

Child Autism and Anxiety Research Study



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

Anxiety and Autism

- ~Autism spectrum disorders (ASD) affect as many as 1 out of 81 children and adolescents.
- ~Many kids with ASD also have anxiety which can create problems in various aspects of everyday life.

Treatment

- ~Few studies have looked at treatment for kids with anxiety and ASD.
- ~Cognitive-behavioral therapy (CBT) is the gold standard for anxiety disorders.
- ~ Family involvement is essential to improve CBT efficacy

Our Research Study

- ~The Rothman Center for Neuropsychiatry at USF Pediatrics wants to see if exposure based CBT that heavily incorporates families (EF-CBT) helps kids with anxiety that also have ASD.
- ~In order to participate, your child must be between the ages of 6-12 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 2 months 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 12 week period.
 - ~Either way, all children receive the same therapy.
 - ~Therapy involves 12 weekly sessions that last up to 90 minutes.
 - ~All therapy and evaluations are conducted free of charge.
- [This research may lead to an effective form of psychotherapy for children with Autism and anxiety.](#)