

Now Enrolling: Mindfulness-Based Intervention Study for Teens with Autism

Do you have a teen with autism who experiences stress, anxiety or depressive symptoms?

We are currently recruiting teens (ages 13 to 18) with ASD without intellectual disability (IQ of 70 or above) and at least one parent/caregiver to participate in a study of a mindfulness-based intervention called MINDful Time. Participation is voluntary.



**EACH FAMILY WILL
RECEIVE UP TO \$100 IN
COMPENSATION**

STUDY WILL INVOLVE:

- 2-3 hour in-person intake visit to determine eligibility
- In-person group intervention sessions (2-hour sessions that meet weekly for 8 weeks)
- 4 virtual data collection visits before and after participating in the intervention (1-2 hours each)

TEENS AND CAREGIVERS WILL:

- Attend an 8-week group intervention at SARRC
- Learn strategies that may help with the management of stress, anxiety or depression
- Receive free access to a mindful meditation app (Ten Percent Happier) and asked to regularly use it throughout the study period

CONTACT OUR TEAM

To learn more or enroll, please contact our team at:

623.473.6307 or HHonda@autismcenter.org