SARRC

Southwest Autism Research & Resource Center

Now Enrolling: Mindfulness-Based Intervention Study for Teens with Autism

Do you have a teen with autism who experiences stress, anxiety or depressive symptoms?

We are currently recruiting teens (ages 13 to 18) with ASD without intellectual disability (IQ of 70 or above) and at least one parent/caregiver to participate in a study of a mindfulness-based intervention called MINDful Time (Mindfulness-based Intervention for NeuroDiverse teens: Telehealth Instruction, Mobile app Enhanced).

EACH FAMILY WILL RECEIVE UP TO $200 IN COMPENSATION

STUDY WILL INVOLVE:

- 1-2 hour virtual intake visit to determine eligibility
- Virtual group intervention sessions (2-hour sessions that meet weekly for 8 weeks)
- Up to 4 virtual data collection visits before and after participating in the intervention (1-2 hours each)

TEENS AND CAREGIVERS WILL:

- Attend an 8-week group telehealth intervention*
- Learn strategies that may help with management of stress, anxiety or depression
- Receive free access to a mindful meditation app (Ten Percent Happier) and asked to regularly use it throughout the study period

**If you do not have access to the internet, our team will provide assistance for those who qualify.*

CONTACT OUR TEAM

To learn more or enroll, please contact our team at:

480.701.3682 or AJohns@autismcenter.org

ASU Arizona State University

Autism Brain Aging -Laboratory-

autismcenter.org/research