

# Treatment Study for Children with Autism or Asperger Syndrome

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Does your child experience anxiety or shyness?



*Is He / She a Child Who:*

- Is afraid to be alone or sleep alone?
- Often worries too much?
- Is shy or nervous in social situations?
- Is reluctant to leave parent(s) for even a short while?

Eligible youngsters (**ages 8 – 13**) will receive FREE of charge 16 weeks of treatment with **Cognitive Behavioral Therapy**

Parents of potentially eligible children will be screened over the phone; this will last approximately 15 to 20 minutes. Children selected for the study will have approximately a 45% chance of being assigned to participate in one of two therapy programs. One program is a standard cognitive behavioral therapy program, which has been established as the gold standard for treating anxiety in youth without ASD. The other program is based on a modified cognitive-behavioral therapy program that has been developed for children with ASD. There is approximately a 10% chance of being placed on a waitlist for 16 weeks (you are allowed to participate in any other treatment while on the waitlist) followed by your choice for inclusion in either the standard or modified cognitive behavioral therapy. Participants are required to maintain a stable medication regimen during participation (if they are already taking medication) and teacher/school involvement and cooperation is required.

For more information, please e-mail us at  
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Or call us at (310) 882-0537

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**NIMH**  
National Institute  
of Mental Health

**UCLA**  **CART**  
CENTER FOR AUTISM RESEARCH AND TREATMENT

This study is being conducted through support from the National Institute of Mental Health and in collaboration with the UCLA Center for Autism Research and Treatment (CART)