

ASAP-AUTISM

ASSESSING SCHOOL-BASED ANXIETY PROGRAMS



Background

- Autistic students are much more likely to have anxiety.
- Schools are an ideal place to increase access to mental health services.
- We don't know which programs are most effective to support autistic students.



The Study

Our study will compare 2 school-based anxiety programs that will be delivered over 12 weeks by Interdisciplinary School Providers to autistic students with anxiety ages 8–15.

Schools will either be assigned...



Teaches youth to regulate emotions, energy, and sensory needs



**Facing your fears-
School Based**

Teaches youth to manage fears and anxieties and helps them learn to be brave and face their fears



Partnership

We are collaborating with two advisory boards composed of autistic adults, autistic teens, and school providers. Our partners are helping ensure that we answer questions that are meaningful to schools, families, and autistic students.

Want to learn more?

Contact us at: accesslab@emory.edu