

# Effective Therapy for Anxiety in Young People with Autism Spectrum Disorder

<b>Submission date</b> 12/05/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 12/05/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 17/07/2014	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
6868

## Study information

**Scientific Title**  
Effective therapy for anxiety in young people with autism spectrum disorder: a pilot randomised treatment trial

**Acronym**

BAT (Beating Anxiety Together)

**Study objectives**

The main objective is to establish the acceptability, local suitability and likely variability in outcomes of an adapted group cognitive behavioural therapy (CBT) approach for young people with autism spectrum disorder (ASD) and anxiety disorder. Young people are randomly allocated to intervention or to waiting list control. It is hypothesised that there will be a greater reduction in levels of anxiety in the intervention group compared with control, and that a greater proportion will no longer meet criteria for an anxiety disorder after treatment.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

South Yorkshire Research Ethics committee approved on the 21/07/2009 (ref: 09/H1310/44)

**Study design**

Single centre randomised interventional treatment trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Topic: Mental Health Research Network; Subtopic: Anxiety, Autism spectrum disorders; Disease: Anxiety, Autism spectrum disorders

**Interventions**

Rehearsal pilot trial of a brief group treatment adapted for children with ASD. Cognitive behaviour therapy has been adapted to the cognitive profile of young people with ASD in a 7 session format published as 'Exploring Feelings', developed and evaluated in Australia. The focus of the group is to develop skills in young people to stop the build-up of anxiety which typically takes a remitting/relapsing course. Parallel group sessions for parents train them in skills to support their child.

Follow-up length: 12 months

Study entry: single randomisation only

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

1. Anxiety disorders measured with the Anxiety Disorders Interview Schedule (baseline and 3 months)

2. Level of anxiety measured with Spence Childrens Anxiety Scale (parent, child) (baseline, 3, 6, 9 and 12 months)

**Key secondary outcome(s))**

1. Parent management strategies measured by the Child Development Questionnaire - ASD adaptation (baseline and 3 months)
2. Parent anxiety measured by the Depression Anxiety and Stress Scales (baseline and 3 months)
3. Childrens Automatic Thoughts Scale (baseline and 3 months)
4. Childrens Assessment of Participation and Enjoyment (baseline, 3 and 12 months)

**Completion date**

30/09/2011

## **Eligibility**

**Key inclusion criteria**

1. Children aged 9 - 13 years old, boys and girls
2. Diagnosis of autism, ASD or Asperger syndrome
3. Ability in the average range (Full Scale Intelligence Quotient [FSIQ] greater than 70)
4. Sufficient spoken English to take part in assessments
5. Meeting criteria for anxiety disorder (as assessed by research team)
6. Parent/carer and young person willing to attend group CBT

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

9 years

**Upper age limit**

13 years

**Sex**

All

**Key exclusion criteria**

Children with severe conduct or attention problems, or oppositional behaviour, because of likely disruption to the group process.

**Date of first enrolment**

09/10/2009

**Date of final enrolment**

30/09/2011

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

**Institute of Health and Society**

Newcastle Upon Tyne

United Kingdom

NE1 4LP

# Sponsor information

## Organisation

Northumberland, Tyne and Wear NHS Trust (UK)

## ROR

<https://ror.org/01ajv0n48>

# Funder(s)

## Funder type

Government

## Funder Name

National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) Programme

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
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<a href="#">Results article</a>	results	01/08/2014		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes