

# PARENT PARTICIPANTS NEEDED FOR AN AUTISM STUDY!

## JOIN A STUDY TO ENROLL IN A FREE VIRTUAL MINDFULNESS PARENT TRAINING COURSE

### WHAT IS INVOLVED?

- Attend 9 study sessions & 1 pre-session orientation meeting by Zoom
  - 8 weekly parent training virtual group sessions
    - Session 1 to 7 = 1.5 hours, Session 8 = 2 hours
  - 1 follow-up, 1.5-hour virtual group session
- Complete online surveys at 3 or 4 different time points, depending on group assignment.
- Sessions will include didactic presentations, guided meditations, and group discussions. Between sessions, parents will be asked to complete short readings and daily meditation exercises.
- Participants will learn new ways to relate to their thoughts and feelings about parenting and their child from this mindfulness training course.

### WHO CAN PARTICIPATE?

You are eligible to participate in our study if you:

- are 18 years of age or older,
- live in the United States,
- are a parent/guardian to at least one child (age 5 to 18 years) diagnosed with autism,
- can attend Zoom meetings by phone, laptop, or computer,
- and are available to attend all 9 study sessions

## IF INTERESTED, WE INVITE YOU TO COMPLETE OUR PRE-SCREENING SURVEY BELOW

<https://cutt.ly/mapstudy>

Have questions? Please contact the Primary Investigator  
Vanessa Zhou at: [spumapstudy@gmail.com](mailto:spumapstudy@gmail.com) or by phone/text at: (425) 516-8864