Research Briefs provide easy-to-read summaries of our original research publications.

## Original Article
**Implementing the Get SET Early Model in a Community Setting to Lower the Age of ASD Diagnosis**

## Published in the Peer-reviewed Journal
**Journal of Developmental & Behavioral Pediatrics**
The full article can be found here:
**https://doi.org/10.1097/dbp.0000000000001130**

## Key Terms

**Autism screenings** are usually performed during routine well-child checkups to identify early warning signs of autism.

**Feasibility** studies examine whether a method, intervention, or program can be completed as intended.

**Peer-reviewed** journals include studies that have been read and critiqued by experts in the respective field to ensure they meet quality standards.

## Why was this study conducted?

- Although autism spectrum disorder (ASD) can be reliably diagnosed by 14 months, most children with ASD do not receive a diagnosis until after their fourth birthday.

- Researchers in San Diego developed a model called Get SET Early to screen, evaluate, and treat autism within the first 2 years of life.

- Our research team developed a network of 109 pediatricians in the Phoenix metropolitan area who agreed to follow the Get SET Early procedures.

- We collected data to document:
  - **Feasibility:** Whether it was possible to implement the Get SET Early model in a community setting in Phoenix.
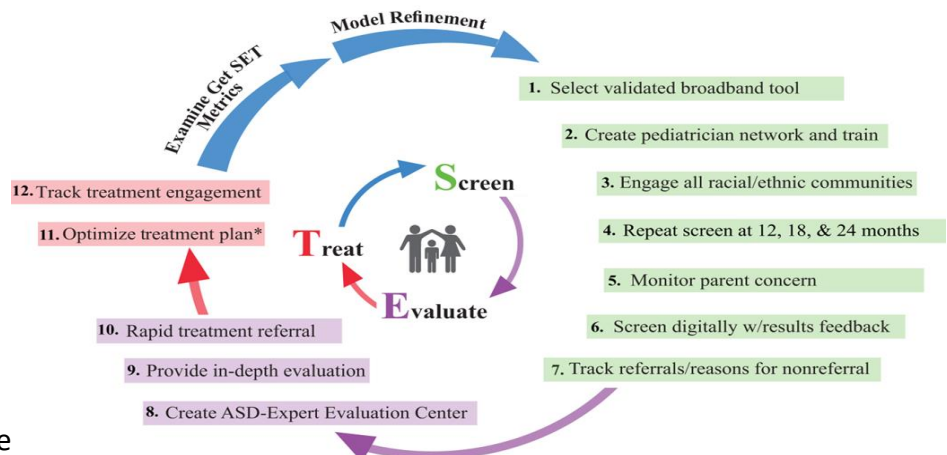  - **Effectiveness:** Whether implementation of the Get SET Early model would lower the age of ASD diagnosis.

## What did the Get SET Early model involve?

**S**creen: 109 pediatricians agreed to:
- Screen at 12-, 18-, and 24-month well-child checkups using a validated screening tool (CSBS-ITC)
- Refer toddlers for an evaluation based on screening results

**E**valuate: Licensed psychologists were trained to provide diagnostic evaluations to toddlers as young as 12 months.
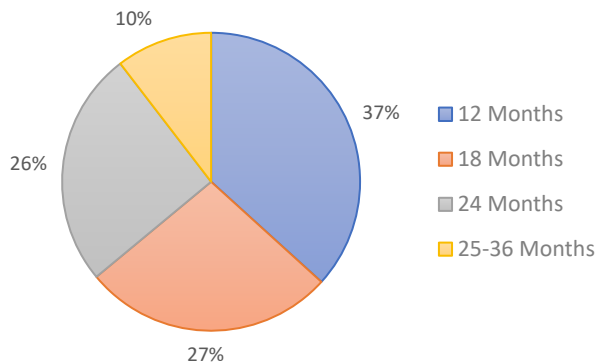
**T**reat: Participants were advised to pursue treatment based on the results of the evaluation.



Model Refinement — Examine Get SET Metrics

1. Select validated broadband tool
2. Create pediatrician network and train
3. Engage all racial/ethnic communities
4. Repeat screen at 12, 18, & 24 months
5. Monitor parent concern
6. Screen digitally w/results feedback
7. Track referrals/reasons for nonreferral
8. Create ASD-Expert Evaluation Center
9. Provide in-depth evaluation
10. Rapid treatment referral
11. Optimize treatment plan*
12. Track treatment engagement

Screen — Treat — Evaluate

# Research Briefs

## What were the main study findings?
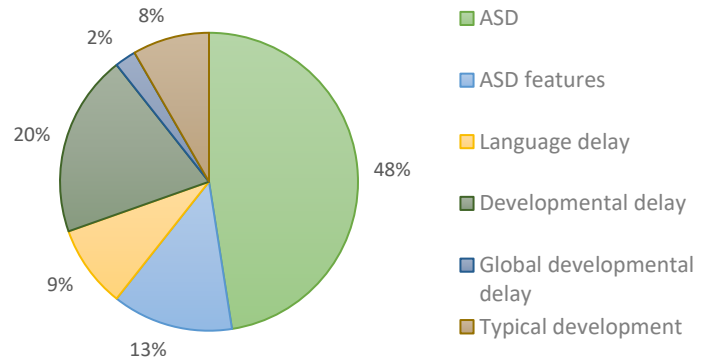
In 4 years, 45,504 screenings were completed by pediatricians in the Get SET Early network

648 children were evaluated at SARRC after being referred by a pediatrician in the Get SET Early network

**Screenings by Well-Visit Age**



- 37% 12 Months
- 27% 18 Months
- 26% 24 Months
- 10% 25-36 Months

**Diagnostic Outcomes of Evaluations**



- 48% ASD
- 13% ASD features
- 9% Language delay
- 20% Developmental delay
- 2% Global developmental delay
- 8% Typical development

### The overall median age of ASD diagnosis was 22 months, which is significantly lower than the median age reported by the CDC (57 months)

- Psychologists at SARRC completed diagnostic evaluations for referred toddlers within 7 weeks of screening

- The vast majority (91%) of children diagnosed with ASD enrolled in a treatment program within an average of 4.5 months after diagnosis. Only 22% of the children, however, enrolled in ABA-based treatment after diagnosis.

## What were the study's conclusions?

Findings highlight that the Get SET Early model is a feasible and effective strategy for improving ASD screening, evaluation, and treatment, and lowering the age of ASD diagnosis.

*Original Article Citation*

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