

PAID RESEARCH PARTICIPANTS NEEDED

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**

