language [72]. Both gross and fine motor functions also arise from weak muscle tone, and loose joints. This causes delays in movement, acquiring independence, and affects how individuals interact with technology most.

A slow increase in interest can be seen based on the publication dates. Most of the studies are from Europe (developed countries), and Americas (Northern America - developed countries). All the papers from Latin America and Caribbean (13), Africa (1), and Asia (8) (except for paper [109] from Japan) were considered to be from developing countries. Increased publications from developed countries were due to a few reasons that indicated the maternal age at which family begins, increased support

for Down Syndrome children, and an increased life expectancy [2,101,118]. The lack of reporting data on number of births in developing countries such as Pakistan, India, Egypt [134] or even social stigma attached with children born with disabilities in developing countries [135] may account for reasons for reduced participants and therefore reduced studies. There is no available research on current trends in technology use or interests in individuals with Down Syndrome from developing countries.

In nearly half of the papers (30), the participant size has remained exactly small e.g., [62,108,111], this greatlyaffected the effectiveness of technology and results. We noted a trend to report effectiveness with general statements such as, the results showed an increase in performance [110], the rate of retention was improved [62,121], the children enjoyed the activity [109] without backing up these arguments with empirical data. Effectiveness was missing, or not accurate which can be explained by several reasons: small sample size for testing resulting in inadequate data collection. Dueto the lack of time management, reduced capacity of the working memory, and short attention spans which distract the children easily, DS participants were unable to record data, this resulted in missing quantitative data in [74,75].

Data collection through observing children with Down Syndrome remained the most common practice during evaluation and testing, this was supplemented by secondary data from field notes, questionnaire, surveys, semi-structured interview from primary stakeholders (parents, carers, teachers, experts) to fill in the gaps. Data obtained from the primary stakeholders might not necessarily have reflected the true response of the children. The low number of studies on children with Down Syndrome could highlight the fact that acquiring ethics approval for experiments involving children with special needs would have been challenging in the first place. This can be due to the risk of possible interactions with children during observations, not being able to consent or understand the purpose of the study while taking part, difficulty with communication, longer training periods to compensate for the cognitive delays.

As AR is an emerging and an inspiring new area it would be beneficial to see its application with children with Down Syndrome. Being multimodal and not requiring expensive hardware it would be useful to see how their strength of being kinaesthetic learners and making use of visuospatial memory overcome the difficulties of technology use [24,29]. It was noted that children were unable to hold stimulus or stare due to cognitive challenges and poor vision, nystagmus, or lack of peripheral vision which leads to decreased visuospatial function, poor auditory memory, and short attention span.

The following technological supports have been designed to offer scaffolding for multiple abilities rather than a single ability specifically for young people and adults with Down Syndrome. Personalized Smart Environments to Increase Inclusion of People with Down Syndrome (POSEIDON)<sup>5</sup> [17–19,104] is a three-year project sponsored by the European Commission contributing to smart environments for inclusion of young people and adults with Down Syndrome in a society by improving life skills in areas of time management, mobility and money handling through training. The POSEIDON app available on the website, provides training and assistance for money handling, and shopping, while options for navigation, calendar, and preferences for colour themes, and videos uploaded by carers is available in German, English, and Norwegian languages. The most important result was that the target audience (young people and adults) were able to see the potential of the technology and overcome challenges to reach their goals set in advance which were different for everyone. Each participant therefore found different features more or less helpful but had a positive effect on their daily life in terms of autonomy. Due to the study being limited by the project deadline, long-term use and benefit could not be measured.

<sup>5</sup> https://www.poseidon-project.org/secondary-users/

Casa+ [20,21] (where Casa means home) is a smart home solution which uses ambient assisted living technology under the umbrella term of Assistive Technology (AT) to aid independent living through training use of proper resources in everyday life for adults with Down Syndrome. It provides operationalization for time management by indicating to the users the passing time for activities, daily life, and domestic skill assistance (e.g., eating, drinking, undressing, toilet use, cooking, cleaning, and doing groceries). Casa+ was developed with wearable watches for the user, short-range wireless sensor network and other sensor for temperature, humidity, water, gas, etc. Other facilities provided through the web application for indoor activities were store cupboard, shopping list, money index book, and interactive cookbook. The store cupboard contained the shopping list that could be printed for the items that need replacing in the cupboard and the instructions on organization of ingredients. The money index book helped with knowledge of money for buying products, and an easy-to-use interactive cookbook with recipes. Using smartphones equipped with GPS for outdoor activities were introduced for having walks, identification of safety paths, and training on using public transport for urban mobility, eventually reducing the intervention of carers. Casa+ provides the experience of autonomous living. Study on Casa+ [4,5] do not report any results of the prototypes tested, except the fact that the authors mention good results from the indoor activities.

Like the Casa+ project, Smart Angel [65,118,131] is an AT based project for late teens, young people, and adults financed by Italian Liguria Region, which follows the philosophy of a guardian angel who is there to offer help if and when needed only. It enables urban mobility by first training the system based onthe user's orientation and mobility skills through serious games. Once the users recognise signs of danger and direction, and can follow simple instructions, users are then encouraged to use public transport, and intervention is slowly decreased as autonomy increases. This technique allowed the users to have freedom from being constantly monitored but support is immediately available when required. The paper does not report on any results, since the project was still in its experimental phase when the paper was published.

