

# J d. student research proposal example

[Health & Medicine](#), [Drugs](#)



## **Hypothesis: Use of Cognitive Behavioral Therapy will reduce anxiety in children with autism**

Independent Variable: Cognitive Behavioral Therapy

Dependent Variable: Anxiety

### **References:**

Ames, M. & Weiss, J. (2014). Cognitive Behavior Therapy for a Child with Autism Spectrum Disorder and Verbal Impairment: A Case Study. *Journal on Developmental Disabilities*, 19(1), 61-69. Retrieved from [http://www.oadd.org/docs/41015\\_JoDD\\_19-1\\_61-69\\_Ames\\_and\\_Weiss.pdf](http://www.oadd.org/docs/41015_JoDD_19-1_61-69_Ames_and_Weiss.pdf)

Maron, D. F. (2014, March 19). Antianxiety Drugs Successfully Treat Autism. *Scientific American*. Retrieved from <http://www.scientificamerican.com/article/antianxiety-drugs-successfully-treat-autism/>

Strang, J. F., Kenworthy, L., Daniolos, P., Case, L., Willis, M. C., Martin, A., & Wallace, G. L. (2012). Depression and Anxiety Symptoms in Children and Adolescents with Autism Spectrum Disorders without Intellectual Disability. *Research in Autism Spectrum Disorders*, 6(1): 406-412. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3355529/pdf/nihms317219.pdf>

Sample: 75 children (45 male, 30 female; ages 6 - 12, mean = 9; 60% Caucasian, 20% African American, 10% Hispanic, 5% Asian, 5% other) assembled from within a metropolitan area. All subjects diagnosed with Autism Spectrum Disorder (ASD), IQ  $\geq$  70.

Operationalized IV: Cognitive Behavior Therapy

Operationalized DV: Behavioral Changes

Procedure: Participants were randomly selected and put on two methods of

<https://assignbuster.com/j-d-student-research-proposal-example/>

treatment for anxiety; Cognitive Behavior Therapy and anti-anxiety drug administration. They were then subjected to stressful situations for a period of one hour. Their anxiety levels got noted after the stressful session. Isolation of their behavioral changes occurred, and they got divided into two groups, where administration of the two treatment methods took place. After the treatment, both groups had their anxiety levels lower than they were after the stressful period. These observations indicate that both treatments are effective in reducing anxiety levels. After 4 hours, participants got thanked and debriefed.

Design: a) experimental, b) between-subjects, c) single blind

Results: A t-test would be used for my analysis because my hypothesis involves comparing the anxiety levels between two conditions (administration of Cognitive Behavior Therapy and Anti-anxiety drug administration).