

Adolescent Autism and Anxiety Study



For more details: Call Project Coordinator, Elyse Arnold, at **(727) 767-7427** or email at **earnold1@health.usf.edu**.

Rothman Center for Neuropsychiatry
880 6th Street South, 4th Floor
St. Petersburg, FL 33701

Autism and Anxiety

- ~Autism spectrum disorders (ASD) affect many children and adolescents.
- ~Many youth with ASD also have anxiety which can create problems in various aspects of everyday life.

Treatment

- ~Few studies have looked at treatment for adolescents with anxiety and ASD.
- ~Cognitive-behavioral therapy (CBT) is the gold standard for anxiety disorders.



Our Study

- ~The Rothman Center for Neuropsychiatry at USF Pediatrics wants to see a modified CBT program also helps adolescents with anxiety that also have ASD.
- ~In order to participate, your child must be between the ages of 11-16 yrs.
- ~Potential participants will receive diagnostic evaluations to screen for Autism Spectrum Disorders and Anxiety Disorder to determine eligibility.
- ~There will be 3 evaluations during the course of the treatment and 1 evaluation 1 month after treatment.

More Details

- ~If your child qualifies, he or she will be randomly chosen to receive treatment immediately or wait for treatment for a 16-week period.
- ~Either way, all children receive the same therapy.
- ~Therapy involves 16 weekly sessions that last up to 60 minutes.
- ~All therapy and evaluations are conducted free of charge.

This research may lead to an effective form of psychotherapy for adolescents with Autism and anxiety.