

The effects of audiobooks on the psychosocial adjustment of pre-adolescents and adolescents with dyslexia

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Abstract: The objective of the present research study was to understand what benefits the use of audiobooks (both school-books and books of various genres, recorded on digital media) could bring to preadolescents and adolescents with developmental dyslexia. Two groups, each consisting of 20 adolescents, were compared. The experimental group used the audiobooks, while the control group continued to use normal books. After 5 months of experimental training, the experimental group showed a significant improvement in reading accuracy, with reduced unease and emotional-behavioural disorders, as well as an improvement in school performance and a greater motivation and involvement in school activities. Copyright © 2009 John Wiley & Sons, Ltd.

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