

Research Study on Youth with Autism or Asperger Syndrome

**Does your youth experience anxiety or
shyness?**

Is He / She a Youth 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 youth (aged 11 – 14) will receive FREE of charge a comprehensive **diagnostic evaluation** and sixteen weeks of treatment with **Cognitive Behavioral Therapy**

Parents of potentially eligible youth will be screened over the telephone; this will last approximately 5-10 minutes. Youth selected for the study will participate in a modified version of our anxiety treatment program. We have modified this program to meet the needs of youth with autism, and we are now conducting a clinical trial at UCLA to develop it and test its effectiveness. Sessions are designed to teach coping skills to alleviate worry and shyness. The sessions emphasize using the skills in real life situations. Youth may be randomly assigned to receive treatment immediately or after 3 months.

**For more information, please contact:
Dr. Jeffrey Wood or Cori Fujii, M.A. at
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