

# EASE + UP

## WHAT IS THE STUDY ABOUT?

We are testing two mental health therapies, Emotion Awareness and Skills Enhancement (**EASE**) and Unified Protocol (**UP**).

- Both programs teach skills to help understand and process emotions.
- Both programs use an affirming approach that encourages personal development.
- Both programs involve **16-20** weekly therapy sessions.
- **EASE** is mindfulness-based program that was specifically designed for autistic people.
- **UP** is a highly customizable cognitive-behavioral therapy (CBT) based program that meets the needs of people with a variety of diagnoses.
- Participants will be assigned to either **EASE** or **UP** based on the clinic they are matched to.

**Our goal is to find out which program is more helpful for autistic people.**



## AM I RIGHT FOR THE STUDY?

- We are looking for autistic teens and young adults ages 12-25 who want to strengthen their emotion regulation skills.
- The study is open to people with a range of communication abilities. Participants must be able to consent to the study themselves and answer questions about themselves.
- Participants need to have a support person that could answer questions about them too. This could be a parent, caregiver, family member, partner or friend.
- Participants must live in Alabama or Pennsylvania.
- If you are already being seen in one of our partner agencies, this is fine. Work with your provider to determine how to proceed for uninterrupted care.

*This study may not be right for you if you would benefit from more intensive services than once per week therapy.*

# WHAT WOULD I DO IN THE STUDY?

## PHONE SCREEN AND CLINIC MATCH

15-minute phone call to learn about the study and discuss your questions. If it is a good fit, you will be matched with the closest clinic location.



## PRE-THERAPY ASSESSMENT, INTERVIEW AND SURVEYS



We will meet on zoom to review the consent to see if you want to join the study. If you join, we will meet on zoom for an assessment and interview, and you and your support person will be emailed a link to complete surveys at home.

## BEGIN THERAPY

You will begin either EASE or UP therapy with a community provider. Therapy can be in person or online.



## ONLINE SURVEYS

After 8 therapy sessions, you and your support person will be emailed a link to complete more surveys at home.

## FINISH THERAPY

You will finish therapy with a community provider. Therapy can be in person or online.



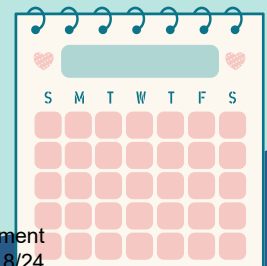
## POST-THERAPY SURVEYS AND INTERVIEW

After you finish, you and your support person will be emailed a link to complete surveys at home. We will meet on zoom for a post therapy interview.

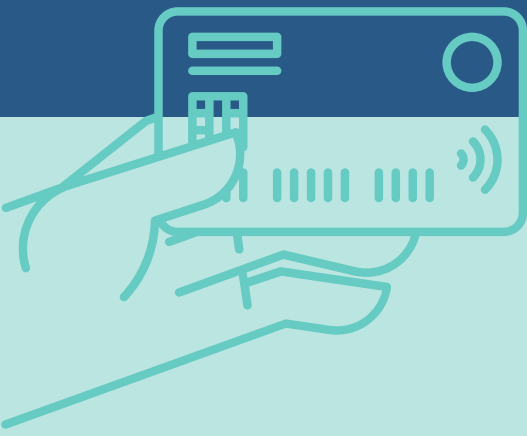


## 3 MONTH FOLLOW UP

After 3 months, you and your support person will be emailed a link to complete surveys at home.



# WILL I BE PAID?



Yes, you will be paid up to \$170.

- Pre-therapy surveys and interview: \$50
- Surveys halfway through therapy: \$20
- Post-therapy surveys and interview: \$50
- 3 month follow up surveys: \$50

## FREQUENTLY ASKED QUESTIONS



- What if I change my mind?
  - Participating is completely your choice. You can stop at any time for any reason.
- Are there benefits?
  - Direct benefits cannot be guaranteed, but we hope that the therapy helps you understand and process emotions and meet your goals.
- Is this ABA or at all related to ABA?
  - No, there is no ABA therapy in either treatment.
- Can I be working with another therapist while in the study therapy?
  - Yes, this is okay, but we encourage you to let the study staff and study therapist know.
- Do the agencies take insurance? Is there a cost?
  - EASE and UP are billed to insurance companies as outpatient therapy. This means that you might be required to pay a co-pay even if it is covered. In cases where insurance is not an option, there may be funds available to support. Please don't let cost be a deterrent. We are here to help, so everyone who wants to participate can do so.
- How do we partner with the autistic community?
  - We collaborate with the autistic community in many ways. We have quarterly stakeholder engagement groups with members of the autistic community to provide feedback on all aspects of the study.



## HOW DO I GET STARTED?

There are many options for getting started. You can...

- Complete the **online form** by scanning the **QR code**
- Call us at **1-866-647-3436**
- Email us at **[emotiontherapy@upmc.edu](mailto:emotiontherapy@upmc.edu)**

