



Southwest  
Autism  
Research &  
Resource  
Center

## NOW ENROLLING

### Mindfulness-Based Intervention Study for Teens with Autism

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. Participation is voluntary.



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

#### THIS STUDY INVOLVES:

- A 2-hour virtual intake visit to determine eligibility
- You will be randomly assigned to one of two interventions:
  - Virtual group meetings that include 2-hour sessions that meet weekly for 8 weeks, OR
  - Regular use of a mindfulness meditation app
- All participants will receive free access to the Happier mindfulness meditation app
- 4 virtual data collection visits before and after participating in the intervention

Each family will receive up to \$200 in compensation.

#### CONTACT OUR TEAM

To learn more or enroll, please contact our team at 480.603.3285 or [OMelita@autismcenter.org](mailto:OMelita@autismcenter.org).