#### 5.1 Opportunities for future research

Based on this systematic literature review we provide the following opportunities for future research on technological support for children with Down Syndrome:

- Technologies for Down Syndrome adults such as POSEIDON, Casa+, or Smart Angel can be used as inspiration to design similar supports for children and young people. Both POSEIDON and Casa+ provide smart environments for inclusion of adults with Down Syndrome in society. Similar strategies can be used to provide trainings on numeracy skills, navigation (Smart Angel), or organization and doing chores in homes.
- 2. Digital technologies which offer support for multiple characteristics, rather than one area.
- 3. Digital technologies which favour tangible objects, haptics, and tactile feedback, to provide support
- 4. Kinaesthetic learning and visuospatial memory which are areas of strengths for individuals with Down Syndrome.
- Develop or explore solutions for involving participants in the design of technology through non-traditional methods going beyond measuring interaction and evaluation of efficiency of digital technologies. Using occurrence of interactions problems such as execution error, dislike, random action, etc. to highlight key aspects and provide feedback on prototypes for designers [136].
- 6. Exploring role of parents or caregivers in training activities [137], or observing parent-child interactions which can be meaningful for understanding the lived experiences, measuring

experiences, or getting feedback [70].

7. Conducting more research on the current use of new emerging technology among children with DS.

It is important that future research identifies how phenotypical characteristics (e.g., hypotonia and facial dysmorphology) limit or affect each of the different abilities (e.g., speech & language, mobility, literacy) identified in our review.

#### 5.2 Limitations of the study

An important limitation of this SLR is that the authors searched in the domain of Computer Science with the exception of PubMed, and thus may have missed on studies from other domain areas such as health under medicine, and psychology, since we were successful at retrieving some papers PubMed. It was also noted later that papers that were available in the databases were not captured even though they had been submitted earlier. These findings are far from complete, and we encourage researchers and practitioners to further conduct studies in other areas. The search can be expanded in the future to include more papers from medical, psychology and sociology, etc. databases to search for papers on technology support for children with Down Syndrome.

#### 6. CONCLUSION

The main objective was to explore the field of digital technologies designed to support children with Down Syndrome. This was achieved by identifying technology types, contexts of use, profiles of individuals with Down Syndrome, methodological approaches, and effectiveness of such supports. Finally, based on the results we drew out opportunities for future research in the specific area. This systematic literature review of technological supports for children with Down Syndrome is based on 65 papers out of the total 703 papers before any filtering was applied. A summary of the distribution of papers in our corpus could be seen in Figure 8. The results we drew as a general statement from our corpus of 65 papers is that support for cognition or intellectual functioning was the most important ability for which technology needs to be designed had has been designed. When designing for cognition it is useful to take into consideration their strengths in visuospatial memory and of being better kinaesthetic learner, and their abilities to learn through imitation.

#### AUTHORS CONTRIBUTIONS

NI conducted the primary literature search, reviewed the articles, analysis of the studies, and wrote the first draft of the manuscript. Both EL and NV contributed to the review of articles, and the first draft, and NV contributed to the final version as well. The paper was revised by NI, EL, and NV after receiving comments from the reviewers, and final revised manuscript submitted by NI.

#### ACKNOWLEDGEMENTS

We thank everyone who made this review possible. The third author would also like to acknowledge the Centre for Artificial Intelligence, Robotics and Human-Machine Systems (IROHMS) operation C82092, part-funded by the European Regional Development Fund (ERDF) through the Welsh Government

