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Physiotherapy
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Research

People with autism often perceive the surrounding world differently. They may find it difficult to understand other people's feelings or intentions. They may exhibit deficiencies in motor skills, sensorimotor function or flexibility in achieving movement goals. These disabilities are expressed in the embodied identity, as paucity in movement quality, i.e., unrestricted movements with flow. However, knowledge about how to assess and improve movement quality in young adults with autism is lacking.

The overall aim of this thesis is to study experiences, assessment and intervention of body and movements, in young adults with autism.

Qualifications

Physiotherapy, Master of Science 2 years

Award Date: 2015 Jun 15

Specialist in Physiotherapy in Mental Health

Specialist in Physiotherapy in Pediatrics

Employment

Doctoral student

Rehabilitation and Sustainable Health

Lund University

Lund, Sweden

2022 Feb 11 → present

Research outputs

Effects of Basic Body Awareness Therapy on movement quality in autistic young adults: a superiority pragmatic randomized controlled trial

Bertilsson, I., Brogårdh, C., Opheim, A., Gyllensten, A. L., Melin, J. & Hammarlund, C. S., 2026 Jun, In: Journal of Bodywork and Movement Therapies. 46, p. 242-250 9 p.

Measurement properties of the Body Awareness Scale Movement Quality (BAS MQ) in persons on the autism spectrum: A preliminary Rasch analysis

Bertilsson, I., Melin, J., Brogårdh, C., Opheim, A., Gyllensten, A. L., Björksell, E. & Sjö Dahl Hammarlund, C., 2024 Apr, In: Journal of Bodywork and Movement Therapies. 38, p. 464-473 10 p.

Physiotherapists' experiences of the meaning of movement quality in autism: a descriptive phenomenological study

Bertilsson, I., Gard, G. & Sjö Dahl Hammarlund, C., 2022, In: Physiotherapy Theory and Practice. 38, 2, p. 299-308

Internet-Based Support and Coaching With Complementary Clinic Visits for Young People With Attention-Deficit/Hyperactivity Disorder and Autism: Controlled Feasibility Study

Sehlin, H., Hedman Ahlström, B., Bertilsson, I., Andersson, G. & Wentz, E., 2020 Dec 31, In: Journal of Medical Internet Research. 22, 12, e19658.

Understanding one's body and movements from the perspective of young adults with autism: A mixed-methods study

Bertilsson, I., Gyllensten, A. L., Opheim, A., Gard, G. & Sjö Dahl Hammarlund, C., 2018 May 14, In: Research in Developmental Disabilities. 78, p. 44-54 11 p.

Projects

Movement quality and body awareness in young adults with autism: experiences, assessment and intervention

Bertilsson, I. (Research student), Sjö Dahl Hammarlund, C. (Supervisor), Brogårdh, C. (Assistant supervisor) & Opheim, A. (Assistant supervisor)

2017/04/01 → 2024/10/29