

A Contextual Approach to Mental Health and Autism

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Novartis U.S. Foundation Professor of Education, [University of Virginia](#)

Director, [Supporting Transformative Autism Research \(STAR\)](#)

Director, [Blue Ridge Leadership Education in Neurodevelopmental Disabilities \(LEND\)](#)

What is Mental Health?

- **Emotional, psychological, & social well-being**
 - Affects how we think, feel, and act
 - Affects how we handle stress, relate to others, & make choices
- **Positive mental health helps us**
 - Cope with life stress
 - Be physically healthy
 - Have good relationships
 - Work productively
 - Realize our full potential

**Mental Health
IS
Health**

Mental Health is a Priority

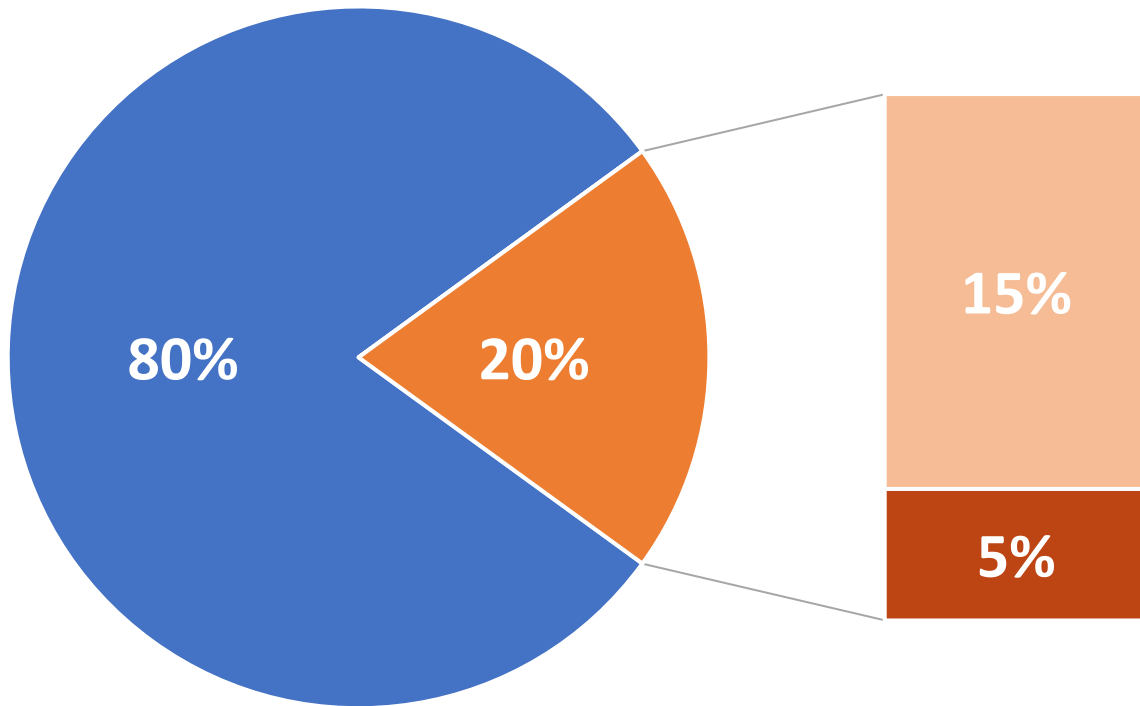
- **Parent priorities for progress & outcomes in children with autism**
 - Systematic review; consultation with parent advisory groups
 - Top 5 Priorities:
 1. **Happiness**
 2. **Anxiety**
 3. Hypersensitivity
 4. **Self-Esteem**
 5. **Distress**
- **Autistic Adults and other Stakeholders Engage Together (AASET)**
 - Stakeholder-driven project involving 350 autistic adults & other stakeholders
 - Top 3 Priorities:
 1. **Mental Health**
 2. Access to Healthcare
 3. Gender & Sexual Health

What are Mental Health Disorders?

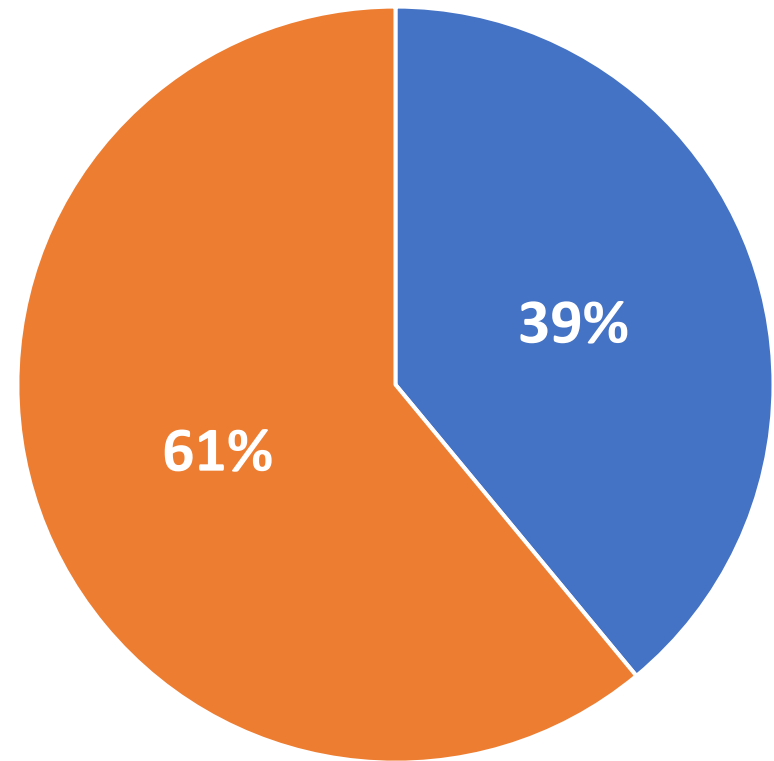
- **Diagnosable mental health conditions, involving:**
 - Significant difficulties in thinking, emotion, and/or behavior
 - Distress and/or problems functioning in day-to-day activities
- **How common are mental health conditions?**
 - Large-scale population studies and meta-analyses

Prevalence of Mental Health Conditions

General Population (Adults)



Autism Population (Adults)



■ No MH Condition ■
■ Mild/Moderate MH ■ Serious MH Condition

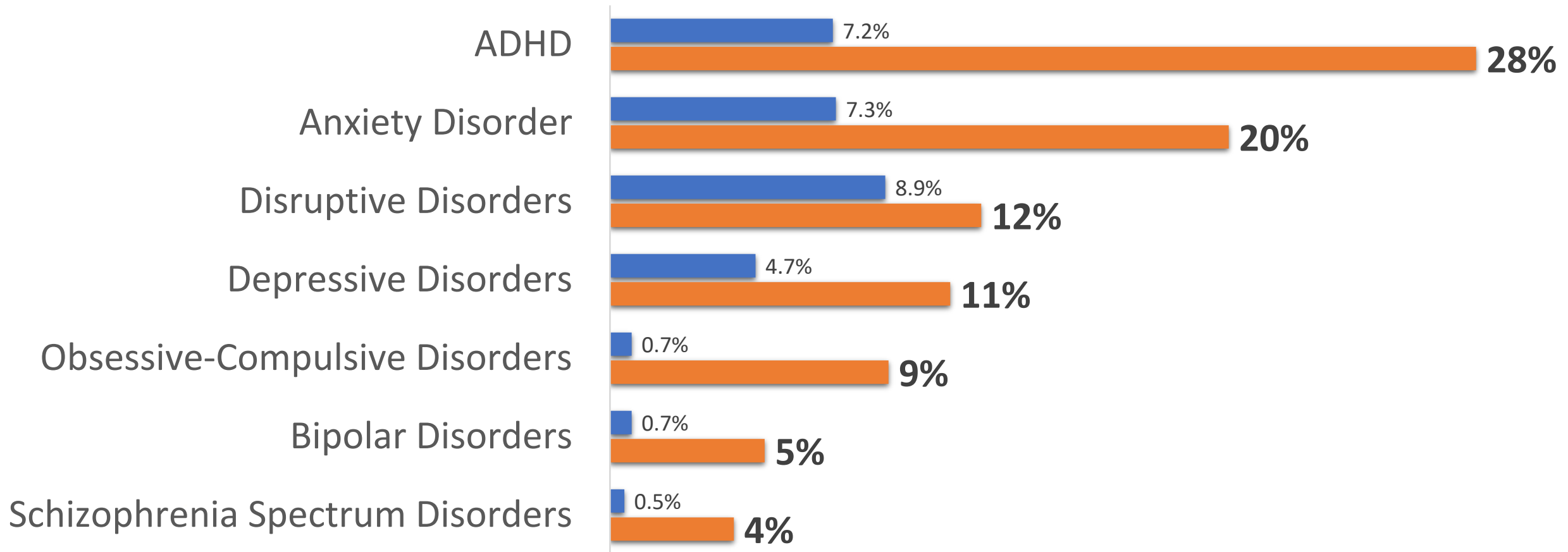
■ No MH Condition ■ Any MH Condition

(Center for Behavioral Health Statistics and Quality, SAMHSA, 2016)

(Lugo-Marín et al, 2019)

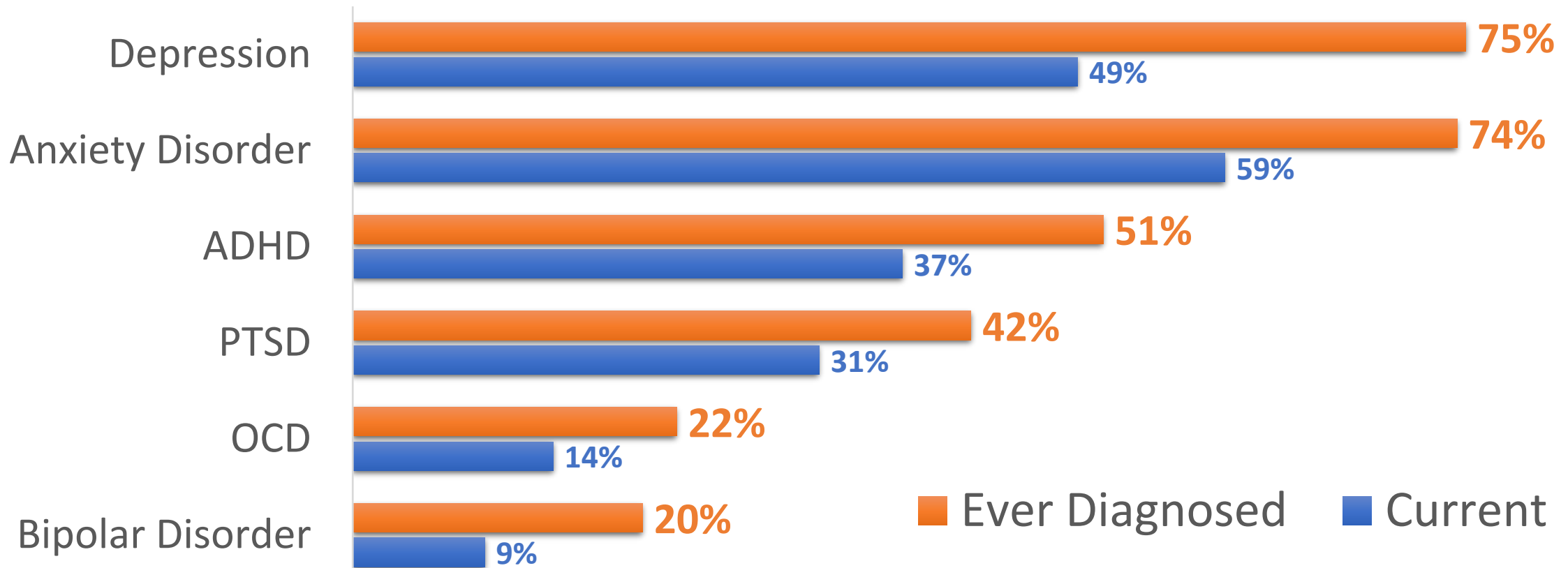
Prevalence of Mental Health Conditions

■ General Population ■ Autism Population



(Lai et al., 2019)

Autistic Adults' Current & Lifetime Diagnoses



(Mazurek et al., 2023)

Mental Health Care Needs

- **Despite high rates of mental health conditions, autistic children and adults face:**
 - Significant unmet mental health care needs
 - Poor access to outpatient mental health services
 - Higher risk for emergency department and psychiatric hospitalization
 - Poor mental health outcomes

How can we address these needs?

First Step: Understanding the Issue

- What is the prevalence or scope of the issue?
- What factors may contribute?



Individual

Two Focus Domains

**Externalizing
Problems**
Aggression &
Disruptive Behavior

Individual

**Internalizing
Problems**
Anxiety &
Depression

Focus Area 1: Aggression & Disruptive Behavior

Prevalence of Aggression

Study 1: Simons Simplex Collection (SSC)

- 1380 children and adolescents with autism
- Ages 4-17

J Autism Dev Disord (2011) 41:926–937
DOI 10.1007/s10803-010-1118-4

ORIGINAL PAPER

Aggression in Children and Adolescents with ASD: Prevalence and Risk Factors

Stephen M. Kanne • Micah O. Mazurek

Study 2: Autism Treatment Network (ATN)

- 1584 children and adolescents with autism
- Ages 2-17



Contents lists available at SciVerse ScienceDirect

Research in Autism Spectrum Disorders

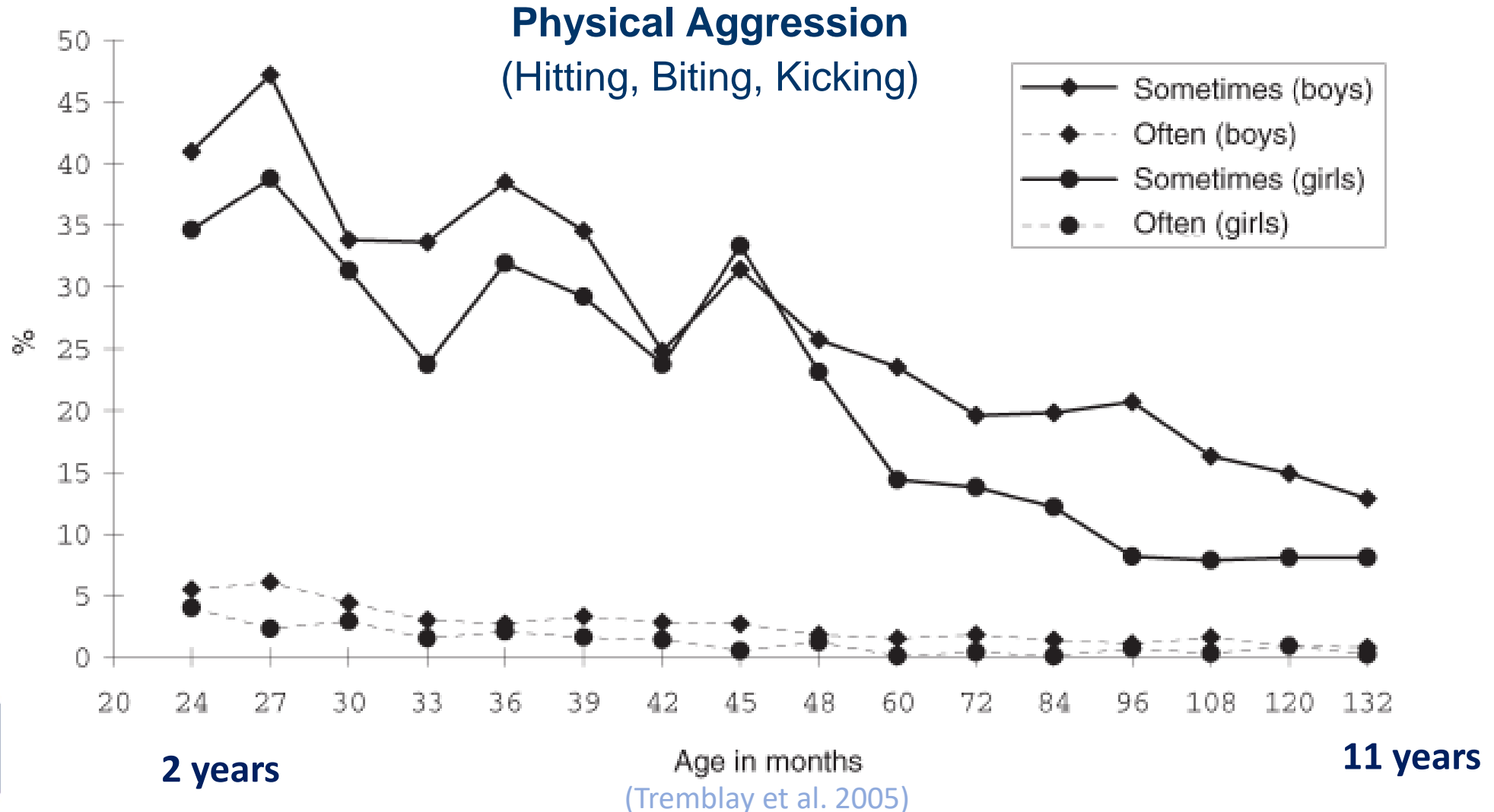
Journal homepage: <http://ees.elsevier.com/RASD/default.asp>