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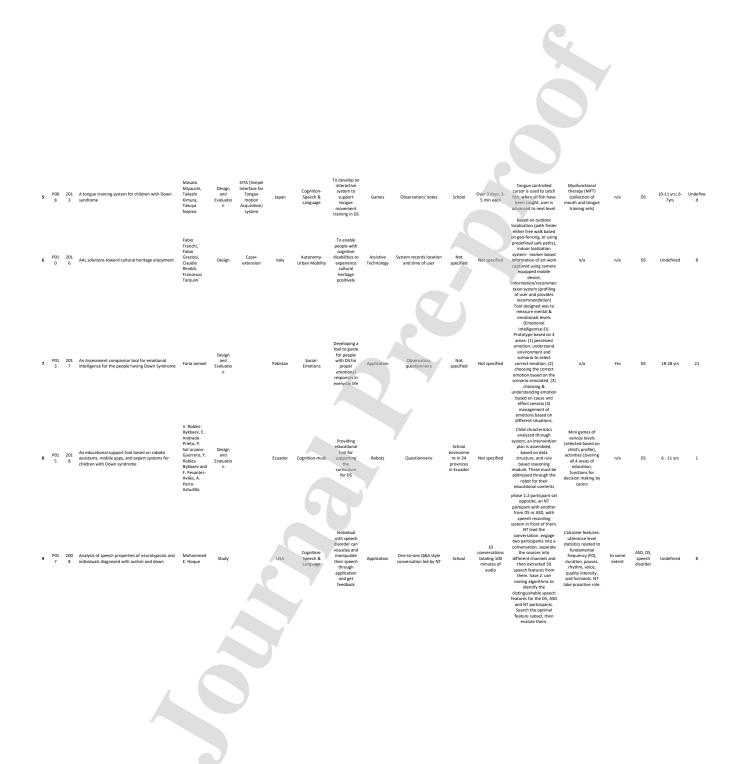
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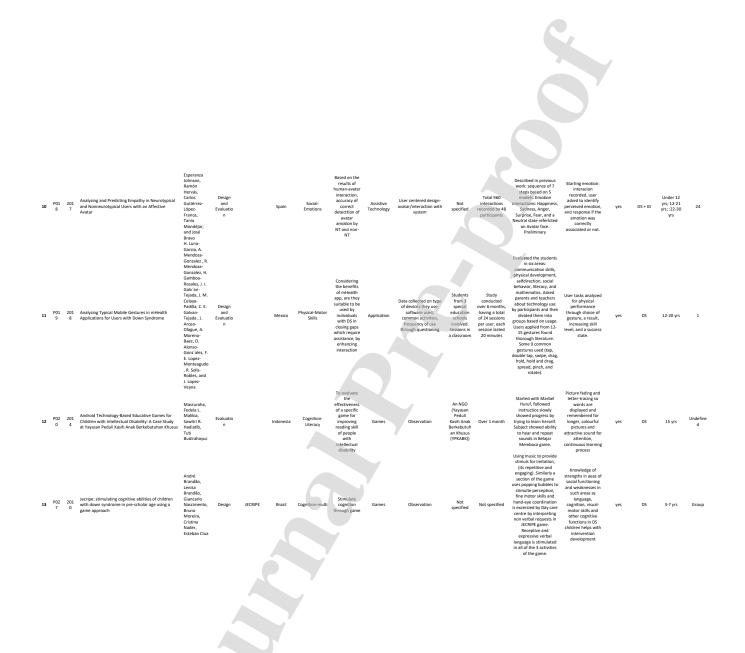
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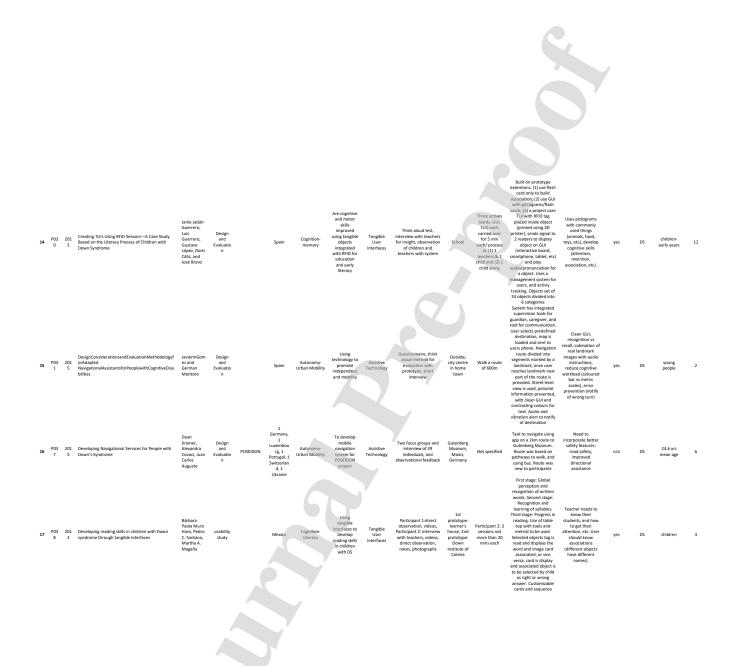
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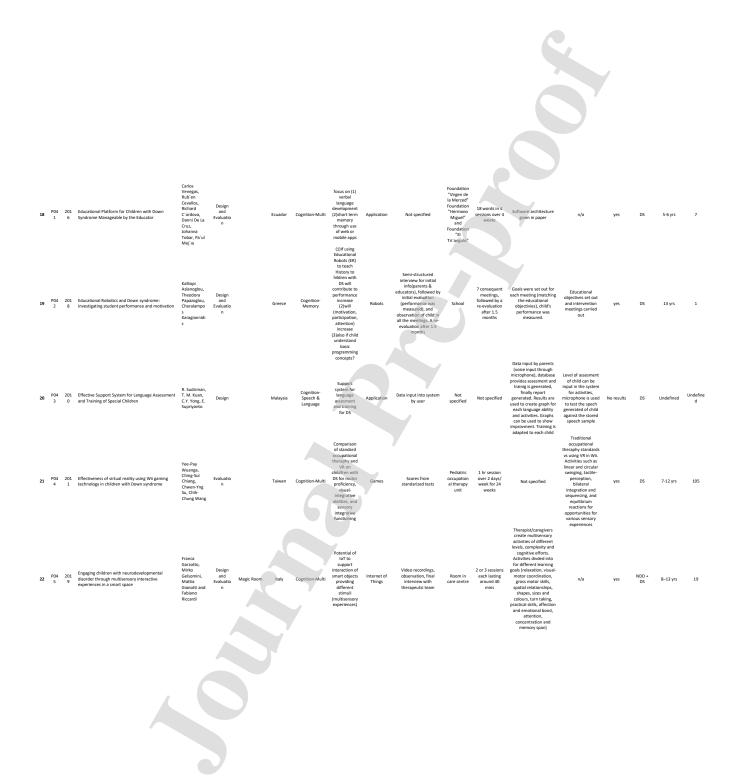
APPENDIX

