

**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