Research in
Autism Spectrum
Disorders

Physical aggression in children and adolescents with autism spectrum disorders

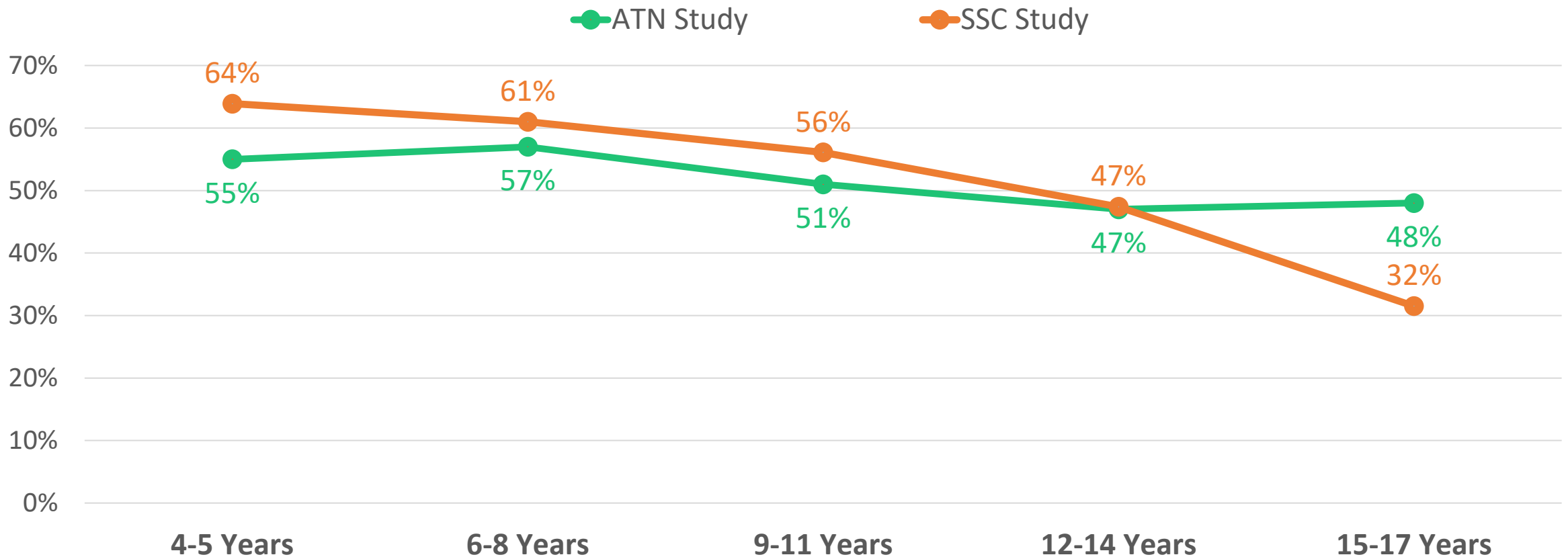
Micah O. Mazurek^{a,*}, Stephen M. Kanne^a, Ericka L. Wodka^b

Aggression in Across Childhood



Prevalence of Aggression: Autism

Current Aggression



(Kanne & Mazurek, 2011; Mazurek et al., 2013)

General Theories of Aggression

- **Biological**
 - Genetic predisposition
 - Brain function
 - Brain regions responsible for emotional & behavioral control
 - Amygdala,
 - Prefrontal cortex
 - Hormones and neurotransmitters
- **Physiological**
 - Arousal
 - Heart rate/blood pressure
 - Physical discomfort



General Theories of Aggression

- **Operant Learning**

- Behaviors are maintained by (or are a function of) the consequences that reliably follow them (Skinner, 1953)

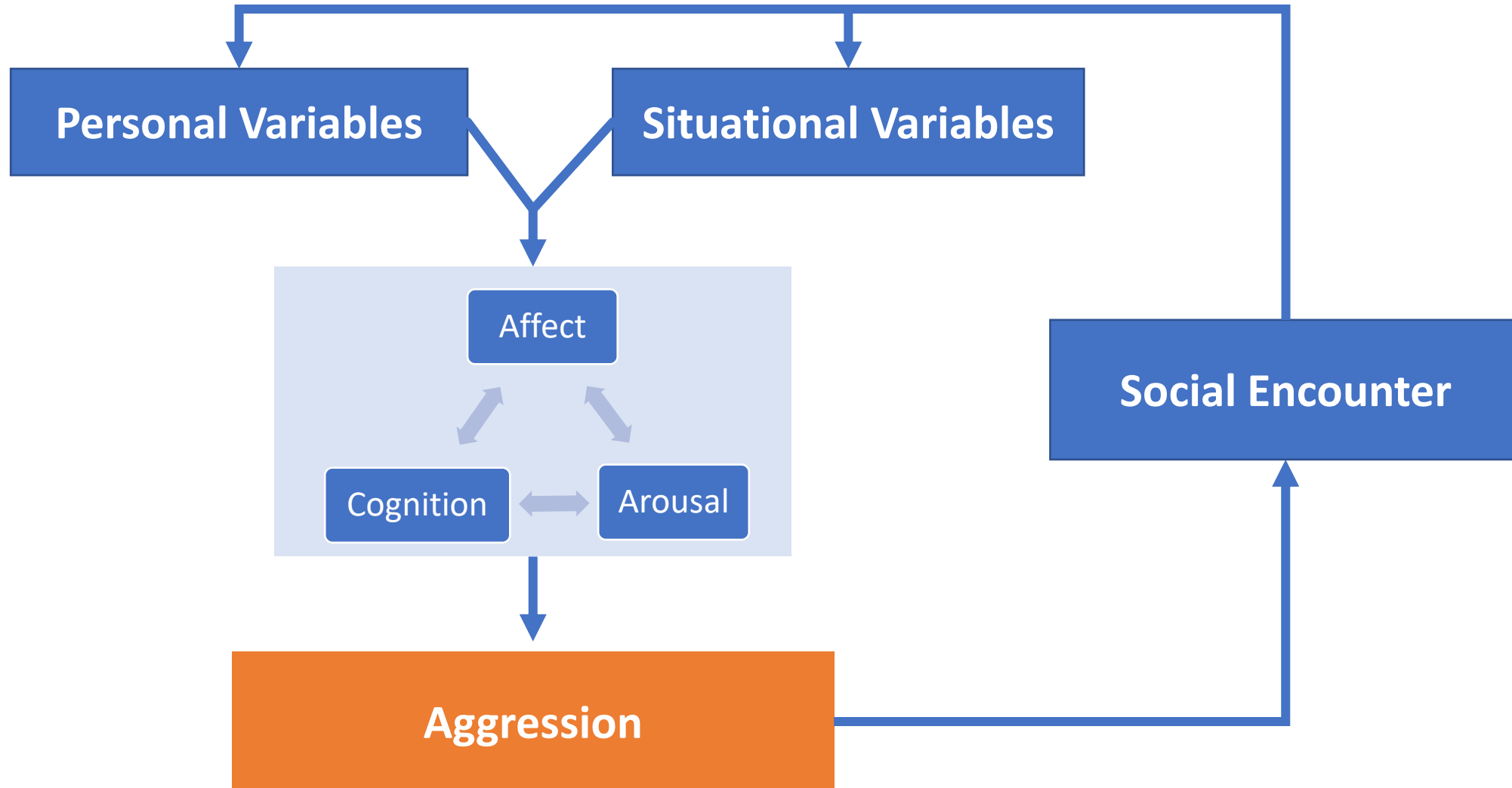
- **Observational Learning or Social Learning** (Bandura, 1973)

- Learning to behave aggressively by watching and imitating others

- **Social Cognitive or Information-Processing** (Huesmann, 1988; Dodge, 1980)

- Aggression as outcome of social problem-solving process
- Scripts or attributions guide behavior

Meta-Theory of Aggression



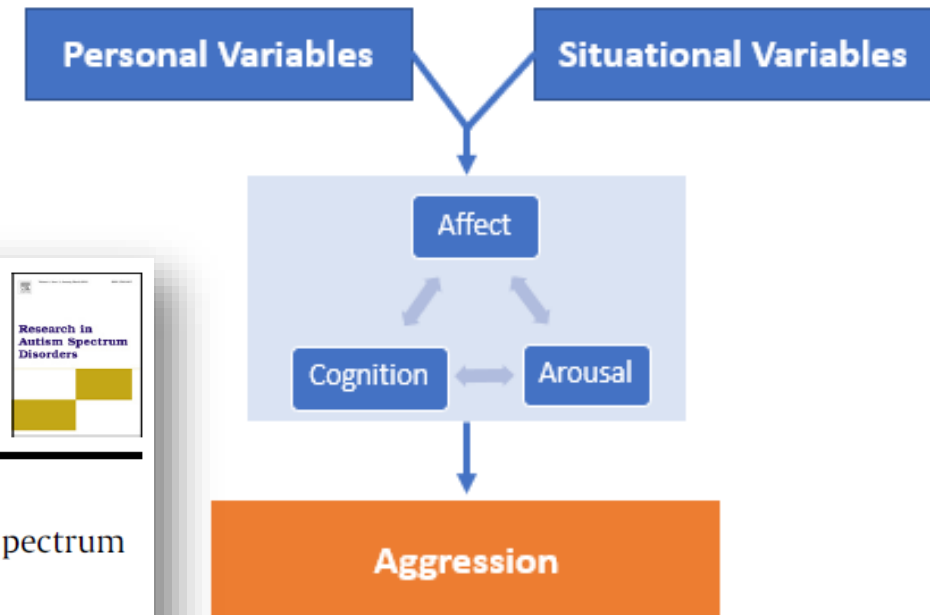
Aggression in Autism

• Related Factors

• Repetitive Behaviors, *especially*:



- Stereotypic behavior
- Ritualized behavior
- Sameness behavior

• Sensory Problems



RESEARCH ARTICLE

The Social Ecology of Aggression in Youths With Autism Spectrum Disorder

Cynthia E. Brown , Charles M. Borduin, Alex R. Dopp, and Micah O. Mazurek 

J Autism Dev Disord (2011) · DOI 10.1007/s10803-010-1111-1

ORIGINAL PAPER

Aggression in Children and Adolescents with Autism Spectrum Disorder: Prevalence and Risk Factors

Stephen M. Kanne · Micah O. Mazurek

Physical aggression in children and adolescents with autism spectrum disorders

Micah O. Mazurek^{a,*}, Stephen M. Kanne^a, Ericka L. Wodka^b

Aggression in Autism

- **Related Factors**
 - **Sleep Problems**
 - **Gastrointestinal (GI) Problems**
 - **Anxiety**
 - **Seizures**



J Autism Dev Disord (2016) 46:1906–1915
DOI 10.1007/s10803-016-2723-7

ORIGINAL PAPER

Sleep and Behavioral Problems in Children with Autism Spectrum Disorder

Micah O. Mazurek¹ · Kristin Sohl²

Aggression in Children and Adolescents: Prevalence and Risk Factors

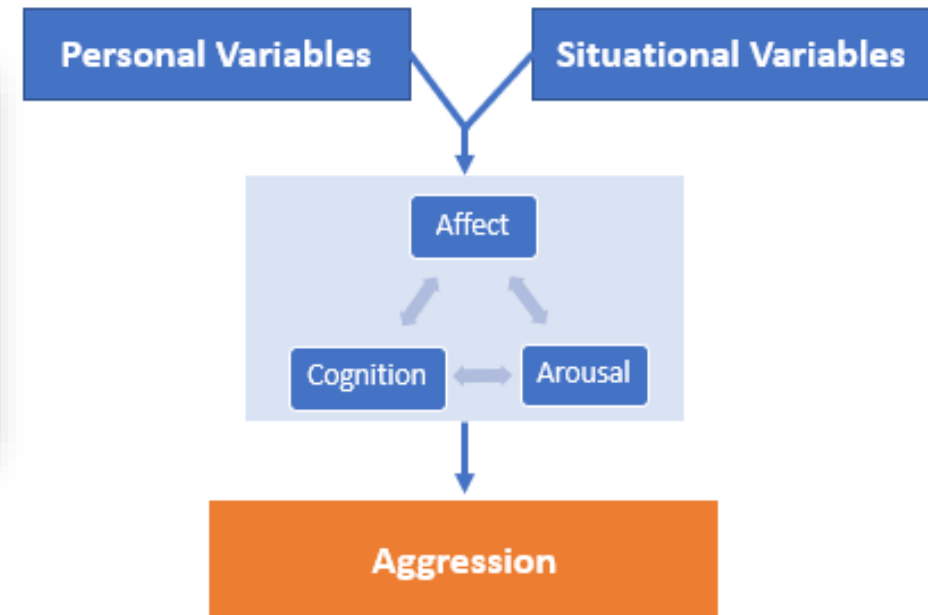
Stephen M. Kanne · Micah O. Mazurek

The Social Ecology of Aggression in Youths With A Spectrum Disorder

Cynthia E. Brown, Charles M. Borduin, Alex R. Dopp, and Micah O. Maz

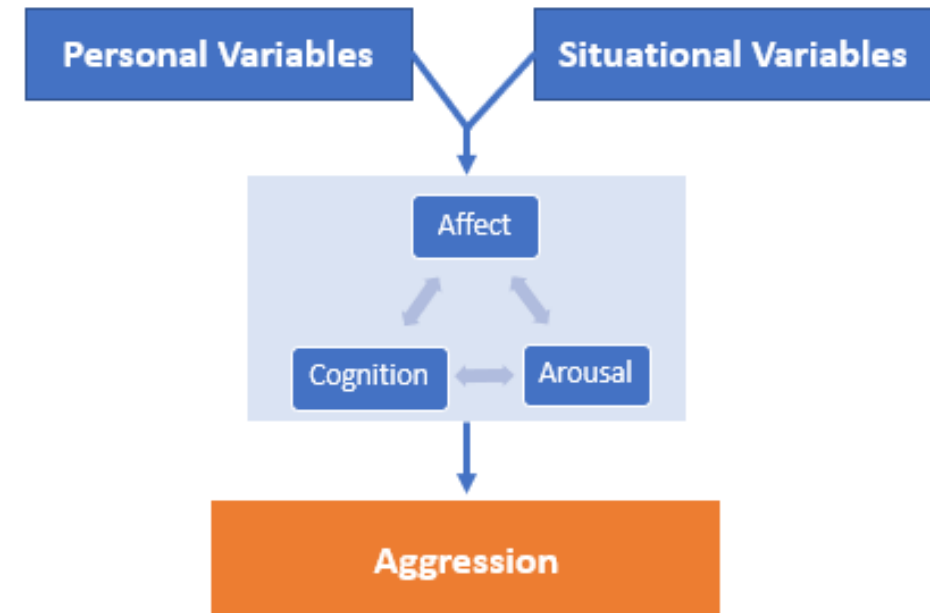
Physical aggression in children and adolescents

Micah O. Mazurek^{a,*}, Stephen M. Kanne^a, Ericka L. Wodka^b



Aggression in Autism

- **Types of Aggression**
- **Greater likelihood of *Reactive Aggression***
 - Impulsive, “hot-tempered” aggressive response
 - Difficulties with Emotion Regulation
 - Difficulties Regulating Arousal

