

# Mindfulness-based stress reduction (MBSR) in high-functioning adults with an autism spectrum disorder: a randomized controlled trial.

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## Introduction

Individuals with autism spectrum disorders (ASD) are at increased risk for comorbid psychiatric disorders. Depression and anxiety disorders appear the most common psychiatric concern in ASD, especially in higher functioning adults and adolescents. Rumination may be important in the etiology and maintenance of symptoms of depression and anxiety, especially in autism. MBSR has been found to alleviate symptoms of depression and anxiety in various psychiatric population. Since MBSR is highly structured and requires little communication and theory of mind skills, it seems particularly applicable for individuals with ASD.

## Aims

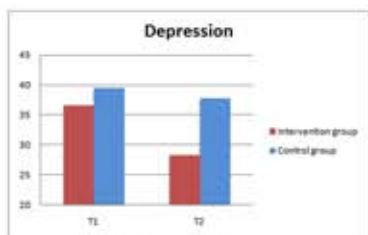
The study aims to assess the effects of MBSR in adults with ASD on symptoms of anxiety, depression, rumination and positive affect.

## Method

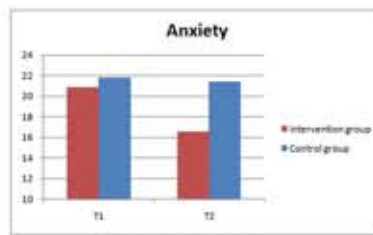
**Participants** 20 adults with ASD in the research group, 21 adults with ASD in the control group  
**Mean age** 44.4 (research group) and 40.1 (control group)  
**Diagnoses** Based in the ADI-R and DSM-IV criteria  
**Instruments** SCL-90 (depression and anxiety), RRQ (rumination), GMS (positive affect)

Treatment effects of the research group have been compared with the control group.

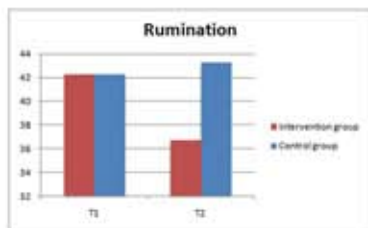
## Results



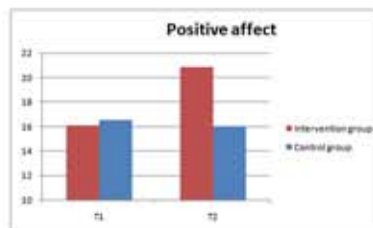
$p = .018$ , Eta Squared .136



$p = .024$ , Eta Squared .124



$p = .000$ , Eta Squared .287



$p = .016$ , Eta Squared .139

T1 = day prior to MBSR  
T2 = day after MBSR

## Conclusions

The results suggest that mindfulness may help adults with ASD to alleviate symptoms of depression, anxiety and rumination. Furthermore, mindfulness may lead to induced positive affect in adults with ASD.



Posterpresentation 12 may 11:00-12:00 AM

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