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Treating Obsessive Compulsive Behaviors in Children 4 to 6 Years of Age with Autism Spectrum Disorder



Does your child engage in one or more of the following?

- repeatedly asking for reassurance
- engaging in daily rituals (e.g., morning or bedtime routine)
- a need to rearrange, line things up, or have things “just so”
- a need to complete daily activities, play activities, or schoolwork in a certain way
- insistence on speaking or playing games the same way
- persistent clothing rituals
- needing to sit in the same seat or take the same routes to locations
- counting or checking things
- resistant to throwing things away
- frequent cleaning or washing

These are just a few examples of Obsessive Compulsive Behaviors.

Children often become distressed if they are not able to perform Obsessive Compulsive Behaviors. They can affect quality of life for children and their families. Therefore, it is important to treat them as early as possible. If any of the above behaviors sound familiar, we would like to help reduce them.

The Brock Autism Research Team is currently recruiting young children (4 to 6 years of age) with a diagnosis of Autism Spectrum Disorder (ASD).

The purpose of this study is to evaluate the efficacy of a 9-week cognitive behavioral treatment package entitled *I Believe in Me, Not OCB!* working one-on-one with you your child. The treatment package has been successful at reducing Obsessive Compulsive Behaviors in children 7 to 12 years of age and is now being adapted for young children.

Cognitive-Behavior Therapy has been shown to be helpful in reducing these behaviors in approximately 70% of young children who experience them. Therapy will be offered individually (at the family’s convenience) at no cost and will take place at Brock University.

If you are interested in learning more about the study, please contact Dr. Tricia Vause at 905-688-5550 ext. 5546, or email tvause@brocku.ca

This study has been reviewed and received clearance by the Brock University Research Ethics Board (file #16-010).