

Telehealth Mindfulness-based Intervention for Adolescents With Autism Spectrum Disorder and Their Caregivers

NCT07501286

Status	RECRUITING
Phase	Not Applicable
Sponsor	Nicole Matthews, Ph.D.
Enrollment	160 participants

Key Eligibility Criteria

Inclusion (5)

- Adolescents must be ages 13 to 18 years
- Formal clinical or educational ASD diagnosis confirmed by the study team (i.e., review of formal diagnostic report from the diagnosing practitioner or Multidisciplinary Evaluation Team report (MET) shared with the research team by the family))
- Must be willing to be randomized to a treatment or delayed treatment control group
- Must be able to attend at least 7 of the 8 group meetings
- English speaking: Adolescents and their parent/caregivers must be English-speaking because the screening and behavioral measures are in English, as well as the intervention content

Exclusion (4)

- Non-verbal participants will be excluded to ensure test compliance and increase sample homogeneity.
- Participants with IQ scores <70 will be excluded because the intervention was developed for individuals without intellectual disability.
- Participants with a physical disability or co-occurring condition that may prevent participation in the weekly group meetings (e.g., selective mutism; aggressive behavior; inability to participate in a 90-minute video conference meeting each week)
- Participants who report active suicidal ideation

Locations (1 total)

Southwest Autism Research & Resource Center, Phoenix, Arizona, United States