Stress reduction classes for adults (18+) with autism spectrum disorder

Learn Mindfulness or Relaxation Techniques

Adults with ASD often experience depression and anxiety symptoms which can affect quality of life. Participants will attend 8 weekly sessions involving stress-reduction education and social support that have reduced depression in adults with ASD.

Our research aims to understand brain functioning before and after stress-reduction classes 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:

- Stress-reduction education and social support group sessions (8 weekly 1-2 hour sessions on Tuesday or Wednesday evenings in June and July)
- MRI (~1 hour during the first and last study visits)
- EEG and Heart Rate Monitor (~30 min. during the first and last study visits)
- Questionnaires (~20 min. during the first and last study visits)
- Optional questionnaires for a friend or family member (~10 minutes)

To learn more about this study or to enroll by May 20th:

- Contact the Autism Brain Aging Lab directly at (480) 727-3970 or abalab@asu.edu