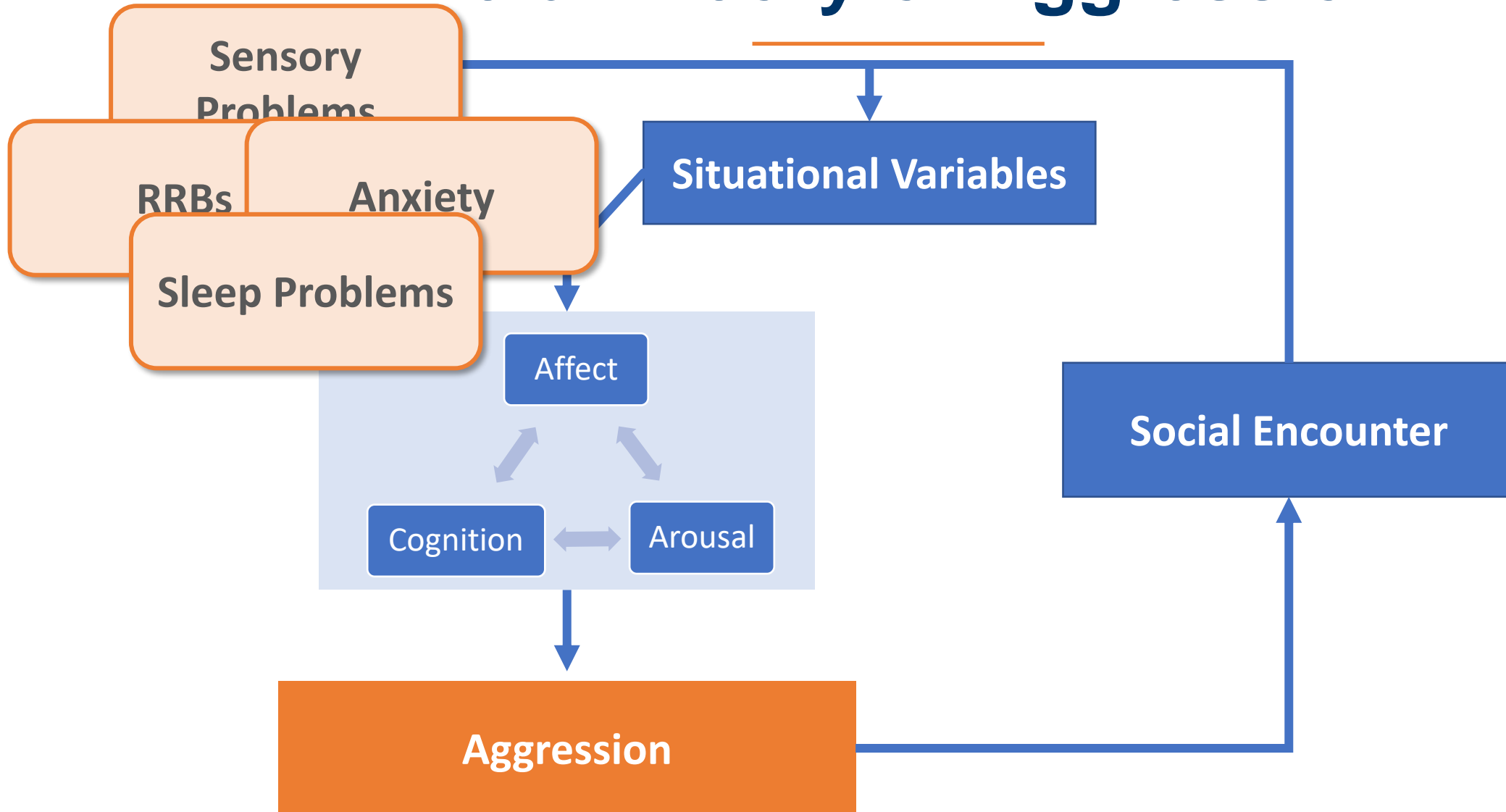


Aggression in children with autism spectrum disorders and a clinic-referred comparison group

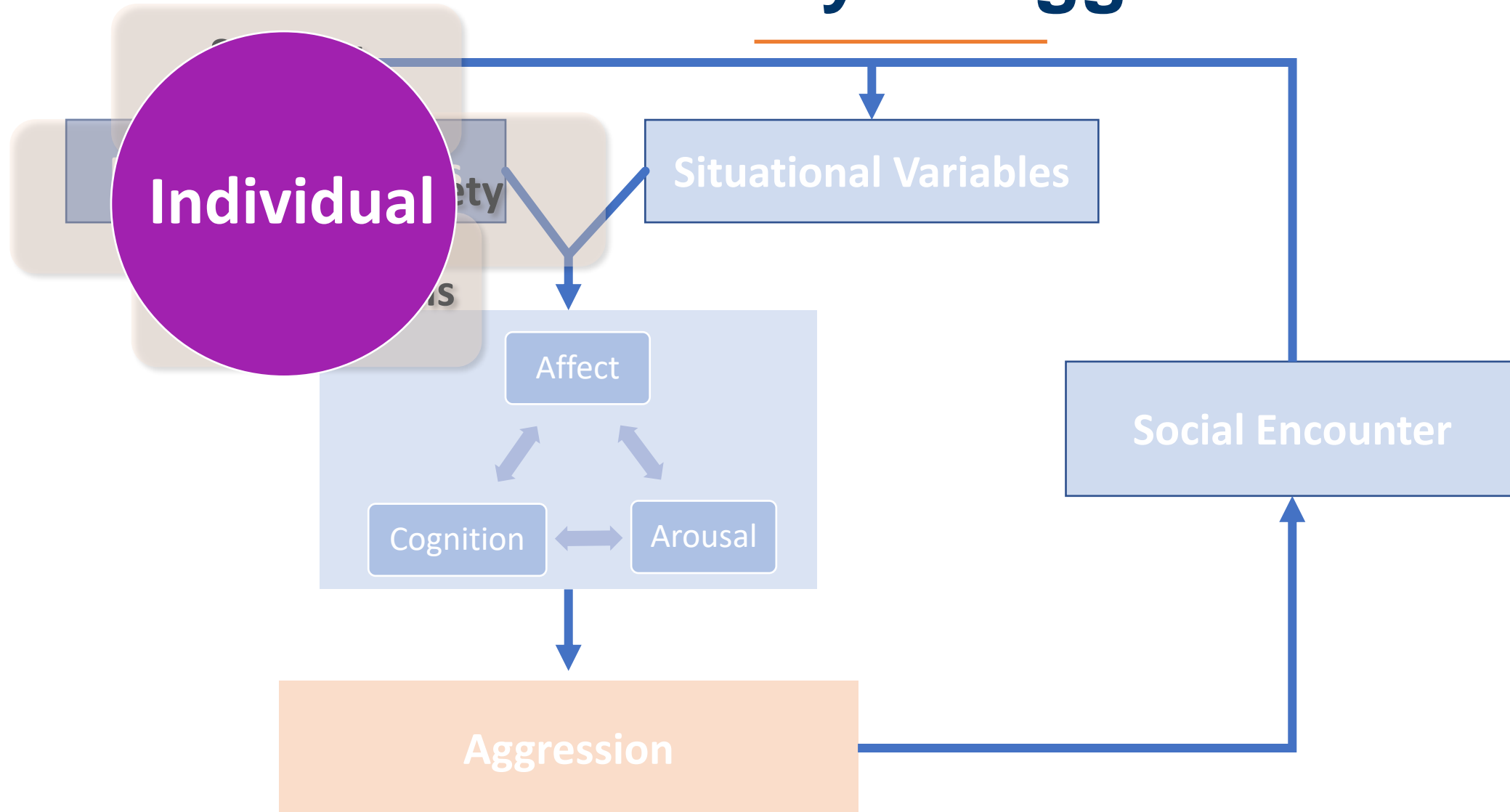
Cristan Farmer¹, Eric Butter², Micah O Mazurek³, Charles Cowan⁴, Janet Lainhart⁵, Edwin H Cook⁶, Mary Beth DeWitt⁷ and Michael Aman⁸

Autism
2015, Vol. 19(3) 281–291
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DOI: 10.1177/1362361313518995
aut.sagepub.com
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Meta-Theory of Aggression



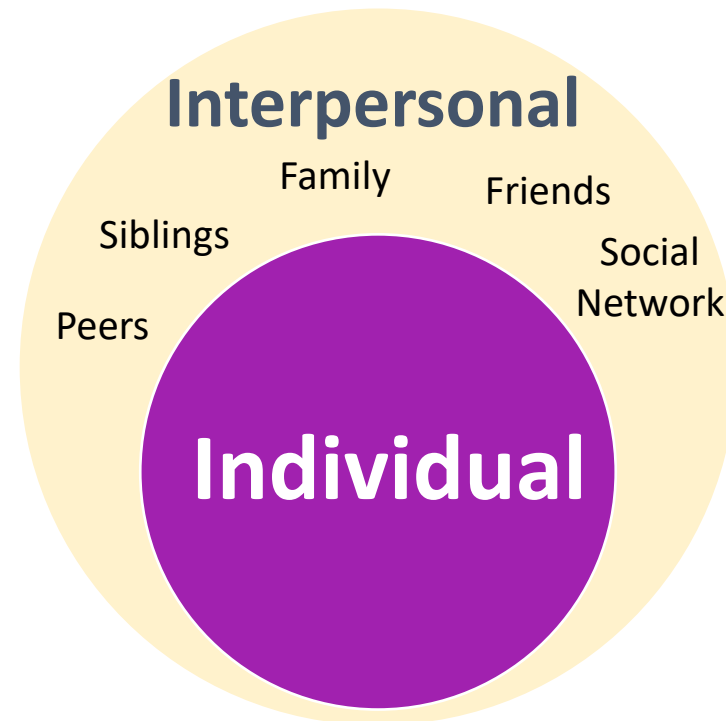
Meta-Theory of Aggression



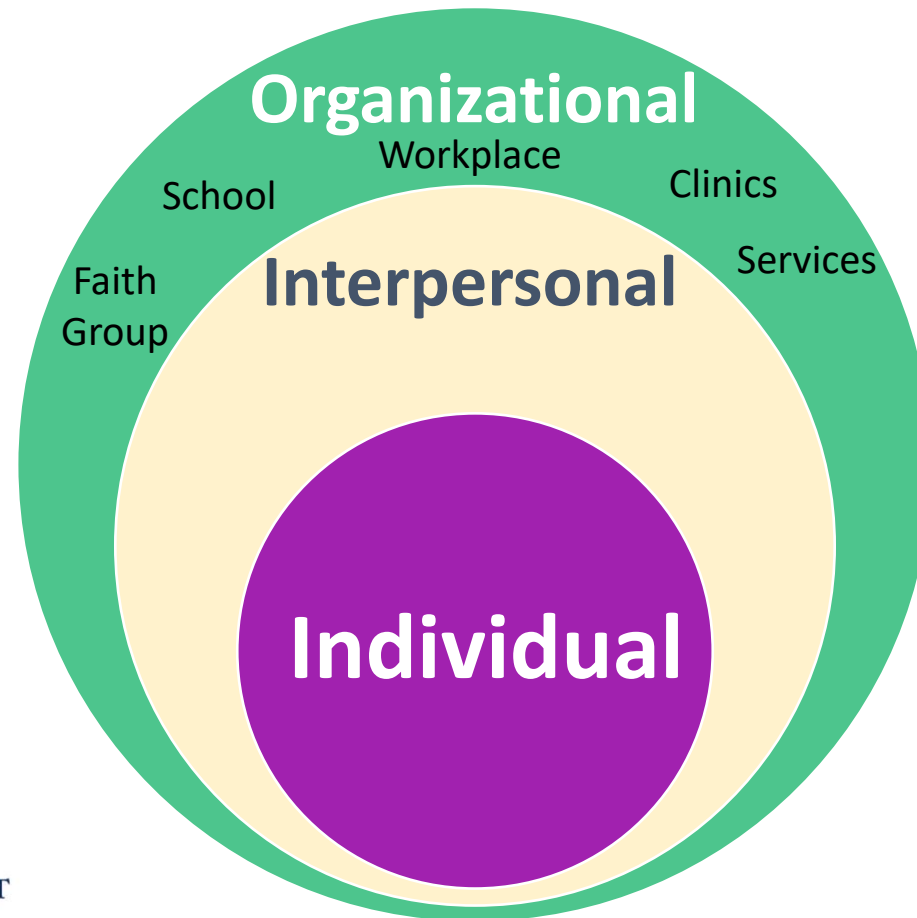
Ecological Systems Perspective



Ecological Systems Perspective



Ecological Systems Perspective



Ecological Systems Perspective



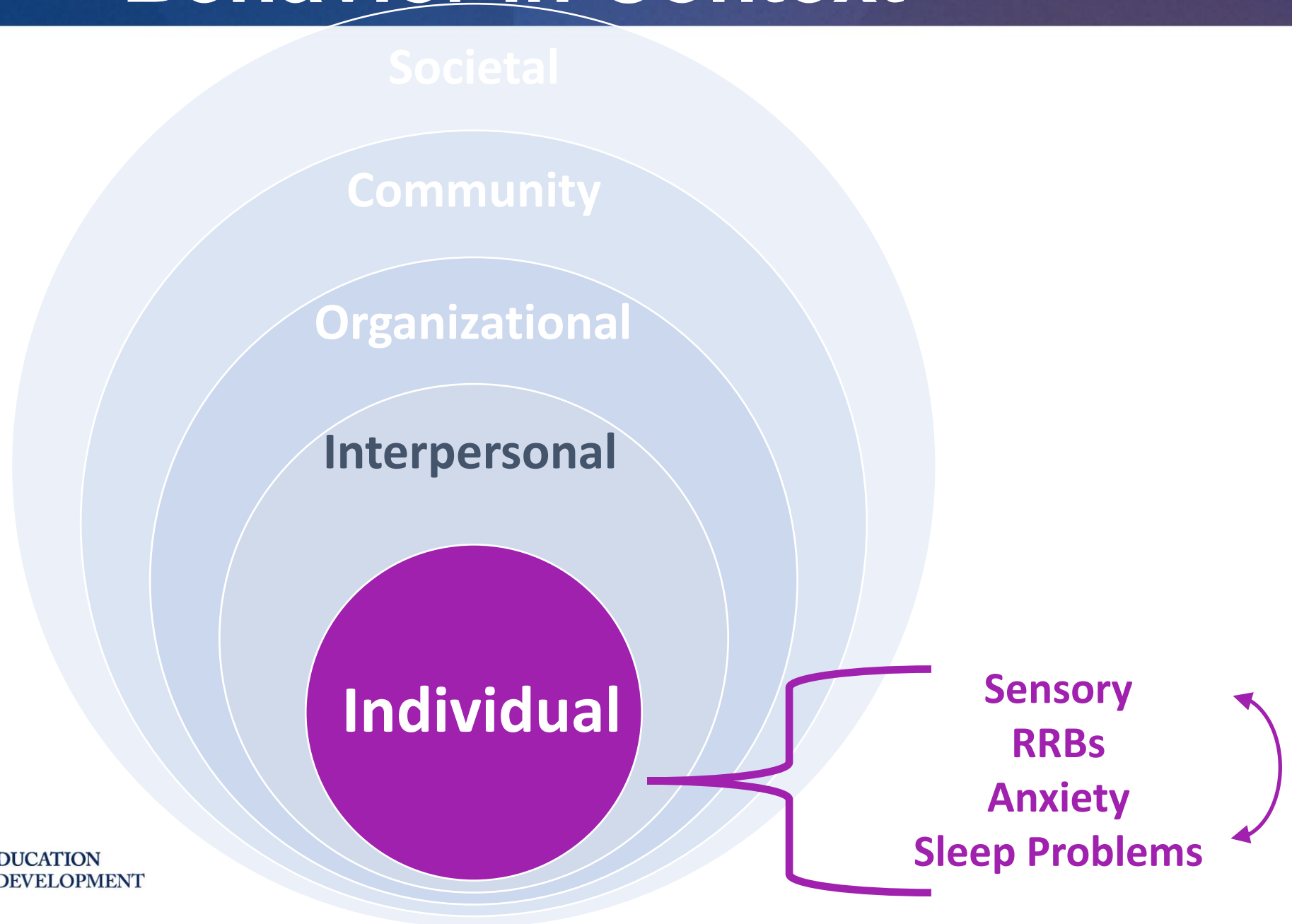
Ecological Systems Perspective



Ecological Systems Perspective



Behavior in Context



Behavior in Context

Societal

Community

Organizational

Interpersonal

Individual

Differential Effects of Child Difficulties on Family Burdens across Diagnostic Groups

[Kristen N. Dovgan](#) & [Micah O. Mazurek](#)

Journal of Child and Family Studies 27, 872–884 (2018) | [Cite this article](#)



ELSEVIER

Research in Autism Spectrum Disorders

Volume 85, July 2021, 101803

Relations among co-occurring psychopathology in youth with autism spectrum disorder, family resilience, and caregiver coping

[Michelle Menezes](#), [Melissa F. Robinson](#), [Sydney C. Simmons](#), [Kathryn R. Smith](#), [Nicole Zhong](#), [Micah O. Mazurek](#)

Associations Among Autism Symptom Domains and Facets of Caregiver Strain

[Sophie Brunt](#) & [Micah O. Mazurek](#)

Journal of Autism and Developmental Disorders (2023) | [Cite this article](#)

Caregiver Distress
Caregiver Coping
Family Relations
Peer Victimization

RESEARCH ARTICLE

The Social Ecology of Aggression in Youths With Autism Spectrum Disorder

[Cynthia E. Brown](#), [Charles M. Borduin](#), [Alex R. Dopp](#), and [Micah O. Mazurek](#)

Behavior in Context



Behavior in Context

Differential Effects of Child Difficulties on Family Burdens across Diagnostic Groups

[Kristen N. Dovgan](#) & [Micah O. Mazurek](#)

Journal of Child and Family Studies 27, 872–884 (2018) | [Cite this article](#)

Caregiver Work
Impact

Mental Healthcare
Access

Societal

Community

Organizational

Interpersonal

Individual

JARID

Journal of Applied Research in Intellectual Disabilities

bild

Published for the British Institute of Learning Disabilities

ORIGINAL ARTICLE | [Full Access](#)

Impact of multiple co-occurring emotional and behavioural conditions on children with autism and their families

[Kristen Dovgan](#) & [Micah O. Mazurek](#)

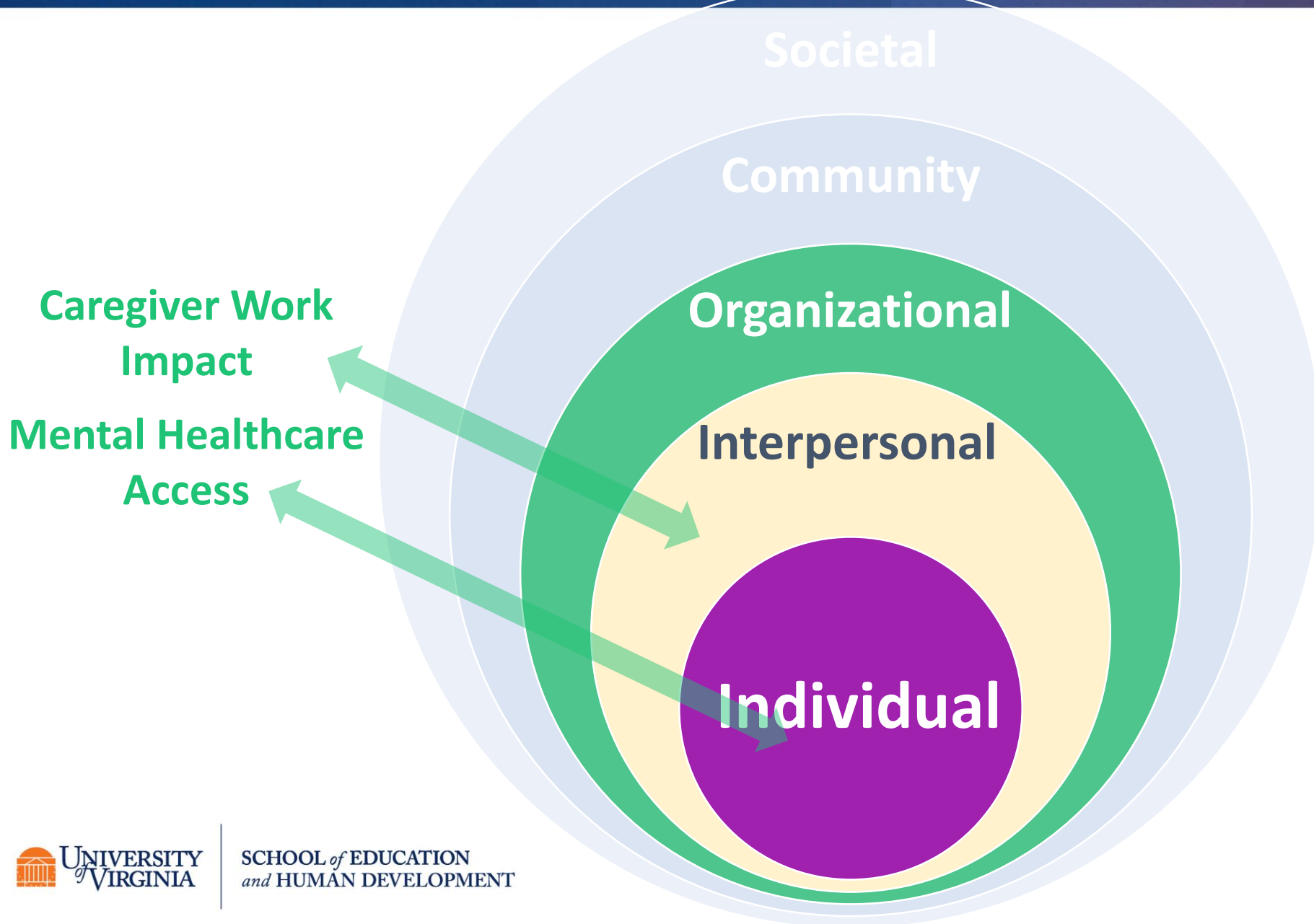
Journal of Autism and Developmental Disorders
<https://doi.org/10.1007/s10803-022-05503-4>

ORIGINAL PAPER

Emergency Department Utilization Among Youth with Autism Spectrum Disorder: Exploring the Role of Preventive Care, Medical Home, and Mental Health Access

[Natalie M. Badgett](#)^{1,2} · [Elenora Sadikova](#)¹ · [Michelle Menezes](#)¹ · [Micah O. Mazurek](#)¹

Behavior in Context



Behavior in Context



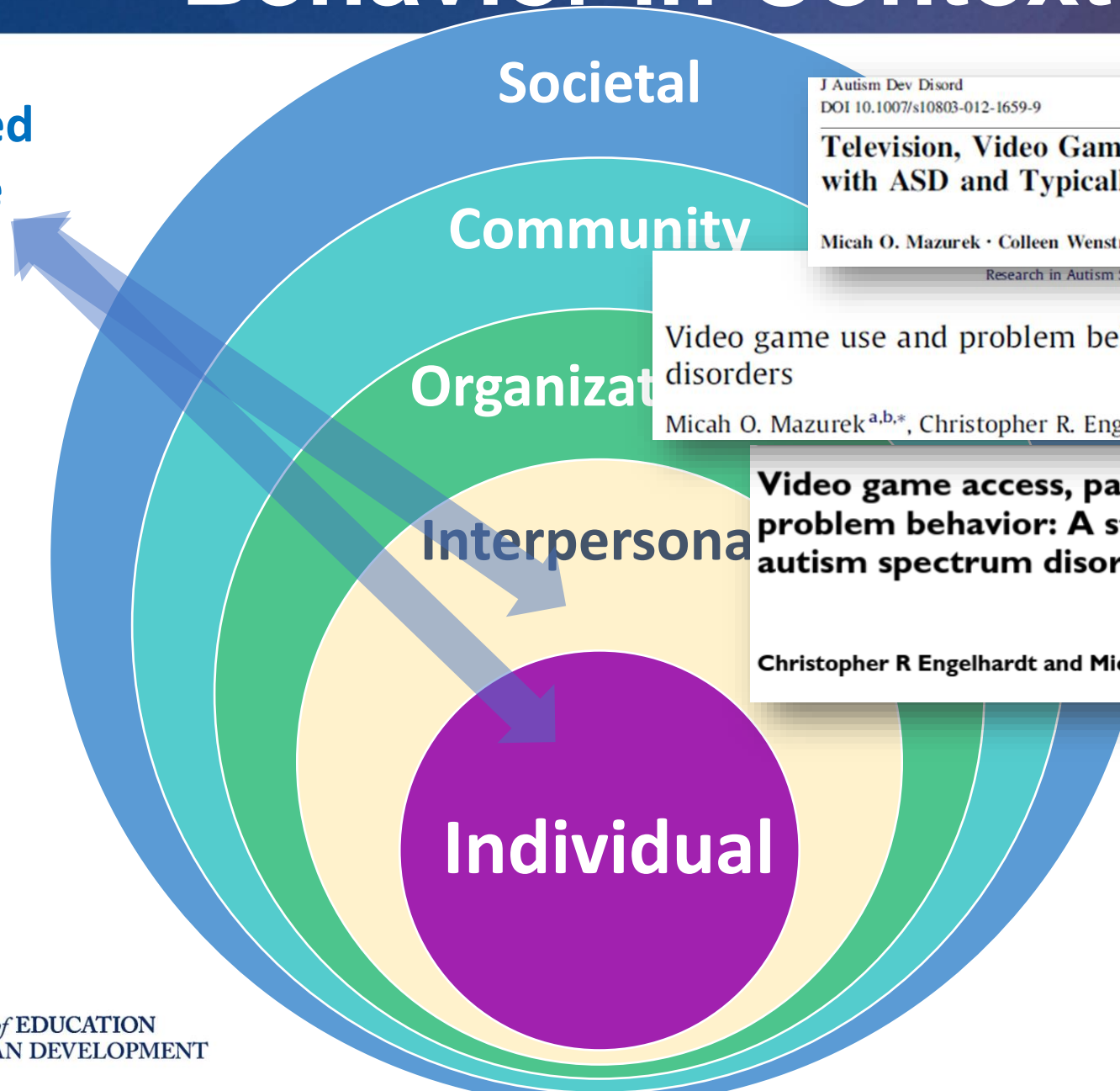
Association Between Neighborhood Support and Family Resilience in Households with Autistic Children

Michelle Menezes [✉](#), Jim Soland & Micah O. Mazurek

Journal of Autism and Developmental Disorders (2023) | [Cite this article](#)

Behavior in Context

Screen-Based
Media Use



Societal

J Autism Dev Disord
DOI 10.1007/s10803-012-1659-9

Television, Video Game and Social Media Use Among Children with ASD and Typically Developing Siblings

Micah O. Mazurek · Colleen Wenstrup

Research in Autism Spectrum Disorders 7 (2013) 316–324

Community

Organizational

Video game use and problem behaviors in boys with autism spectrum disorders

Micah O. Mazurek^{a,b,*}, Christopher R. Engelhardt^c

Interpersonal

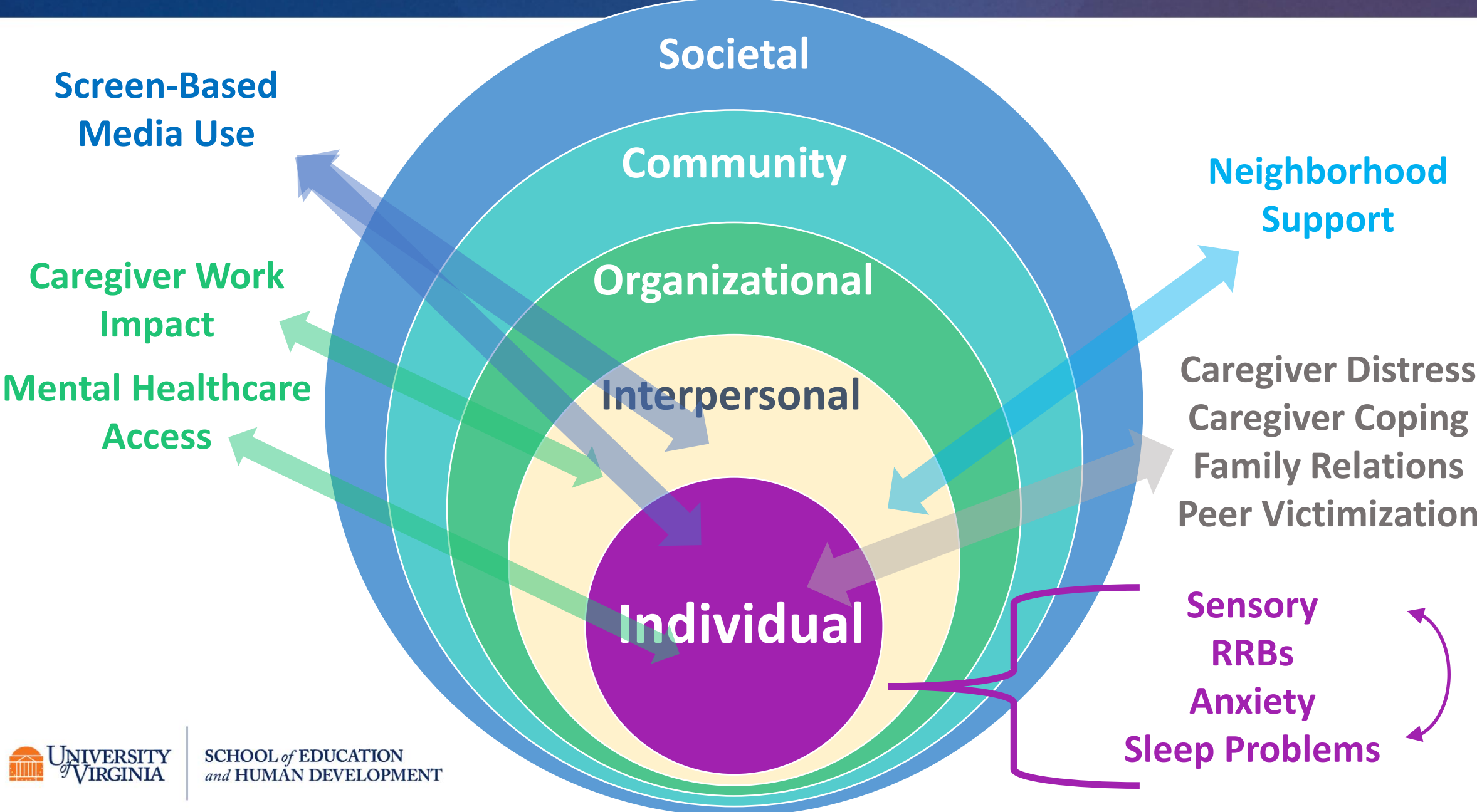
Video game access, parental rules, and problem behavior: A study of boys with autism spectrum disorder

Christopher R Engelhardt and Micah O Mazurek

Autism
2014, Vol. 18(5) 529–537
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DOI: 10.1177/1362361313482053
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SAGE

Individual

Behavior in Context



Contextual Approach to Treatment

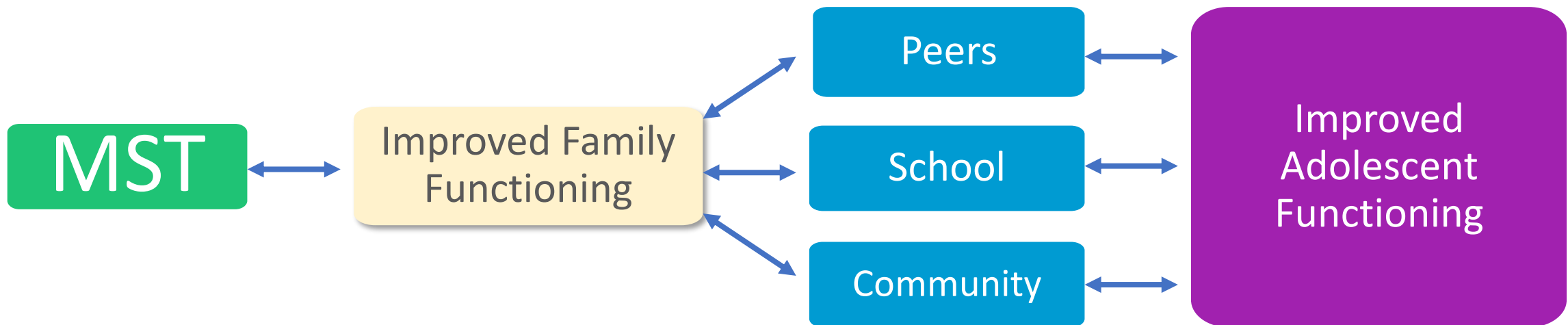
- **Need for comprehensive, coordinated, and family centered approach**
 - Begin with careful assessment
 - Addressing underlying mechanisms
 - Understanding key factors across levels
 - Meeting needs across systems/contexts



Contextual Approach to Treatment



- **Example: Multisystemic Therapy**
 - Based the ecological systems model



Contextual Approach to Treatment

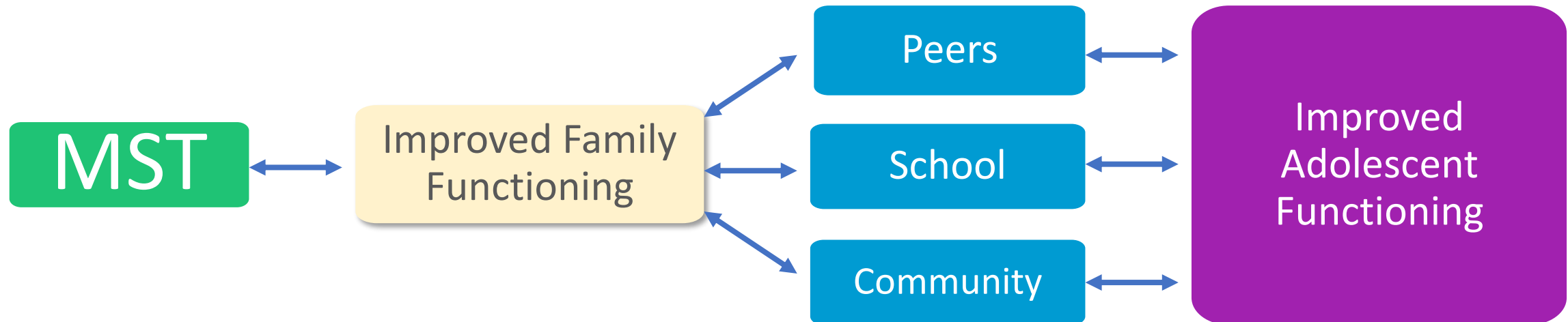


• MST Intervention Strategies

- Behavior therapy
- Parent management training
- Cognitive behavioral therapy
- Pragmatic family therapy
- Pharmacological treatment