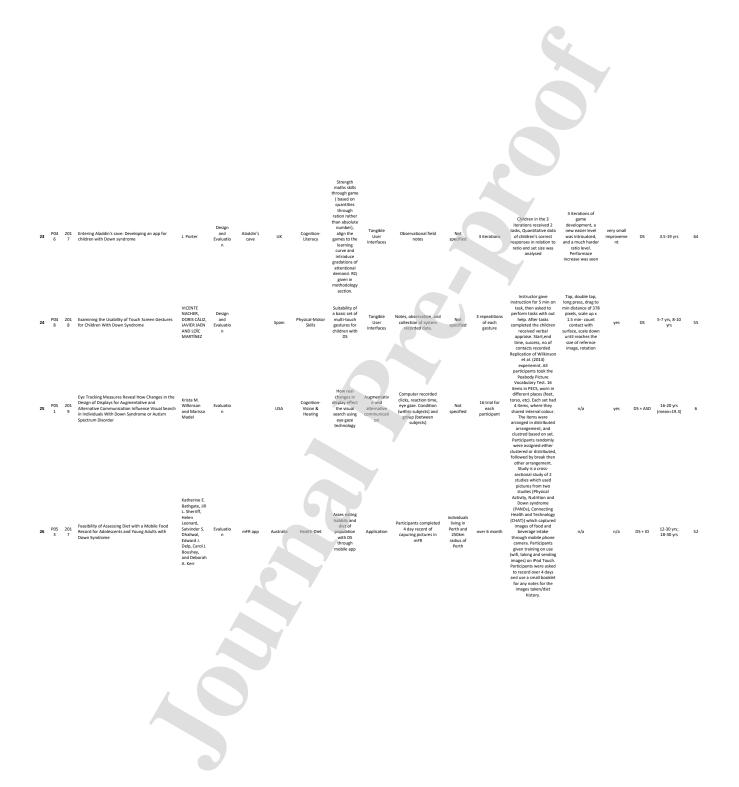
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|----|-----------------|----------|--|---|---------------------------------|--------------------------------|---------|-----------------------------------|--|-----------------------|---|---|--|---|--|-------------------|--------------------|--|-------------------------|
| No |                 | Yea      | Paper Details  |   | Paper                           | Project                        | Country | Ability/Capacit                   | Objective/Go   | General<br>Technology | Data Collection   | Setting/  | Time Period  | Research Method/  | Intervention   | Effectivnes       | Target<br>Populati | Participant                                  | Participa<br>nt         |
| 1  | PID<br>P00<br>3 | r        | Title A Cooperative Process for a Learnability Study with Down Syndrome Children   | Author<br>Alfredo<br>Mendoza G.,<br>Francisco J.<br>Alvarez<br>R.,Jaime<br>Muñoz A.,<br>Cristian<br>Rusu,<br>Francisco<br>Acosta E.,<br>Ricardo<br>Mendoza G. | Type<br>Study                   | Name<br>Cooperative<br>Process | Mexico  | y Support<br>Cognition-<br>Memory | to analyse<br>how users<br>adopt and<br>familairze<br>themelves<br>with a design<br>of a product<br>(game etc.)  | Games                 | technique<br>Question froms<br>experts, observation of<br>children by experts   | Not<br>specified                                  | Not specified  | Design Method   | Techniques<br>n/a  | s/ Results<br>n/a | DS                 | Age<br>Undefined                             | Sample<br>Undefine<br>d |
| 2  | P00<br>5        | 201<br>6 | A Learning System to Support Social and Empathy<br>Disorders Diagnosis through Affective Avatars   | Ramón<br>Hervás,<br>Esperanza<br>Johnson,<br>Carlos<br>Gutierrez<br>López de la<br>Franca, José<br>Bravo, Tania<br>Mondéjar                                   | Design<br>and<br>Evaluatio<br>n |                                | Spain   | Social-<br>Emotions               | using avatars<br>to interact<br>with people<br>and react<br>with<br>reasonable<br>emotions,<br>assist with<br>social<br>communicati<br>on disorders,<br>collect data<br>on affective<br>management | Games                 | Not specified   | Not<br>specified                                  | 20 interactions<br>with each<br>avatar                 | Avatar moves between<br>idle to emotion state<br>(happy, sad, anger,<br>surprise, ferar, and<br>nuetral state). Avatar<br>changes state<br>depending on emotions<br>and interaction with<br>screen. Emotional<br>expressivity is subtle.<br>User desides gender of<br>avatar  | Pipeline process<br>that includes seven<br>steps/models:<br>Psychological,<br>Conceptual,<br>interaction,<br>Development<br>model  | Yes               | DS + ID            | Under 12<br>yrs; 12-21<br>yrs; :22-30<br>yrs | 30                      |
