Does your autistic teen seem stressed, worried, or overwhelmed?

Participate in “Facing Your Fears”!

Group Cognitive Behavioral Treatment for Anxiety in Adolescents with Autism and Intellectual Disability: A Randomized Controlled Trial

What is the study about?
This study investigates an adapted Cognitive Behavior Therapy (CBT) group treatment to determine if it is more effective than services that adolescents with Autism (ASD) and Intellectual Disability (ID) are already receiving.

What does the study entail?
- Teen and caregivers will voluntarily participate in a 14-week CBT therapy program
- Families will complete assessments before and up to 6 months after the program
- Current therapies will be tracked
- Compensation will be provided

Is this study right for me and my child?
To qualify for this study, your child must be:
- Between 12-18 years of age
- Diagnosed or suspected of having autism spectrum disorder (ASD) AND intellectual disability (ID – performing significantly below grade level)
- Struggling with anxiety, fear, worry, or emotion regulation

For more information, please contact: fyfstudy@ucdenver.edu