• MST Implementation

- Therapy is done in home/community
- Intensive approach, 3-5 month duration



Contextual Approach to Treatment



- **Multisystemic Therapy for Youth with Autism**
 - Pilot Study (n = 3)
 - Randomized Controlled Trial (n = 15): MST vs. Usual Care
- **Results**
 - Effects for MST (at 12-month follow-up)
 - Decreased aggressive behavior
 - Increased family adaptability
 - Increased family cohesion

Journal of Marital and Family Therapy
doi: 10.1111/jmft.12012
July 2014, Vol. 40, No. 3, 319-331

MULTISYSTEMIC THERAPY FOR DISRUPTIVE BEHAVIOR PROBLEMS IN YOUTHS WITH AUTISM SPECTRUM DISORDERS: A PROGRESS REPORT


David V. Wagner, Charles M. Borduin, Stephen M. Kanne, Micah O. Mazurek, Janet E. Farmer, and Rachel M. A. Brown

EVIDENCE-BASED PRACTICE IN CHILD AND ADOLESCENT MENTAL HEALTH
2019, VOL. 4, NO. 1, 42-54
<https://doi.org/10.1080/23794925.2018.1560237>

 **Routledge**
Taylor & Francis Group

 Check for updates

Multisystemic Therapy for Disruptive Behavior Problems in Youths with Autism Spectrum Disorder: Results from a Small Randomized Clinical Trial

David V. Wagner ^a, Charles M. Borduin^b, Micah O. Mazurek^c, Stephen M. Kanne^d, and Alex R. Dopp^e

Focus Area 2: Anxiety & Depression

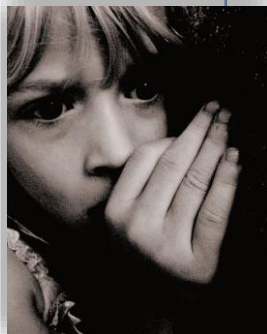
Anxiety & Depression

- **Anxiety and depression are among the most common & concerning mental health conditions for autistic youth and adults**
- **What is the impact?**
 - Reduced well-being
 - Reduced quality of life
 - Interference with day-to-day functioning
 - Increased risk for suicidality

Identifying Anxiety

Typical Types/Symptoms

- **Social anxiety**
 - Fear/anxiety about social situations
 - Fear of negative evaluation
- **Generalized anxiety**
 - Excessive worry
 - Physical/cognitive symptoms
- **Specific phobia**
 - Fear/anxiety about specific situation or object
 - Irrational or excessive



Autism-Specific

- Sensory-related anxiety
- Unusual phobias
- Excessive fears of change
- Compulsive or rigid routines
- Increased repetitive behaviors
- Agitation & avoidance



Identifying Depression

Typical Symptoms

- **Depressed Mood/Sadness**
- **Loss of Interest or Pleasure**
- Change in appetite
- Sleep problems
- Restless/slowing
- Fatigue
- Feeling worthless
- Trouble concentrating
- Thoughts of death or suicide

Autism-Specific

- Increased irritability
- Changes in special interest
 - Decreased pleasure
 - Increased intensity
 - Darker content
- Increased repetitive behavior
- Increased anxiety
- Increased aggression
- Reduced self-care

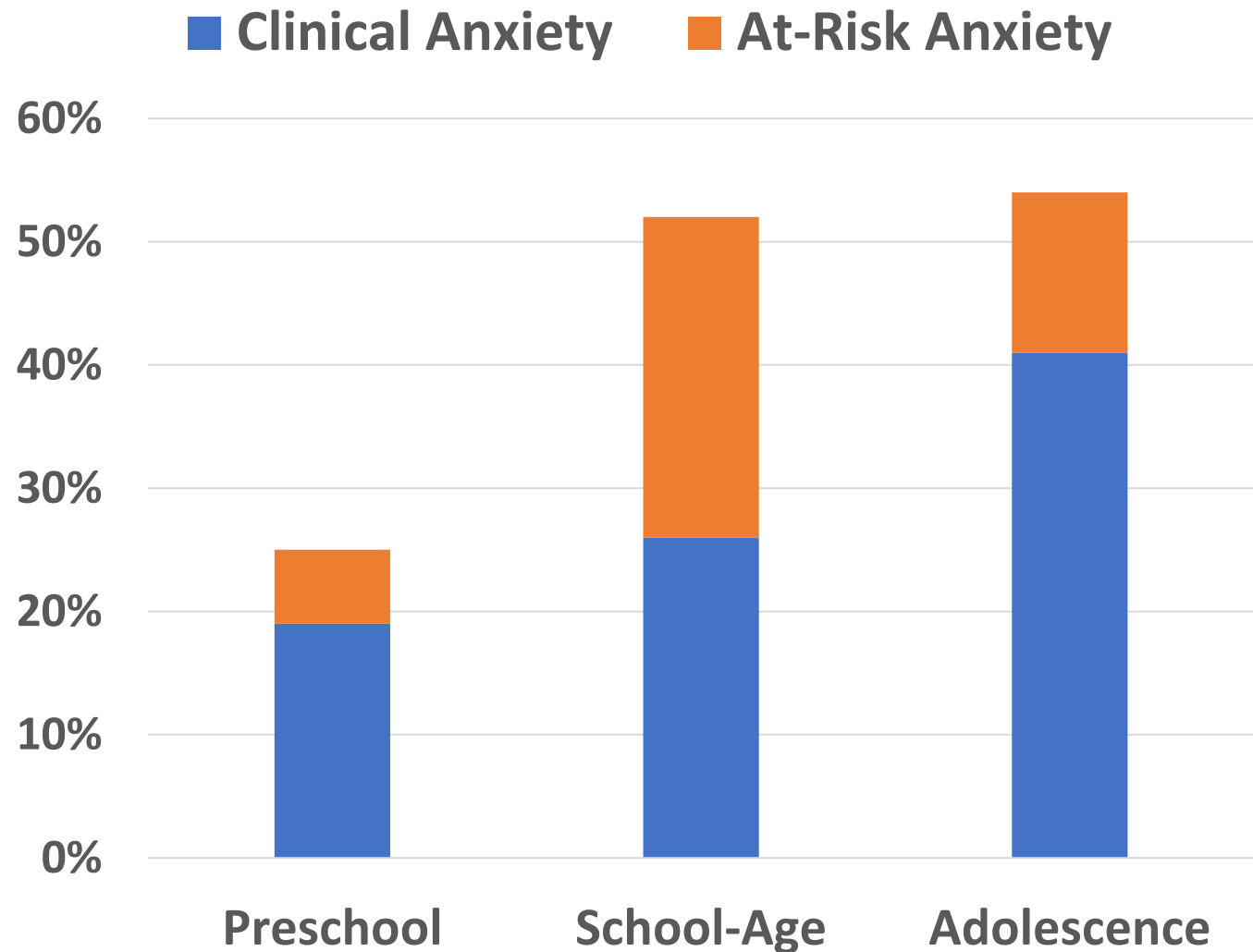
Individual-Level Factors



Individual

Individual-Level Factors

- Age & Development



Age-related differences in the prevalence and correlates of anxiety in youth with autism spectrum disorders

Roma A. Vasa^a, Luther Kalb^b, Micah Mazurek^c, Stephen Kanne^c, Brian Freedman^d, Amy Keefer^b, Traci Clemons^e, Donna Murray^f

Individual-Level Factors










- Age & Development
- Social Communication
- IQ & Cognitive Ability

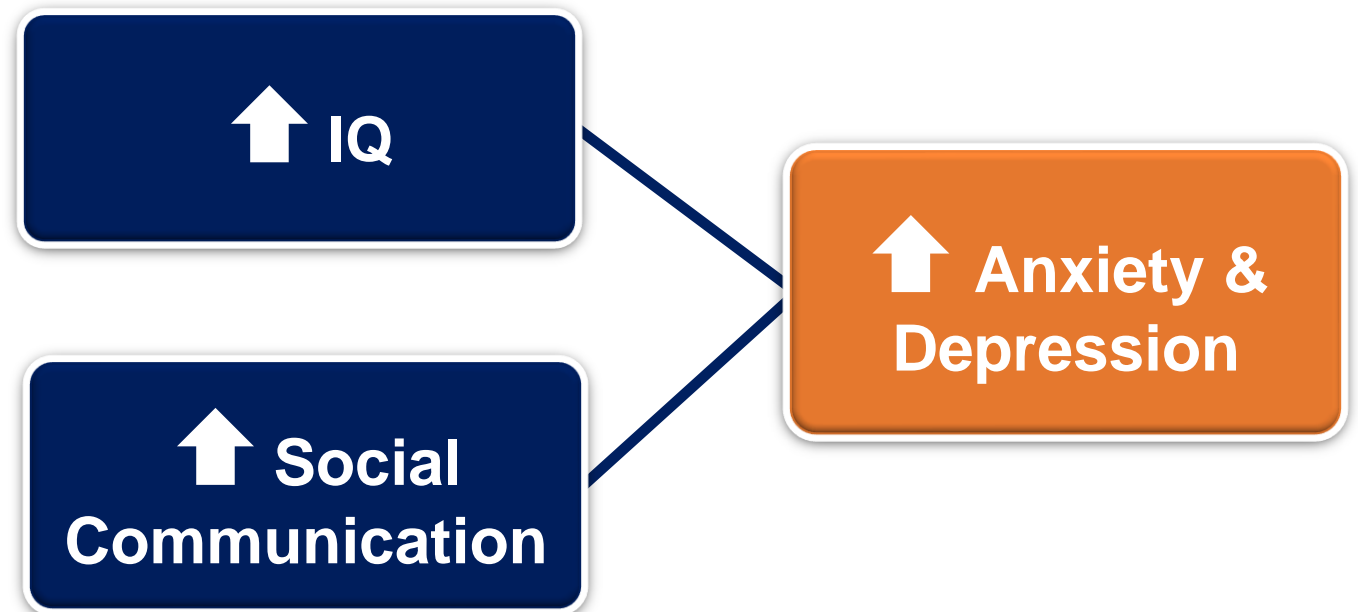
Friendship and Internalizing Symptoms Among Children and Adolescents with ASD

Micah O. Mazurek  & Stephen M. Kanne

Journal of Autism and Developmental Disorders 40, 1512–1520 (2010) | [Cite this article](#)

Age-related differences in the prevalence and correlates of anxiety in youth with autism spectrum disorders

Roma A. Vasa ^a  , Luther Kalb ^b , Micah Mazurek ^c , Stephen Kanne ^c , Brian Freedman ^d , Amy Keefer ^b , Traci Clemons ^e , Donna Murray ^f 



Individual-Level Factors

- **Sensory Over-Responsivity**

- Correlated with **anxiety**

- $r = 0.45, p < 0.0001$

- Correlated with **internalizing symptoms** (e.g., depression & anxiety)

- $r = .51 p < .001$

Anxiety, Sensory Over-Responsivity, and Gastrointestinal Problems in Children with Autism Spectrum Disorders

[Micah O. Mazurek](#) ✉, [Roma A. Vasa](#), [Luther G. Kalb](#), [Stephen M. Kanne](#), [Daniel Rosenberg](#), [Amy Keefer](#), [Donna S. Murray](#), [Brian Freedman](#) & [Lea Ann Lowery](#)

[Journal of Abnormal Child Psychology](#) **41**, 165–176 (2013) | [Cite this article](#)

 Research in Autism Spectrum Disorders
Volume 75, July 2020, 101573



Sensory over-responsivity, repetitive behavior, and emotional functioning in boys with and without autism spectrum disorder

[Emily M. Istvan](#)  ✉, [Rose E. Nevill](#), [Micah O. Mazurek](#)



Individual-Level Factors

- Longitudinal Relations
- Study 1
 - Children ages 2-17 (n=225)
 - 1-year follow-up



Individual-Level Factors

- Longitudinal Relations
- Study 2:
 - 1210 children (ages 2-17)
 - 1-year follow-up
- Study 3
 - 437 children with ASD (ages 2-10)
 - 3.5-year follow-up



Anxiety & Depression



Sleep Problems

Journal of Autism and Developmental Disorders
<https://doi.org/10.1007/s10803-019-03894-5>

ORIGINAL PAPER



Course and Predictors of Sleep and Co-occurring Problems in Children with Autism Spectrum Disorder