| 3  | P00<br>6        | 201<br>7 | A pilot study of the use of emerging computer<br>technologies to improve the effectiveness of<br>reading and writing therapies in children with<br>Down syndrome | Vanessa G.<br>Felix, Luis J.<br>Mena,<br>Rodolfo<br>Ostos and<br>Gladys E.<br>Maestre   | Design<br>and<br>Evaluatio<br>n | HATLE                          | Mexico  | Cognition-<br>Literacy            | utilising<br>emerging<br>technologies<br>to support<br>reading &<br>training for<br>DS   | Application           | Notspecified  | Classroom   | Over 15 weeks<br>with daily 60-<br>min sessons<br>each | Select 1 of the 10<br>activities, visual<br>information is shown to<br>the user, audio<br>provided, the user<br>respond, the user<br>respond, the user<br>speech, drawing<br>depending on the<br>activity, praise is given.   | Computer-assisted<br>learning provides<br>potential to help<br>with education,<br>multisensory<br>teaching<br>techniques rol<br>hearning disabilities.<br>Skills adaptet to<br>individuals,<br>playfunes: reduce<br>annikety and ensure<br>motivation,<br>animated<br>characters give<br>perso of freindu.<br>Drawing supports<br>visuopatial,<br>perceptual motor<br>and cognitive skills.<br>Speech feature<br>allows aims to<br>allow the user to<br>a | Yes               | DS                 | 6-15 yrs                                     | 4                       |
| 4  | P00<br>7        | 201<br>9 | A Serious Videogume to Support Emotional<br>Awareness of People with Down Syndrome   | Marisela<br>Hernández<br>Lara, Karina<br>Caro, Ana I.<br>Martinez-<br>García  | Design                          | Emotion4Do<br>wn               | Mexico  | Social-<br>Emotions               | Identifying<br>game<br>features from<br>vielogames<br>to inform the<br>delign of<br>service<br>service<br>enhancing<br>emotion<br>awareness in<br>DS   | Games                 | (A)observation(particip<br>atory and non-<br>terministic and the second<br>second second second second<br>structured<br>interviews(parents,<br>secial education<br>teachers, and<br>teachers, and | 4<br>educational<br>and<br>therapeutic<br>centers | 3 video game<br>sessions with 7<br>students with<br>DS | Customization, visual,<br>reinforces,<br>characteristics in games<br>activities, interaction<br>model. In the game,<br>the set of the game,<br>piper has 3 trais for<br>excharactive, (1);[a]øer<br>eseks active, (1);[a]øer<br>eseks active, (1);[a]øer<br>eseks active, (1);[a]øer<br>sekste senotion, (a]<br>on enotion, (a)<br>on enotion, (a)<br>on enotion, (a)<br>mutual, (b) imitate<br>given on screen | knowledge.<br>Videoganes using<br>two types of<br>interaction<br>technology, touch-<br>based and gesture,<br>user must identify<br>basic emotions,<br>isntruction must<br>be short and clear<br>(visual and verbal),<br>hold activities and<br>trials.   | n/a               | DS                 | 31-36 yrs,<br>15-17 yrs                      | 10                      |
|    |                 |          |  |   |                                 |                                |         |                                   |  |                       |   |   |  |   |  |                   |                    |  |                         |

