

Cognitive therapy can help treat anxiety in children with autism

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Cognitive behavioural therapy and other psychosocial interventions are effective for treating anxiety in school-aged children with autism spectrum disorder, according to an analysis of all relevant studies

published in 2005-2018. The findings are published in *Campbell Systematic Reviews*.

The analysis included 24 studies: 22 of the studies used a [cognitive behavioural therapy](#) intervention, one used peer-mediated theatre therapy, and one examined the benefits of Thai traditional massage.

Overall, the interventions showed a statistically significant moderate to high effectiveness for treating anxiety compared with treatment-as-usual.

"These are exciting results as they actually show evidence that some of the things that can be done at home or at school to reduce anxiety in [school-aged children](#) actually work," said co-author Petra Lietz, Principal Research Fellow of the Australian Council for Educational Research.

More information: *Campbell Systematic Reviews*, onlinelibrary.wiley.com/doi/10.1002/c12.1086

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