Micah O. Mazurek¹ · Kristen Dovgan² · Ann M. Neumeyer³ · Beth A. Malow⁴

Sensory Reactivity & Anxiety

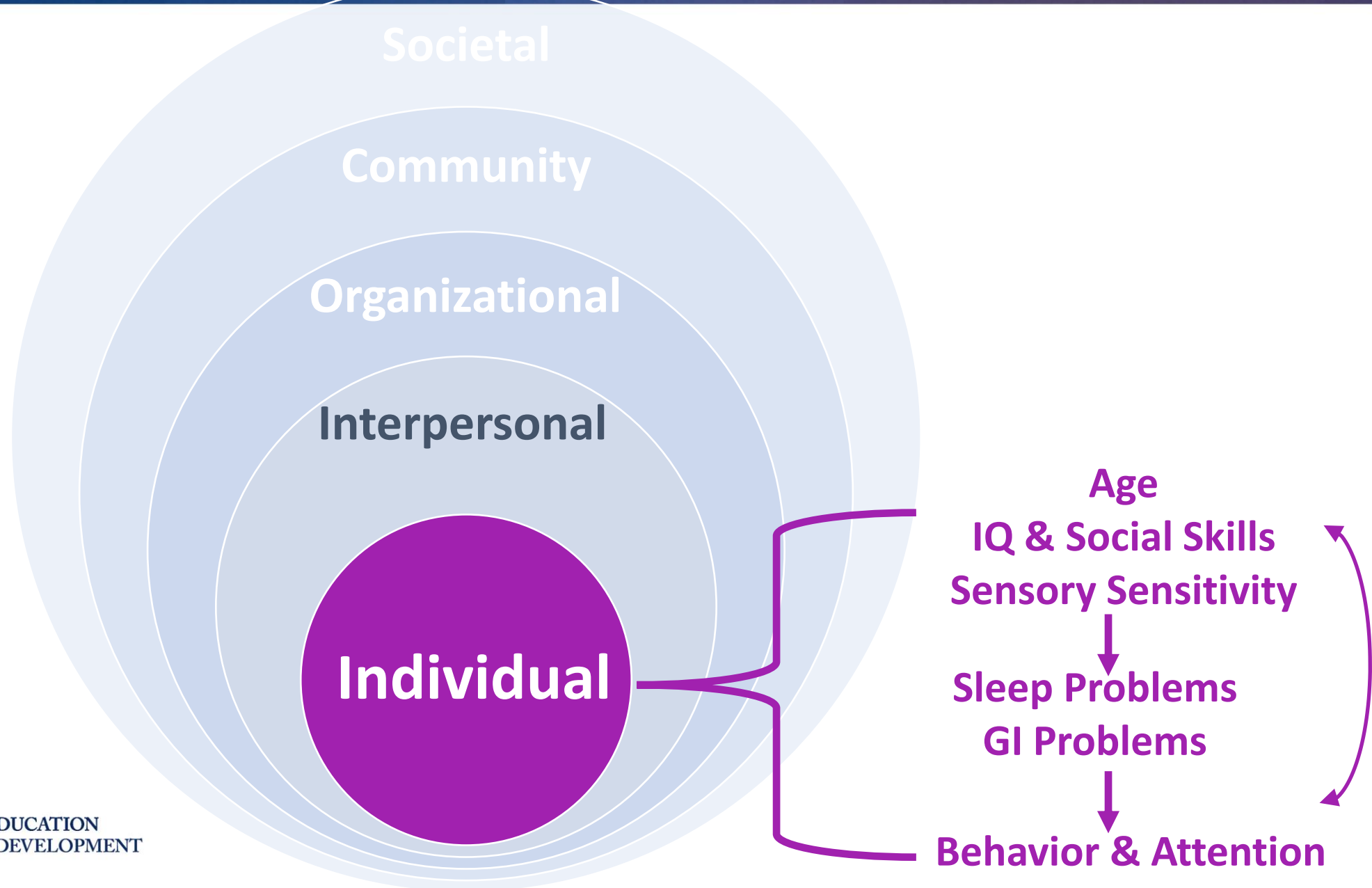


Sleep Problems

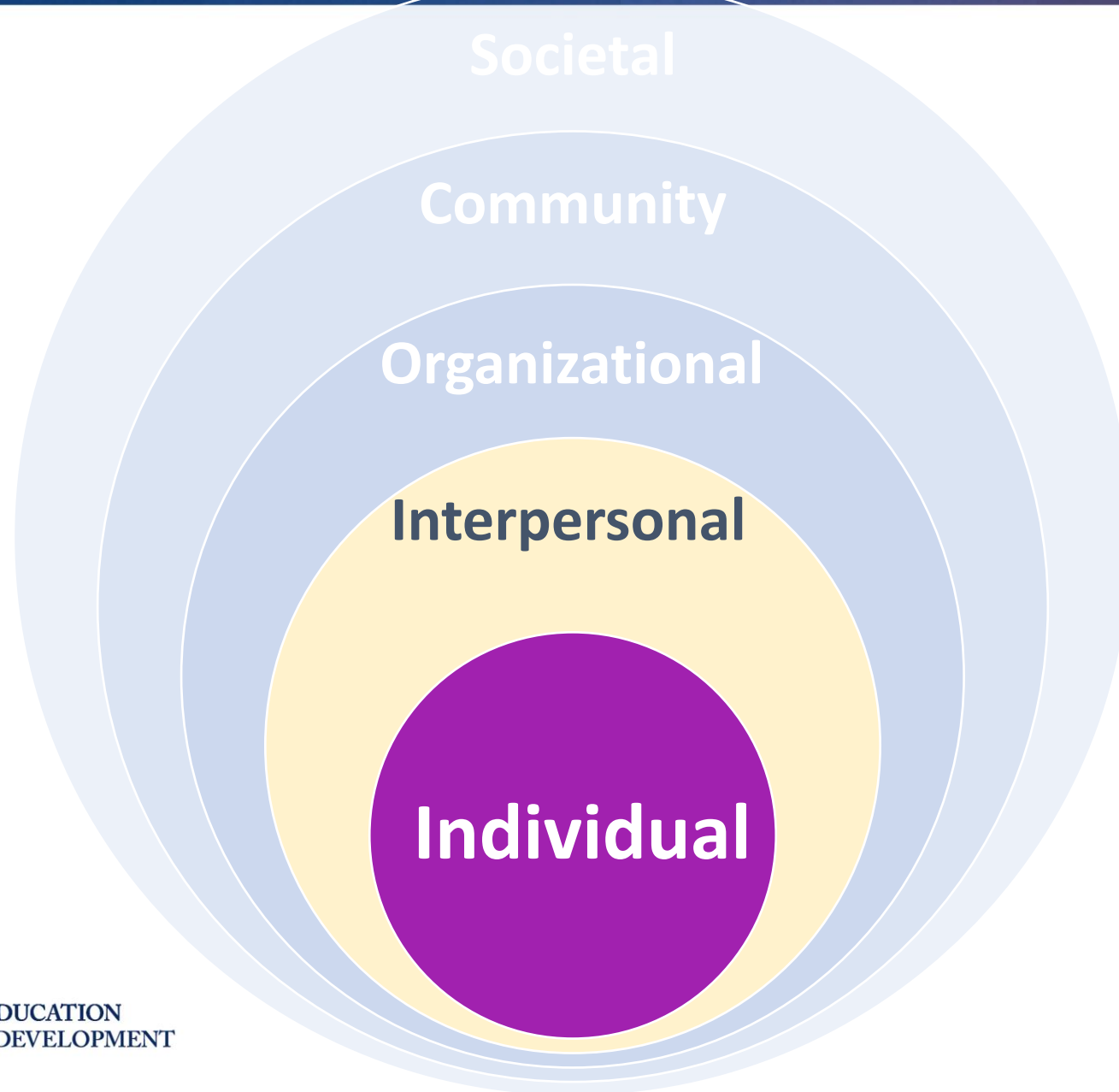


Inattention & Hyperactivity

Anxiety & Depression in Context



Anxiety & Depression in Context



Anxiety & Depression in Context

> *Autism*. 2014 Apr;18(3):223-32. doi: 10.1177/1362361312474121. Epub 2013 Oct 3.

Loneliness, friendship, and well-being in adults with autism spectrum disorders

Micah O Mazurek¹

Autism
2019, Vol. 23(3) 750-758
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DOI: 10.1177/1362361318775541
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2019, Vol. 23(3) 750-758
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DOI: 10.1177/1362361318775541
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Friendship and Anxiety/Depression Symptoms in Boys With and Without Autism Spectrum Disorder ✓

Christina Harkins ✉; Michelle Menezes; Eleonora Sadikova; Micah Mazurek

Am J Intellect Dev Disabil (2023) 128 (2): 119-133.

Friendship and Internalizing Symptoms Among Children and Adolescents with ASD

Micah O. Mazurek ✉ & Stephen M. Kanne

Journal of Autism and Developmental Disorders 40, 1512-1520 (2010) | [Cite this article](#)

Relations among activity participation, friendship, and internalizing problems in children with autism spectrum disorder

Kristen N Dovgan¹ and Micah O Mazurek²

Relations among activity participation, friendship, and internalizing problems in children with autism spectrum disorder

Kristen N Dovgan¹ and Micah O Mazurek²

Interpersonal

Individual

Loneliness
Friendship Quality*
Number of Friends*

Anxiety & Depression in Context





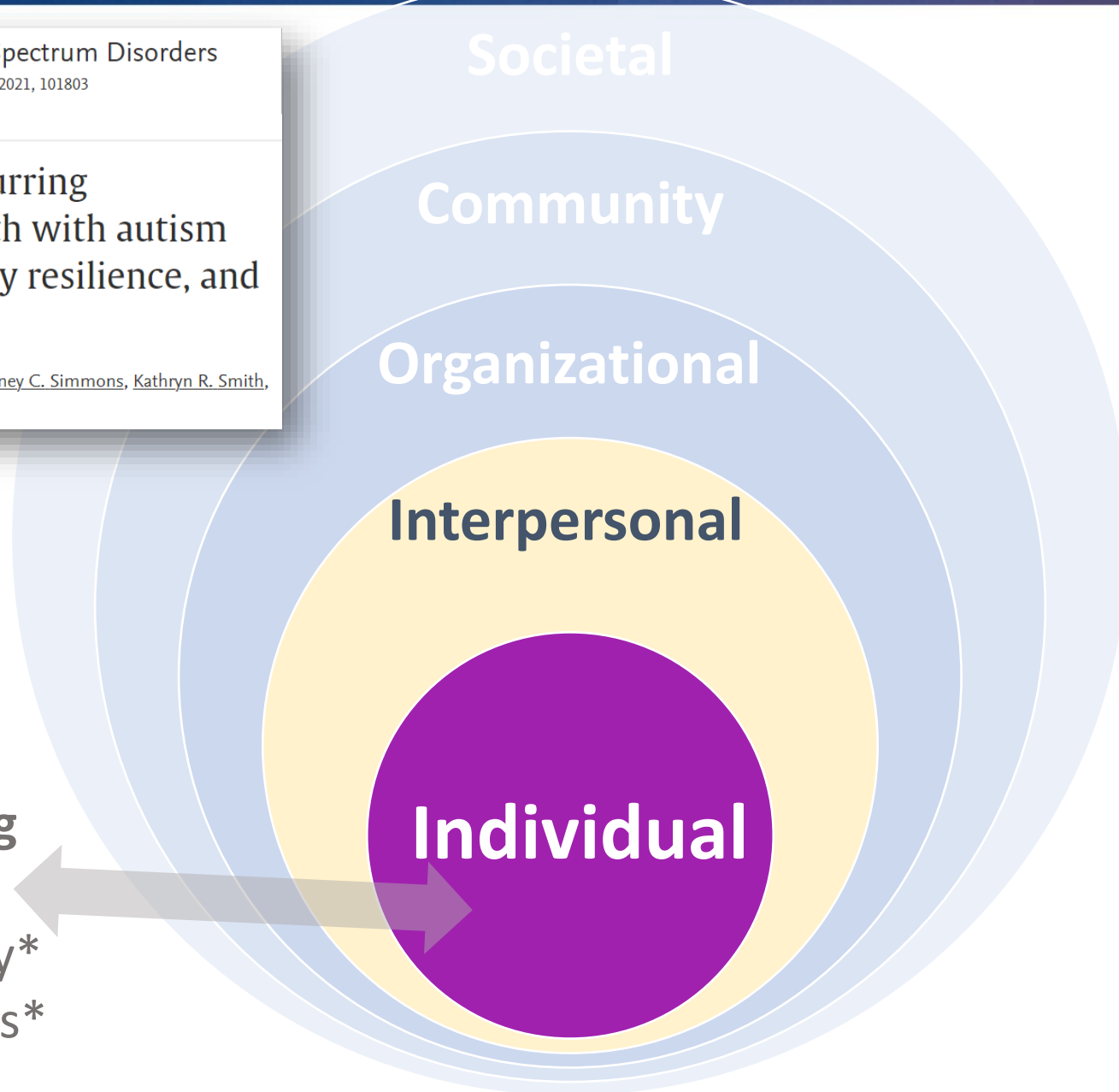
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Research in Autism Spectrum Disorders

Volume 85, July 2021, 101803

Relations among co-occurring psychopathology in youth with autism spectrum disorder, family resilience, and caregiver coping

Michelle Menezes  , Melissa F. Robinson, Sydney C. Simmons, Kathryn R. Smith, Nicole Zhong, Micah O. Mazurek



Caregiver Coping
Loneliness

Friendship Quality*

Number of Friends*

Anxiety & Depression in Context




Anxiety & Depression in Context

MH Access
Clinician Factors
MH Strategies

Autism in Adulthood > Vol. 5, No. 1 > Original Research

Health Care Needs, Experiences, and Perspectives of Autistic Adults

Micah O. Mazurek , Eleonora Sadikova, Nancy Cheak-Zamora , Amber Hardin, Kristin Sohl, Beth A. Malow









Research in Autism Spectrum Disorders

Volume 89, November 2021, 101862



They deserve the “same level of care that any other person deserves”: Caregiver perspectives on healthcare for adults on the autism spectrum

Micah O. Mazurek , Eleonora Sadikova , Nancy Cheak-Zamora , Amber Hardin , Isabel Huerta , Kristin Sohl , Beth A. Malow 

Organizational

Interpersonal

Individual

Emergency Department Utilization Among Youth with Autism Spectrum Disorder: Exploring the Role of Preventive Care, Medical Home, and Mental Health Access


Natalie M. Badgett , Eleonora Sadikova, Michelle Menezes & Micah O. Mazurek

Journal of Autism and Developmental Disorders (2022) | [Cite this article](#)

Clinical Psychology & Psychotherapy

RESEARCH ARTICLE |  Open Access |    

A mixed methods study of autistic adults' mental health therapy experiences

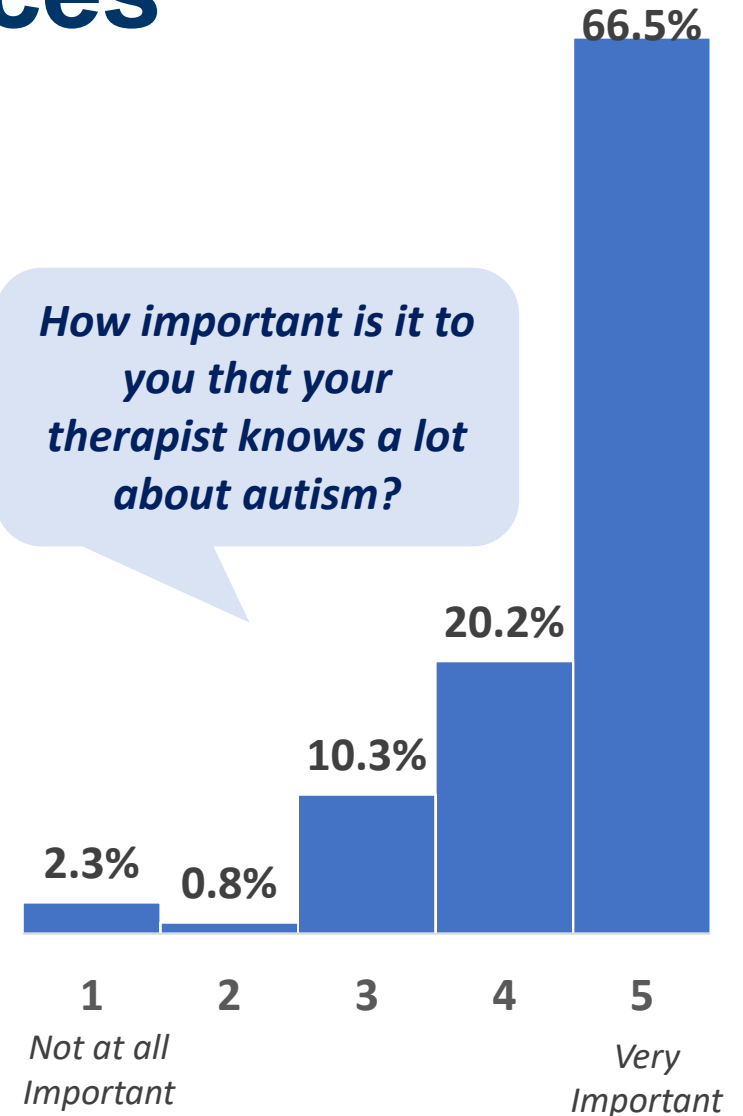
Micah O. Mazurek , Jessica Pappagianopoulos, Sophie Brunt, Eleonora Sadikova, Rose Nevill, Michelle Menezes, Christina Harkins

Mental Health Therapy Experiences

• n = 303 Autistic Adults

Prior Therapist(s)	N (%)	Autism Knowledge* (M, SD)
Psychologist	210 (69.3%)	3.41 (1.21)
Social Worker	126 (41.6%)	3.05 (1.27)
Licensed Professional Counselor	172 (56.8%)	3.07 (1.25)
Other type of therapist	35 (11.6%)	3.15 (1.23)

*Responses to: "How much did this therapist know about autism?"
1 = no knowledge, 5 = a great deal of knowledge



Mental Health Therapy Experiences

- **Qualitative Themes: Overall Therapy Experiences**
 - “What have you found to be most/least helpful in therapy?”

1. Therapist Acceptance and Understanding is Crucial

1a. Feeling heard, accepted, and validated (20%)

1b. Therapist understanding of autism (12%)

2. Therapy Offers Tools for Personal Growth

2a. Importance of talking through & processing issues (22%)

2b. Gaining new perspectives (11%)

2c. Developing self-understanding (6%)

3. Talking in Session Can be Difficult

3a. Verbal communication expectations (6%)

3b. Trouble talking about feelings (7%)

4. Session Format Can Help or Hinder Progress

4a. Session structure affects the therapy experience (7%)

4b. Alternative activities can enhance therapy (5%)

Mental Health Therapy Experiences

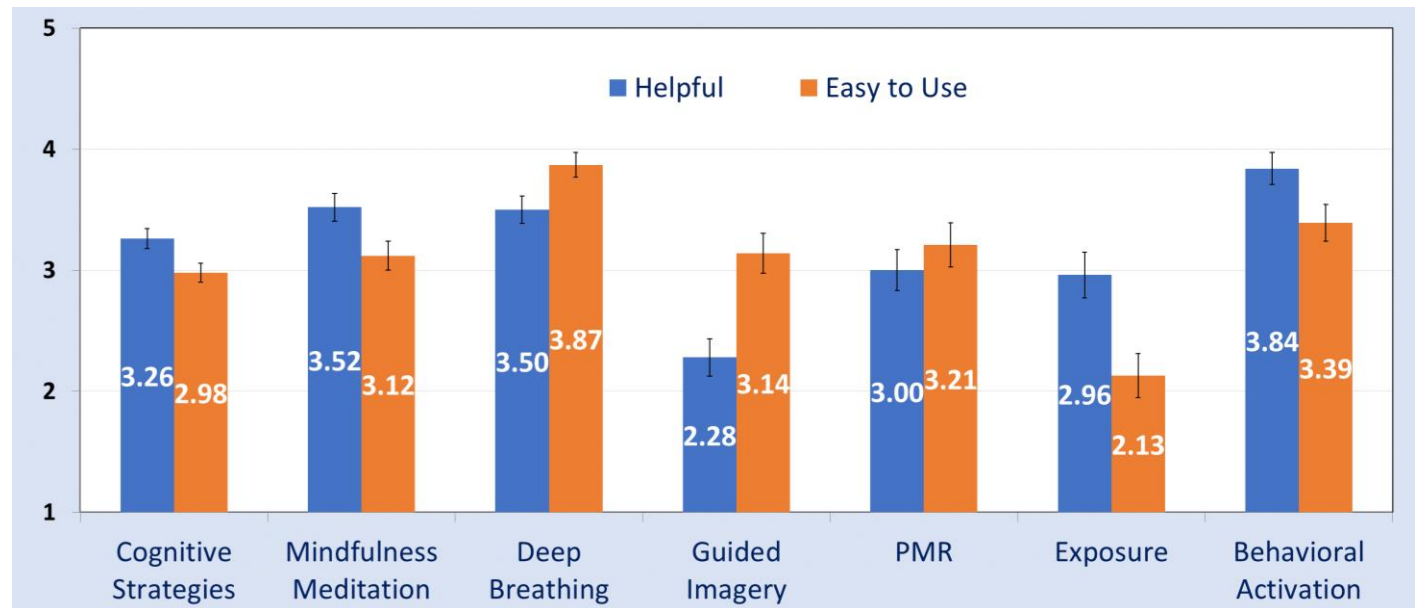
Cross-Cutting Themes: How Well The Strategies Worked

