



A STUDY COMPARING TWO MENTAL HEALTH THERAPIES AMONG AUTISTIC ADULTS

Research Participation Opportunity for Autistic Adults (Age 18+)
Living in North Carolina and Experiencing
Depression and/or Anxiety



WHAT DOES THE STUDY INVOLVE?

- You will be participating in a virtual therapy provided by a TEACCH therapist at no cost.
- Answering questions about your mental health at three virtual assessment visits.
- Receiving \$50 for each assessment visit, for a total of \$150.



ASSESSMENT 1

-  Before therapy program starts
-  2--3 hours

THERAPY PROGRAM

-  Up to 18 weeks
-  1-2 hours a week

ASSESSMENTS 2 & 3

-  End of therapy program and 6 months later
-  1-2 hours each

*Participation is voluntary.
You can leave the study at any time.*



I'M INTERESTED! WHAT'S NEXT?

- Email AASET-MHTP@med.unc.edu or
- Call us by phone at (919) 843-7850 on Mondays from 12-1 PM ET and Tuesdays from 4-6 PM ET for more information

To see if you may be eligible, scan the QR code or use this link:
<https://bit.ly/AASET>