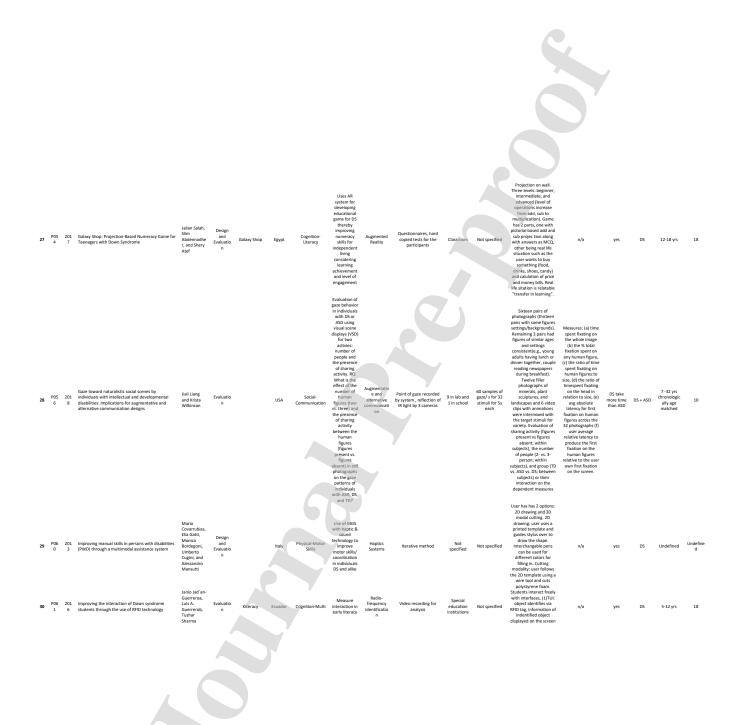


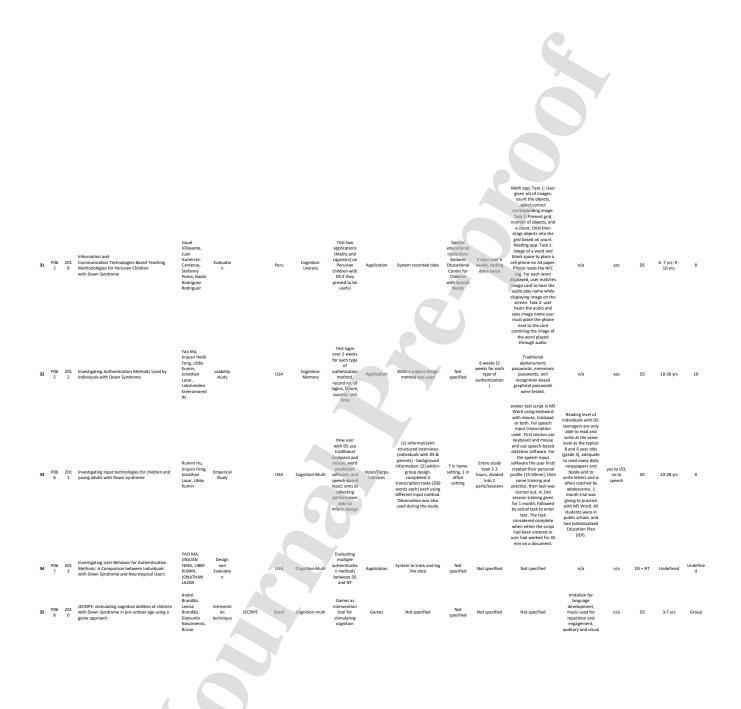


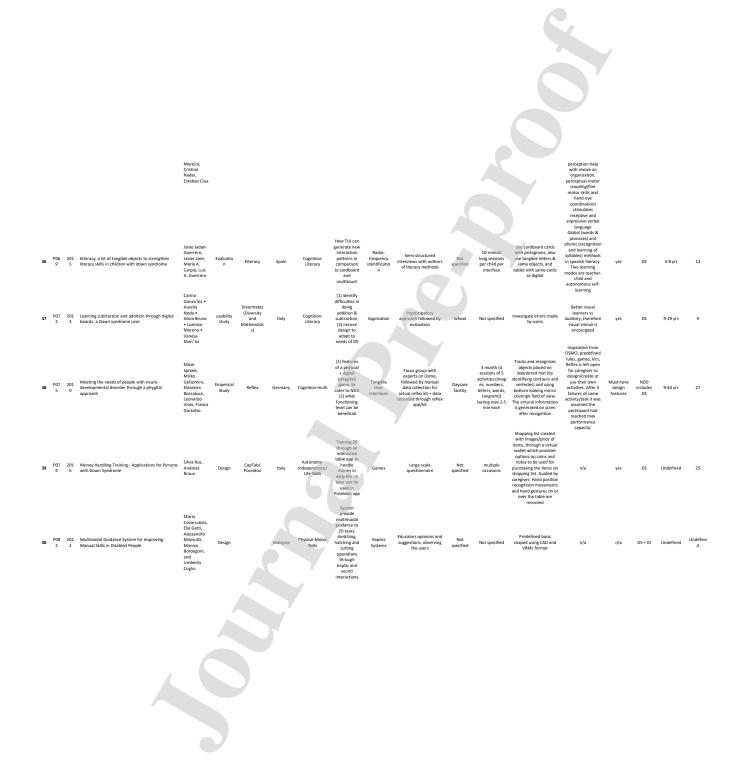


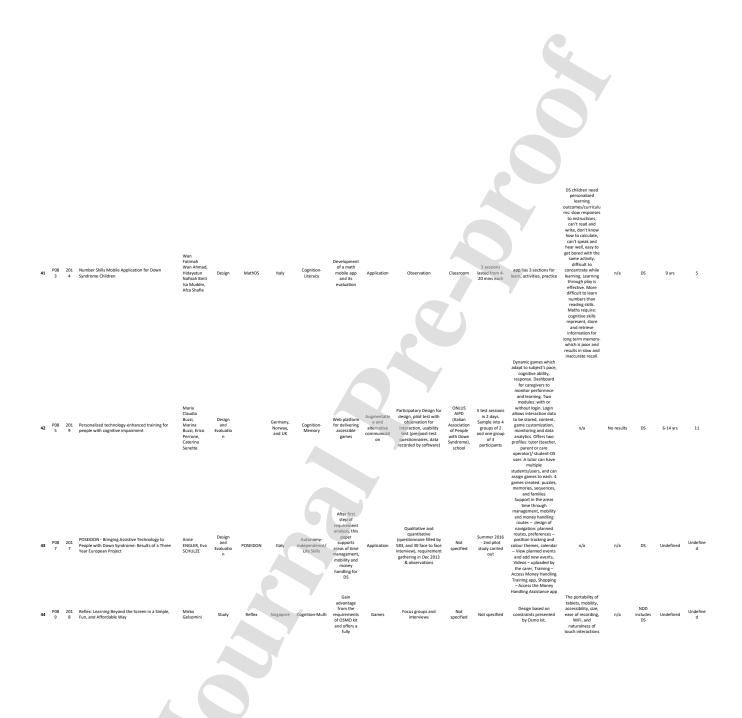


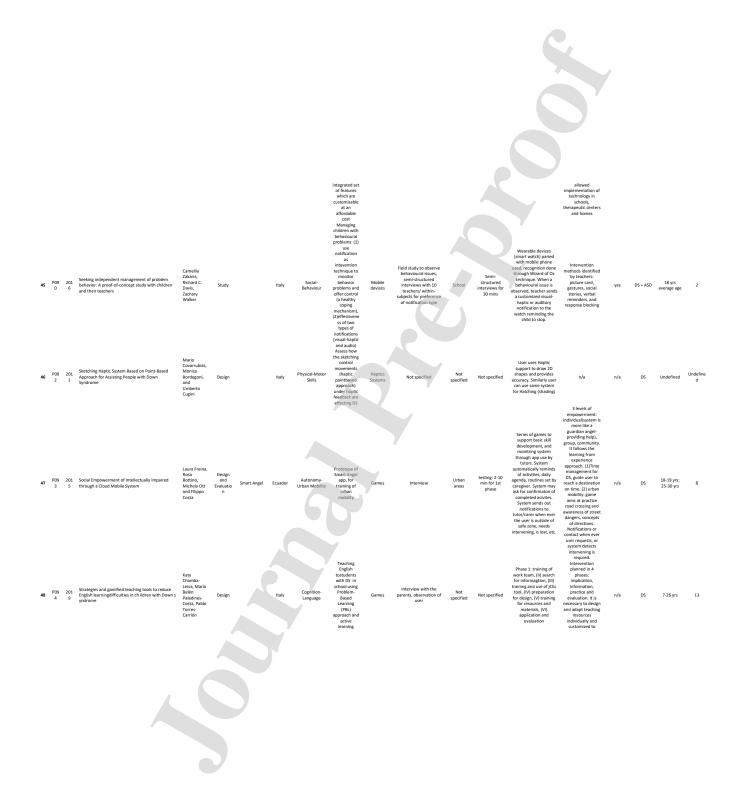