Helpful for
Reducing Anxiety &
Improving Mood

Trouble
Generalizing to
Daily Life

Difficult to
Implement

Distressing or
Anxiety-Provoking



Anxiety & Depression in Context



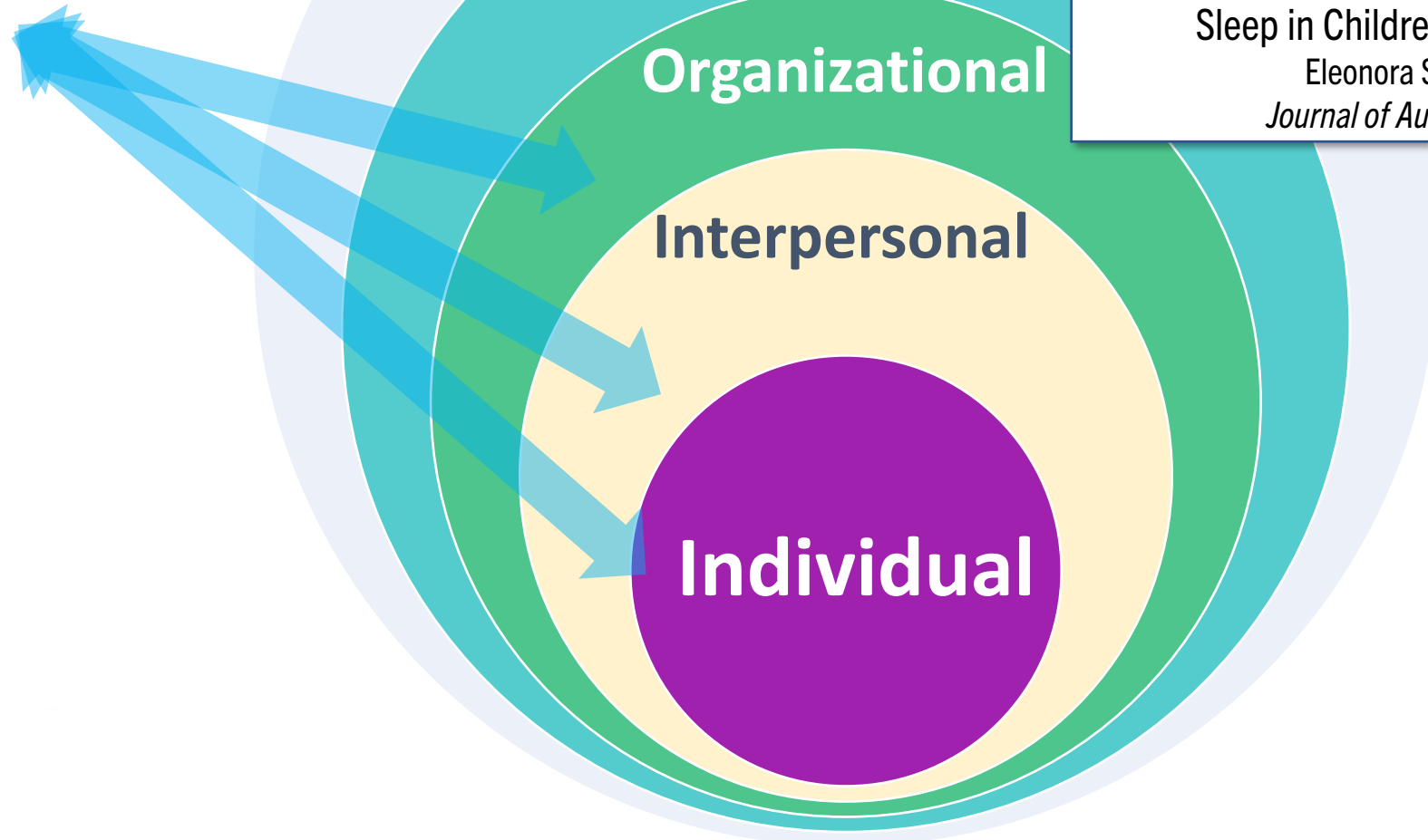
Anxiety & Depression in Context

Relations among activity participation, friendship, and internalizing problems in children with autism spectrum disorder

Kristen N Dovgan¹ and Micah O Mazurek²

Autism
2019, Vol. 23(3) 750–758
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DOI: 10.1177/1362361318775541
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Activities
Adverse Experiences



The Association Between Adverse Childhood Experiences and Sleep in Children with Autism Spectrum Disorder
Eleonora Sadikova and Micah O. Mazurek
Journal of Autism and Developmental Disorders

Anxiety & Depression in Context



Anxiety & Depression in Context

Media Use & Content

Cyberpsychology, Behavior, and Social Networking > Vol. 21, No. 3 > Rapid Communication

Full Access

Social Media Use and Happiness in Adults with Autism Spectrum Disorder

Deborah M. Ward, Karen E. Dill-Shackleford, and Micah O. Mazurek

Computers in Human Behavior

Volume 29, Issue 4, July 2013, Pages 1709-1714

ELSEVIER

Social media use among adults with autism spectrum disorders

Micah O. Mazurek

Computers in Human Behavior

Volume 51, Part A, October 2015, Pages 122-130

ELSEVIER

Video games from the perspective of adults with autism spectrum disorder

Micah O. Mazurek, Christopher R. Engelhardt, Kelsey E. Clark

Television, Video Game and Social Media Use Among Children with ASD and Typically Developing Siblings

Micah O. Mazurek & Colleen Wenstrup

Journal of Autism and Developmental Disorders 43, 1258-

PEDIATRICS

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Media Use and Sleep Among Boys With Au

Christopher R. Engelhardt, Micah O. Mazurek and Kristin Sohl

Pediatrics December 2013, 132 (6) 1081-1089; DOI: https://doi.org/10.1542/peds.2013-2066

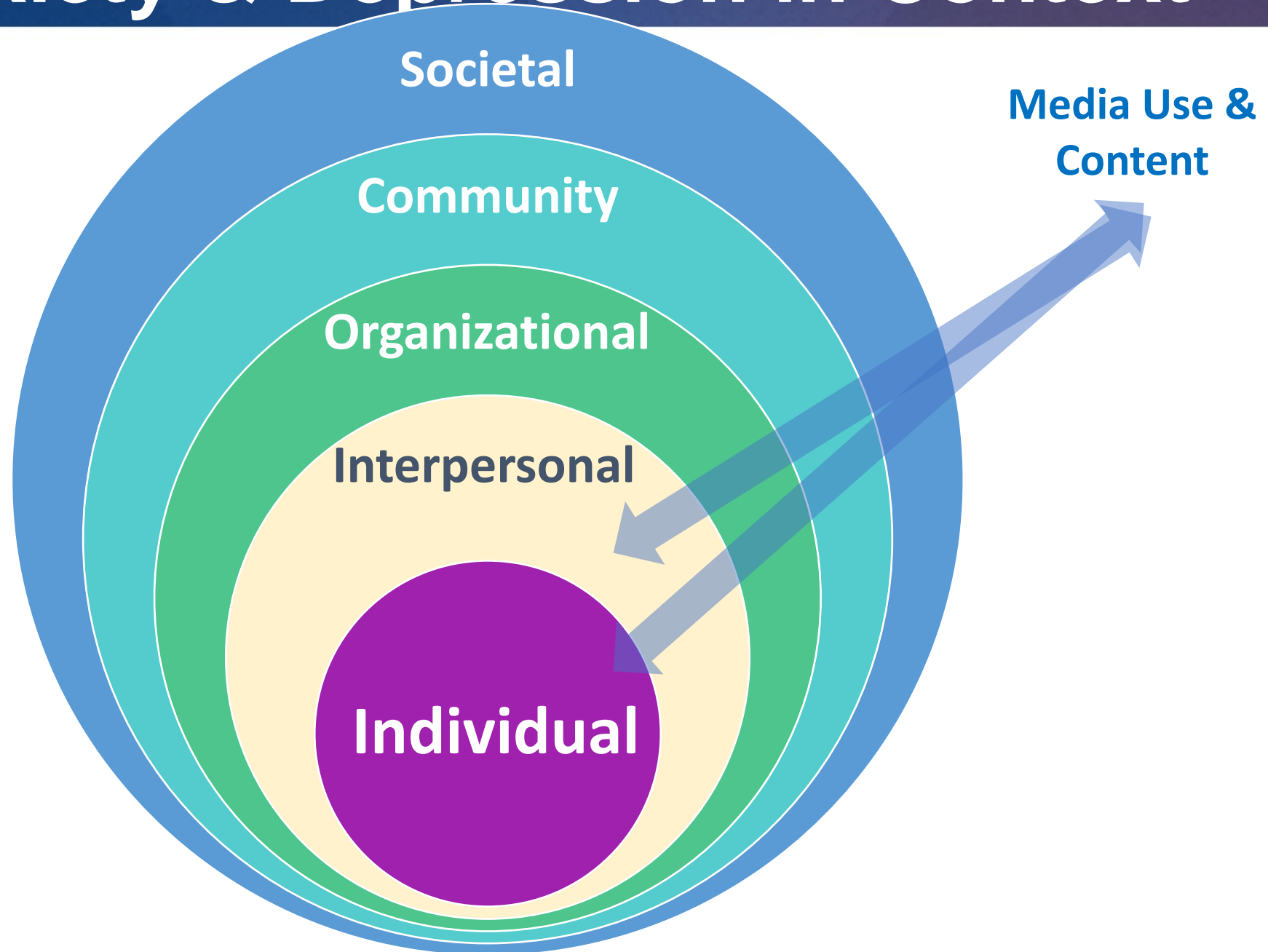
Bedtime Electronic Media Use and Sleep in Children with Autism Spectrum Disorder

Mazurek, Micah O. PhD^{*}; Engelhardt, Christopher R. PhD^{*,†}; Hilgard, Joseph PhD[‡]; Sohl, Kristin MD[§]

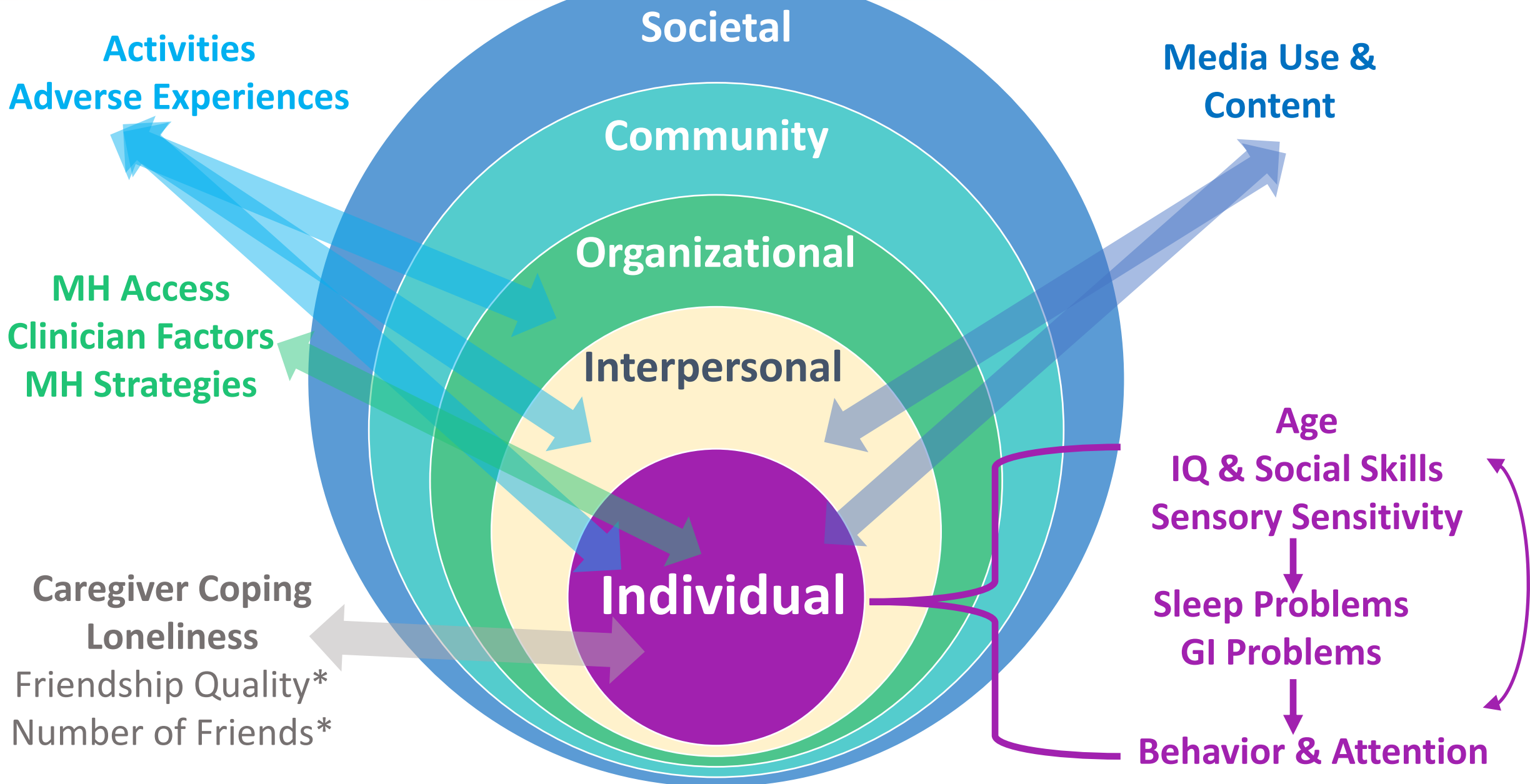
Author Information

Journal of Developmental & Behavioral Pediatrics 37(7);p 525-531, September 2016. | DOI: 10.1097/DBP.0000000000000314

Anxiety & Depression in Context



Anxiety & Depression in Context



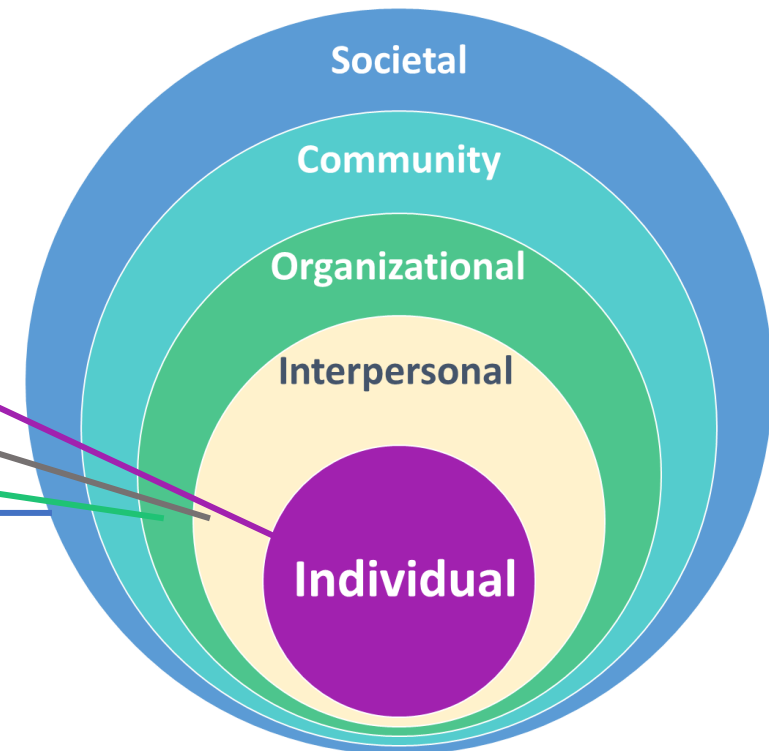
Contextual Approach to Treatment

- **Need for comprehensive, coordinated, and personalized approach**
 - Begin with careful assessment
 - Addressing underlying mechanisms
 - Understanding key factors across levels
 - Meeting needs across systems/contexts



Contextual Approach to Treatment

- **Example: Family-Based CBT for Insomnia (CBT-I)**
- **Manualized & Modular Treatment**
 - Adapted for autism
 - Targeting anxiety & arousal
 - Addressing sensory sensitivity
 - Incorporating caregivers
 - **Telehealth delivery**
 - ↑ access to care
 - Managing screen-based media use





Family-Based CBT-CI for Children with Autism

Pilot Studies


- ↑ Child and parent sleep
- ↓ Anxiety/Arousal
- ↑ Daytime functioning

Randomized Controlled Trial

- $n=180$ children with ASD
- Randomized to: **CBT-CI in-person**; **CBT-CI remote**; or **Attention-Matched Control**
- Objective measures of sleep, physiological arousal & daytime functioning


RESEARCH ARTICLE

Cognitive Behavioral Treatment of Insomnia in School-Aged Children with Autism Spectrum Disorder: A Pilot Feasibility Study


