

# **PAID RESEARCH PARTICIPANTS NEEDED**

## **Adults (18+) with autism spectrum disorder**

*Mindfulness Based Stress Reduction (MBSR) is a structured training program that reduces depression and anxiety for many people. Adults with ASD often experience depression and anxiety symptoms which can affect quality of life.*

*Our research aims to understand brain functioning before and after MBSR training to help us better understand how symptom improvements relate to brain functioning in adults with ASD.*

**\$100 compensation**

### **Study participation is voluntary and will involve 10 visits in 10 weeks:**

- **Mindfulness Based Stress Reduction Meditation Course** (8 weekly 2 hour sessions) or control discussion group (8 weekly 1 hour sessions)
- **MRI** (~1 hour during the first and last study visits)
- **EEG and Heart Rate Monitoring** (during the first and last study visits)
- **Questionnaires** (~20 minutes during the first and last study visits)
- **Saliva samples and activity monitoring** during week 1 and 10
- *Optional* questionnaires for a friend or family member (~10 minutes)