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| Description of Research | <p>Dr. Reaven is a clinical psychologist and the Associate Director of JFK Partners, a University Center for Excellence in Developmental Disabilities, an interdepartmental program within the Department of Psychiatry and Pediatrics at the University of Colorado School of Medicine. Dr. Reaven's current research focuses on examining the efficacy and eventual implementation of modified group cognitive behavior therapy for children and adolescents with autism spectrum disorders and anxiety. The Facing Your Fears (FYF) intervention (see Reaven et al. 2011; Reaven et al. 2012) is a 14 week group treatment program for children (and their parents) ages 8-14 with ASD and anxiety. Our group has conducted two treatment trials, including a randomized controlled trial, on the original Facing Your Fears program. We have also modified the original FYF for adolescents with ASD and anxiety ages 13-18 years old, and completed a pilot study on that program (FYF-A; Reaven et al. 2012). At present, we are modifying FYF for adolescents with ASD anxiety, who also present with intellectual disabilities, and are conducting a small pilot study of up to 16 teens, ages 13-17, and their families.</p> <p>Implementation: In efforts to bridge the research to practice gap, we have recently completed a multi-site study (four sites in the US; one site in Canada; Reaven et al. 2014) examining the optimal teaching method required to deliver FYF to fidelity while also yielding significant reductions in anxiety symptoms. Variables of interest include measures of implementation outcome (e.g., treatment fidelity, acceptability) and youth treatment outcome (e.g., anxiety reduction, parental anxiety, problem behaviors, negative cognitions, and intolerance of uncertainty). Data analysis for this large dataset is ongoing.</p> <p>Recent research on the FYF program also includes modifying the program for schools. We have worked closely with the Ministry of Education in Singapore and have developed a school based version of FYF-specifically developed for Singapore, delivered by non-clinicians (Drmic et al., under review). The intent of this ongoing project is to work collaboratively with the MOE Singapore, in a "train the trainer" model, so that all materials, trainers and the intervention delivery will be Singapore-based.</p> |
| Methodology | Treatment |
| Clinical and special developmental populations | Developmental Disorders |
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