Christina S. McCrae , Wai Sze Chan, Ashley F. Curtis, Chelsea B. Deroche, Melissa Munoz, Stephanie Takamatsu, Julie E. Muckerman, Nicole Takahashi, Dillon McCann, Kevin McGovney, Pradeep Sahota, and Micah O. Mazurek

autism

Telehealth cognitive behavioral therapy for insomnia in children with autism spectrum disorder: A pilot examining feasibility, satisfaction, and preliminary findings


Autism
2021, Vol. 25(3) 667–680
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DOI: 10.1177/1362361320949078
journals.sagepub.com/home/aut


Using Telehealth to Deliver Family-Based Cognitive Behavioral Treatment of Insomnia in a School-Aged Child With Autism Spectrum Disorder

Davenport, Mattina A., PhD | Berry, Jasmine R., MA | Mazurek, Micah O., PhD | McCrae, Christina S., PhD 

Journal of Cognitive Psychotherapy, Vol. 35 Issue 4, DOI: 10.1891/1095-90062

BMJ Open Protocol for targeting insomnia in school-aged children with autism spectrum disorder without intellectual disability: a randomised control trial

Christina S McCrae,¹ Micah O Mazurek,² Ashley F Curtis ,^{1,3} David Q Beversdorf,⁴ Chelsea B Deroche,⁵ Mojgan Golzy,⁵ Kristin A Sohl,⁶ Zarah H Ner,⁶ Beth Ellen Davis,⁷ Melanie A Stearns ,¹ Neetu Nair¹

Contextual Models for Intervention

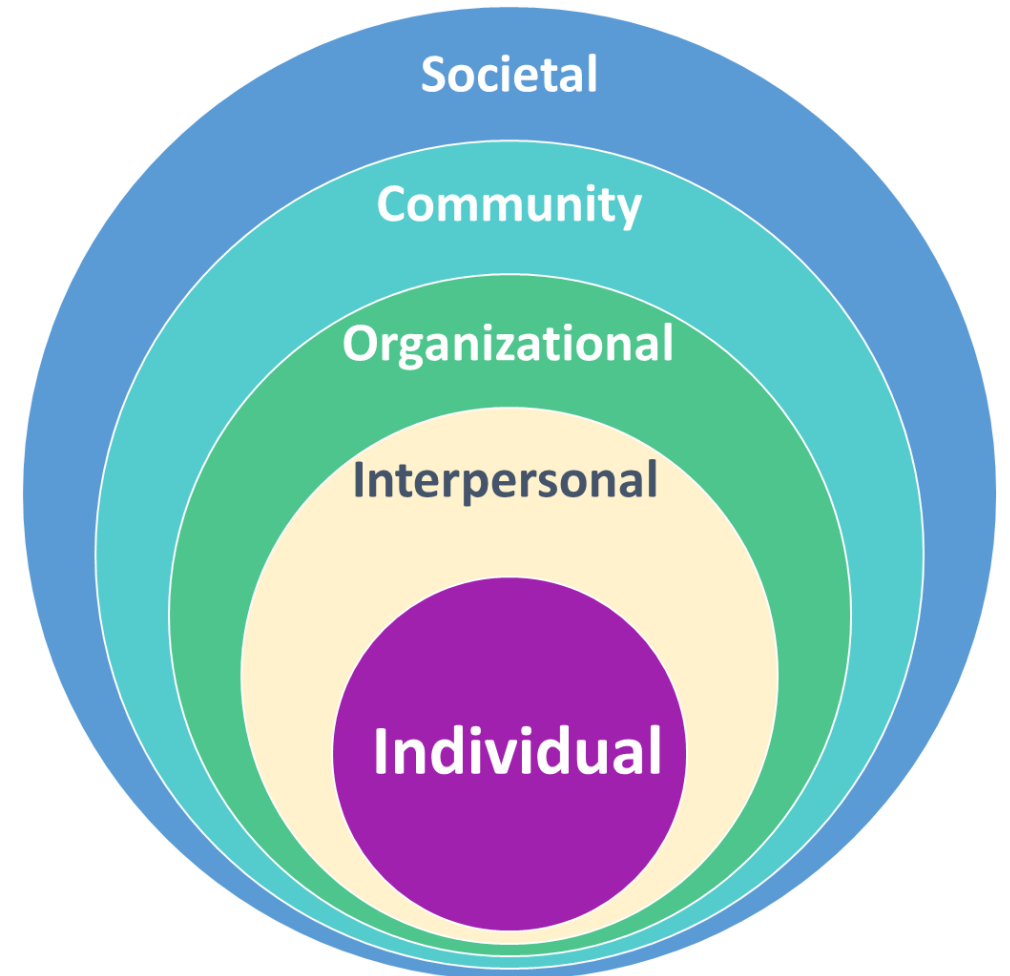


Telehealth

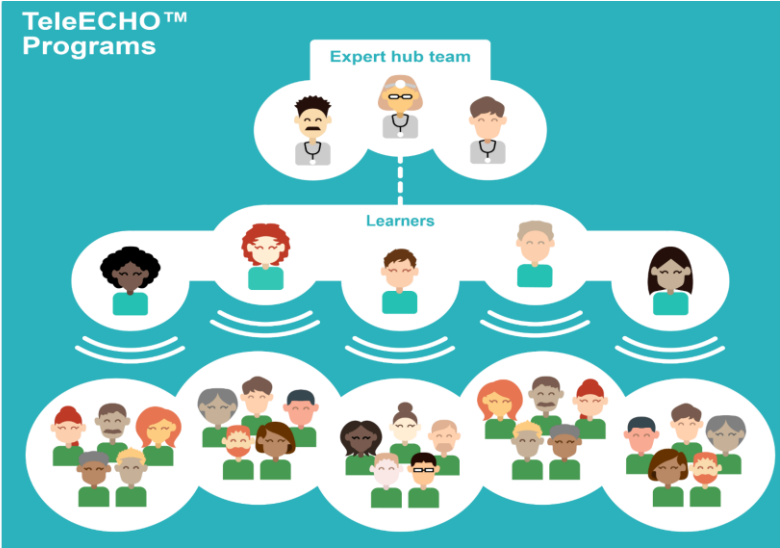
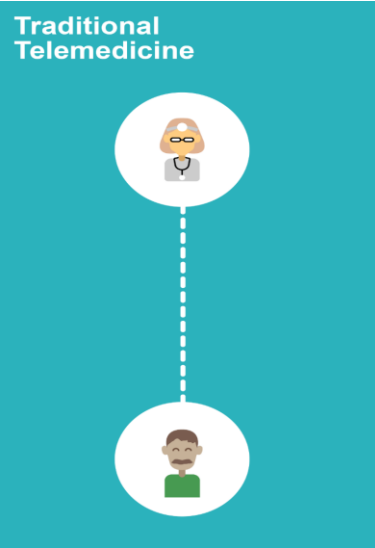
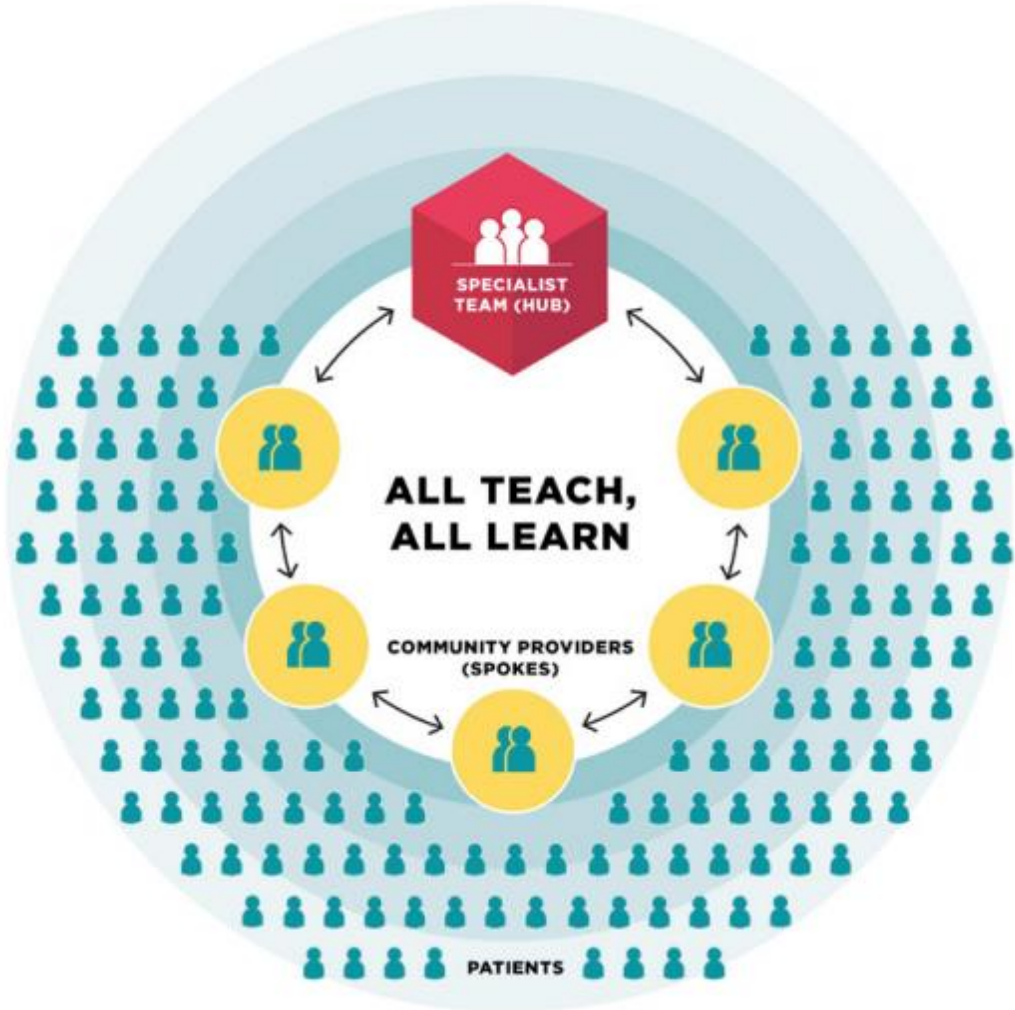
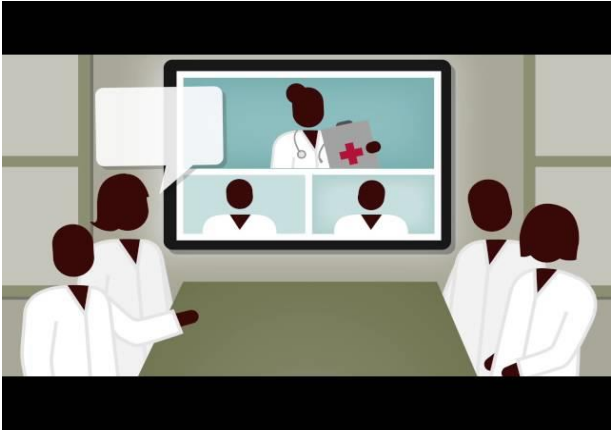
**Models to Increase
Access to Care**

Family, School &
Community Based

**Treatments Addressing
Multiple Contexts**



Contextual Models for Intervention



Contextual Models for Intervention



Journal of Autism and Developmental Disorders (2019) 49:127–137
<https://doi.org/10.1007/s10803-018-3696-5>

ORIGINAL PAPER

ECHO Autism STAT: Accelerating Early Access to Autism Diagnosis

Micah O. Mazurek¹ · Alicia Curran² · Courtney Burnette³ · Kristin Sohl^{2,4}

ECHO (Extension for Community Healthcare Outcomes) Autism STAT: A Diagnostic Accuracy Study of Community-Based Primary Care Diagnosis of Autism Spectrum Disorder

Sohl, Kristin MD, FAAP[†]; Levinstein, Leeore MD[†]; James, Alexandra MD, MPH, FAAP[†]; Greer, Sophia MPH[†]; Boles, Katrina MS[†]; Curran, Alicia Brewer BS[†]; Mahurin, Melissa BA[†]; Mazurek, Micah O. PhD[†]; Nanclares, Valeria PsyD[†]

[Author Information](#)

Journal of Developmental & Behavioral Pediatrics 44(3):p e177-e184, April 2023. | DOI: 10.1097/DBP.0000000000001172

JAMA Pediatrics | Original Investigation

Effectiveness of the Extension for Community Health Outcomes Model as Applied to Primary Care for Autism A Partial Stepped-Wedge Randomized Clinical Trial

Micah O. Mazurek, PhD; Robert A. Parker, ScD; James Chan, MA; Karen Kuhlthau, PhD; Kristin Sohl, MD; for the ECHO Autism Collaborative

ECHO Autism Transition: Enhancing healthcare for adolescents and young adults with autism spectrum disorder

Micah O Mazurek¹, Gary Stobbe², Rachel Loftin³, Beth A Malow⁴, Mavara M Agrawal⁵, Mark Tapia⁶, Amy Hess⁷, Justin Farmer⁸, Nancy Cheak-Zamora⁹, Karen Kuhlthau¹⁰ and Kristin Sohl⁹

Autism
1–12
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ECHO Autism: A New Model for Training Primary Care Providers in Best-Practice Care for Children With Autism

Micah O. Mazurek, PhD¹, Rachel Brown, MBBS¹, Alicia Curran, BS¹, and Kristin Sohl, MD¹

Clinical Pediatrics
2017, Vol. 56(3) 247–256
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DOI: 10.1177/0009922816648288
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Contextual Models for Intervention



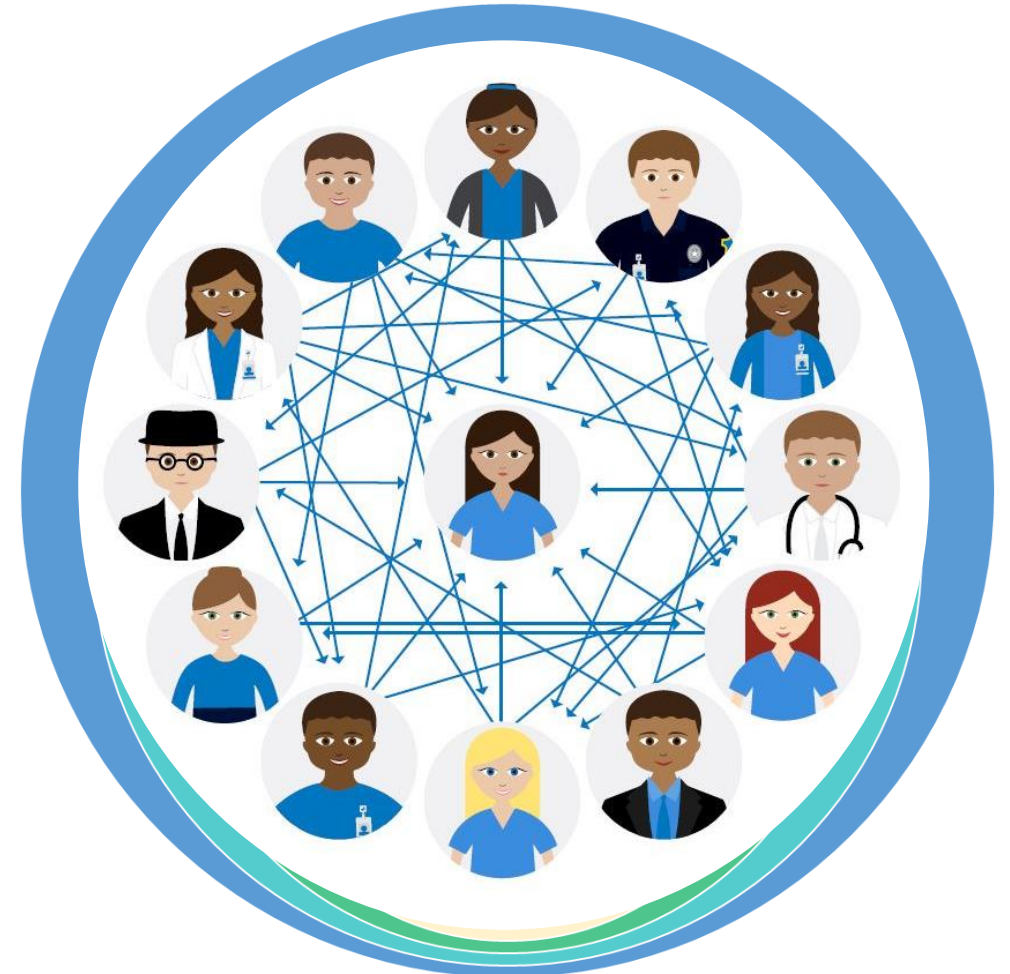
Telehealth

Family, School &
Community Based

Models to Strengthen
Coordination Across
Systems

Models to Increase
Access to Care

Treatments Addressing
Multiple Contexts



Thank you!

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