

UCLA Treatment Study for Children with Autism and Anxiety

UCLA is looking for children to participate in a **FREE** 16-week Cognitive Behavioral Therapy study

Children are eligible to participate if they

- Are 7-13 years of age
- Experience significant anxiety, worry or shyness
- Have an Autism Spectrum Disorder (or suspected of having one)
- Have fluid verbal ability



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 90% 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).

For more information call (310) 882-0537
or email ucla.autism.anxiety@gmail.com



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