

## Treating Obsessive-Compulsive Behaviors in School-Age Children with High Functioning Autism



### Does your child engage in one or more of the following?

- frequent cleaning or washing
- repeatedly asking for reassurance
- engaging in daily rituals (e.g., checking the weather)
- counting or checking things
- a need to rearrange or have things “just so”
- a need to complete daily activities, play activities, or schoolwork in a certain way
- resistant to throw things away even if they are no longer of use

These are just a few examples of Obsessive-Compulsive Behaviors. Approximately 1 in 5 children with Autism have Obsessive Compulsive Disorder.

*Children often become distressed if they are not able to perform these behaviors. They can impede quality of life for children and their families. Therefore, it is important to treat them as early as possible.*

If any of the above behaviors sound familiar, your child may have Obsessive-Compulsive Disorder and be eligible for Group Cognitive-Behavior Therapy at no cost!

**The Behavioral Autism Research Team at Brock University is currently recruiting children between 7 and 12 years of age with a diagnosis of High Functioning Autism (HFA) or Asperger’s Syndrome (AS) for Phase 3 of this research study.**

The purpose of this study is to evaluate whether a 9-week group cognitive-behavioral treatment package will help reduce or alleviate OCD behaviors in children and youth with HFA or AS.

Cognitive-Behavior Therapy has been shown to be helpful in reducing these behaviors in as many as 85% of children who experience them.

Research has shown that group therapy fosters positive interactions and friendships among children. Treatment will be offered in the Niagara Region at Brock University.

**If you are interested in learning more about the study, please contact  
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