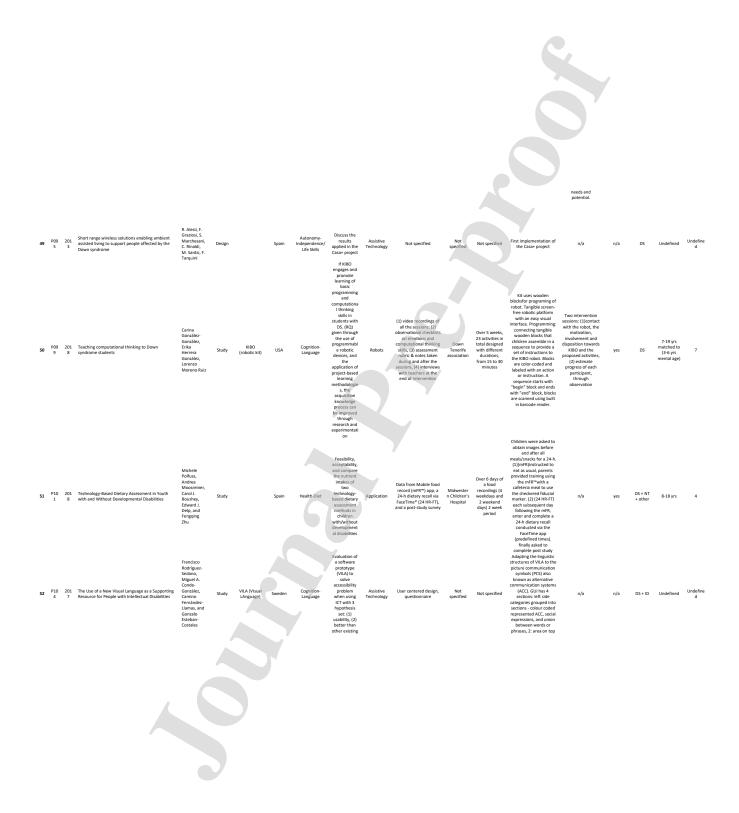


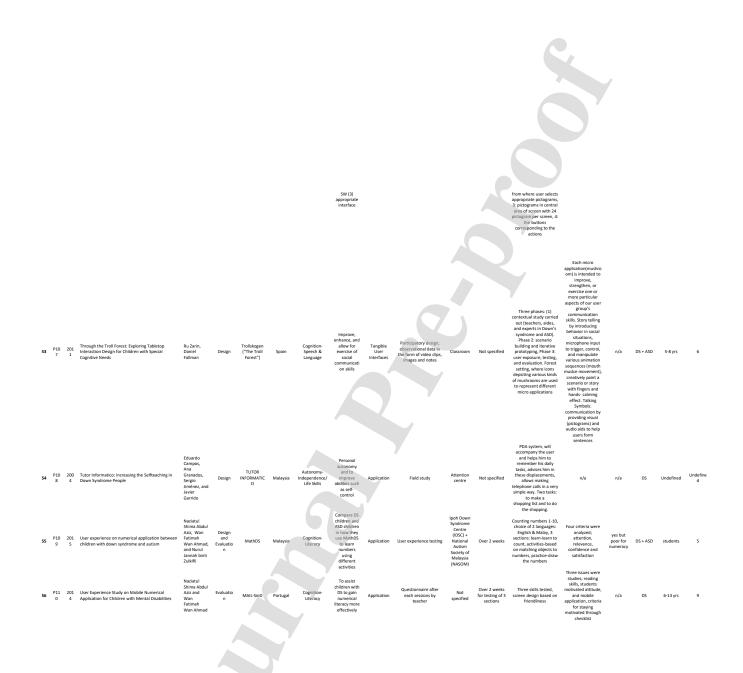


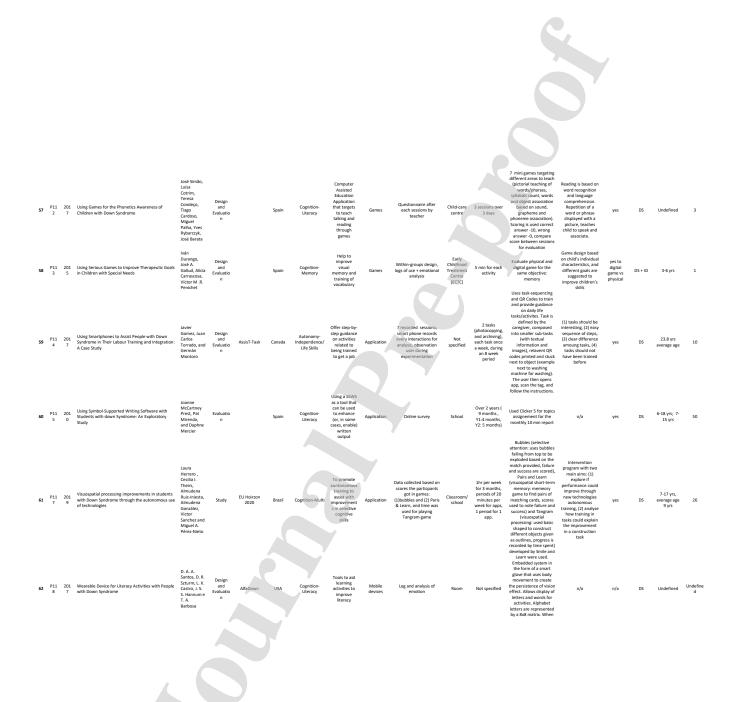


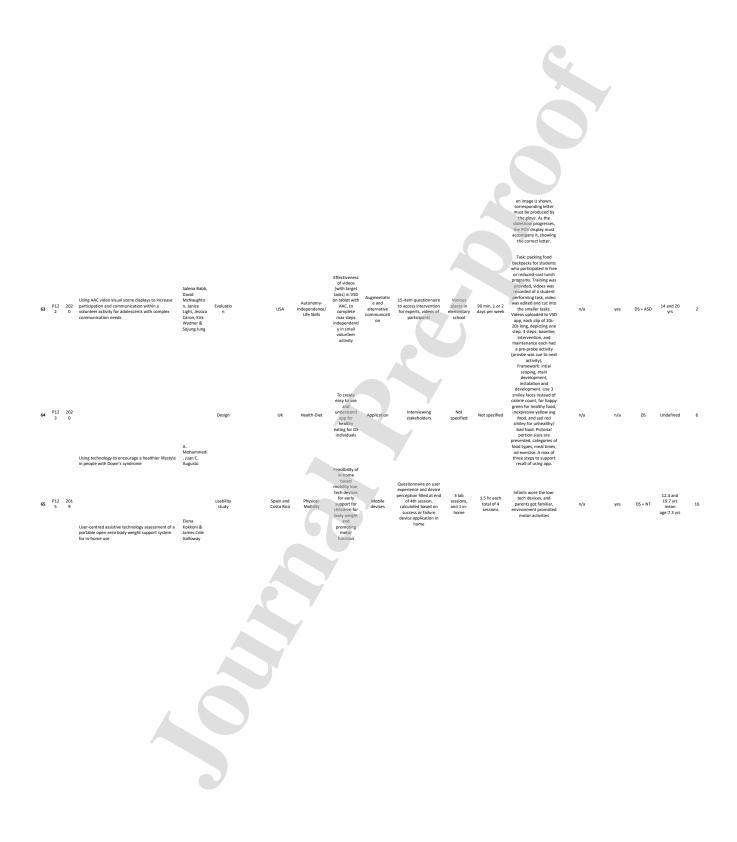












#### **Declaration of interests**

 $\boxtimes$  The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

The authors declare the following financial interests/personal relationships which may be considered as potential competing interests:

