Study 3: Psychotherapy intervention

Overall Goal

Develop a cognitive behavior therapy (CBT) intervention to treat **anxiety disorders** in adults with Intellectual Disability.

- Group therapy
- Online

Anxiety Treatment

Week	
0	Assessment and information on what to expect
1	Learning About Anxiety
2	Learning About Anxiety: anxiety in my body
3	Relaxation Skills: Breathwork and Mindfulness
4	Relaxation Skills: Progressive Muscle Relaxation
5	Assessment
6	Thoughts: helpful and unhelpful thoughts
7	Thoughts: what thoughts make us brave?
8	Coping Plan: what will I do when I feel anxious?
9	Individual Meeting: finalize coping plan and wrap up
10	Assessment
16	Assessment

Wellness group

Week	
0	Assessment and information on what to expect
1	Introduction: getting to know each other
2	Friends and Family
3	Advocacy
4	Self-determination
5	Assessment
6	Health
7	Employment
8	Therapy, Medications, and Treatment
9	Wrap up
10	Assessment
16	Assessment

What we are hoping to find...

We can recruit and Keep participants!

Our goal is to sign up the number of people we need for each group (5 people in each group).

We also want participants to stay involved — attending most sessions (80%) and having only a small number stop participating (less than 20%).

We can deliver the intervention…and people with ID think it's acceptable

We can give the program the right way.

- This means we follow the steps correctly almost all the time (more than 90%).

People like the program.

- Adults with IDD and their supporters say the program is good and helpful (more than 80% say yes).

People will tell us what they think after the group too.

This helps us learn what works and what we should change to make it better.

We will also be trying out an assessment protocol

We will try out our plan to assess for changes in participants

- Assessments before intervention starts
- In the middle of the group
- At the end of the group
- 6 weeks after the group

Goal to have evaluators trained to do the assessments with 90% fidelity.

- Develop training materials for future evaluators

How can you help?

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