

## **ABSTRACT**

Occupational therapists consider the role the auditory system, based on the theory of sensory integration, could play in the treatment of children with sensory processing disorder presenting with occupational performance challenges. Occupational therapists have been incorporating sound-based therapies into their occupational therapy practice in treating children with sensory processing disorder. However, within the occupational therapy context, there is minimal research on the use and benefits of sound-based therapies on occupational performance, particularly in the South African context. A qualitative study was conducted using individual interviews to explore occupational therapists' use and perceived effectiveness of sound-based therapies. The data collected through the individual interviews was analysed using thematic content analysis with the use of MaxQDA. Therapist related factors including exposure and mentoring, research evidence, therapist philosophy and the valuable role of auditory input cause occupational therapists to include sound-based therapies. These factors influence which sound-based therapies are included in occupational therapy practice. Sound-based therapies are improving underlying client factors specifically: sensory modulation and emotional regulation which result in improvements in occupational performance outcomes. However, further research is needed. Occupational therapists must be cautious when using sound-based therapies and must consider evidence-based practice and good clinical reasoning to ensure individualised and effective treatment.