

PAID RESEARCH PARTICIPANTS NEEDED

App-based mindfulness intervention for adults (18+) with autism spectrum disorder (ASD)

Learn Mindfulness Meditation Techniques

Adults with ASD often experience depression and anxiety symptoms which can affect quality of life. Participants will attend daily meditation sessions using the Ten Percent Happier Mobile Application for 10 minutes/day for 8 consecutive weeks.

Our research aims is to assess the therapeutic potential of an app-delivered mindfulness meditation in adults with ASD and to increase accessibility to evidence-based resources.

\$50 compensation

Free Access to Ten Percent Happier App

Study participation is voluntary and will involve 10 minute/day for 8 weeks:

- **Ten Percent Happier application** (use the application daily for 10 minutes or longer for 8 consecutive weeks between August and October)
- **Questionnaires** (~20 min. before and after the 8-week intervention)
- *Optional* questionnaires for a friend or family member (~10 minutes)

To learn more
about this study
scan the QR code:



Or visit:

<https://cutt.ly/autismappstudy>

Or email: abalab@asu.edu

