

# Searching for Health Topics

## Search Terms:

- autism
- autism spectrum disorder
- neurology
- Asperger syndrome
- cognitive behavior therapy



As Della learns more about autism, she begins to find other medical terms which she would like to learn more about. She can perform a search using specific terms to find more information. She can perform her search in a specific website, or by using a search engine.

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One of the terms she wants to learn about is cognitive behavior therapy. This therapy is listed as a possible treatment for autism. It is also a treatment her nephew's doctor has recommended.




cognitive behavior therapy

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**Health tip:**  
Put sunscreen on 30 minutes before you go outside to prevent skin cancer.  
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Tweets by @MedlinePlus

Della searches for this term in MedlinePlus by using the search bar at the top of the page. This will allow her to search only the contents of the MedlinePlus website. Della can type the term directly into the search bar, and then click the **Go** button to continue.

The screenshot shows the MedlinePlus website interface. At the top, there is a search bar containing the text "cognitive behavior therapy autism" and a "GO" button. Below the search bar, there are navigation tabs for "Health Topics", "Drugs & Supplements", "Videos & Tools", and "Español". The main content area is divided into two columns. The left column contains a "Related Topics" section with links to "Autism Spectrum Disorder", "Mental Disorders", "Child Mental Health", "Teen Mental Health", and "Mood Disorders". Below this is a "Refine by Type" section with "All Results (89)" and a list of filters: "Health Topics", "External Health Links (53)", "Drugs and Supplements", "Medical Encyclopedia", "MedlinePlus Magazine", "Multiple Languages", and "National Institutes of Health (29)". The right column displays "Results 1 - 10 of 55 for cognitive behavior therapy autism". The first five results are listed, each with a title, a brief description, and a URL. The results include: 1. 100 Day Kit for Newly Diagnosed Families of School Age Children (Autism Speaks) - PDF; 2. Asperger Syndrome (National Institute of Neurological Disorders and Stroke) - Short Summary; 3. What Are the Treatments for Autism? (National Institute of Child Health and Human Development); 4. Technology and the Future of Mental Health Treatment (National Institute of Mental Health); 5. Disruptive Mood Dysregulation Disorder (National Institute of Mental Health).

Della's search results indicate that cognitive behavior therapy is used to treat many conditions. To narrow down her search, she adds the term **autism** to the search bar.

The results for these combined search terms are listed on the screen. To the left of the results are some related topics. There are several options that can be selected to further refine and focus the search results.

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- autism
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### Use:

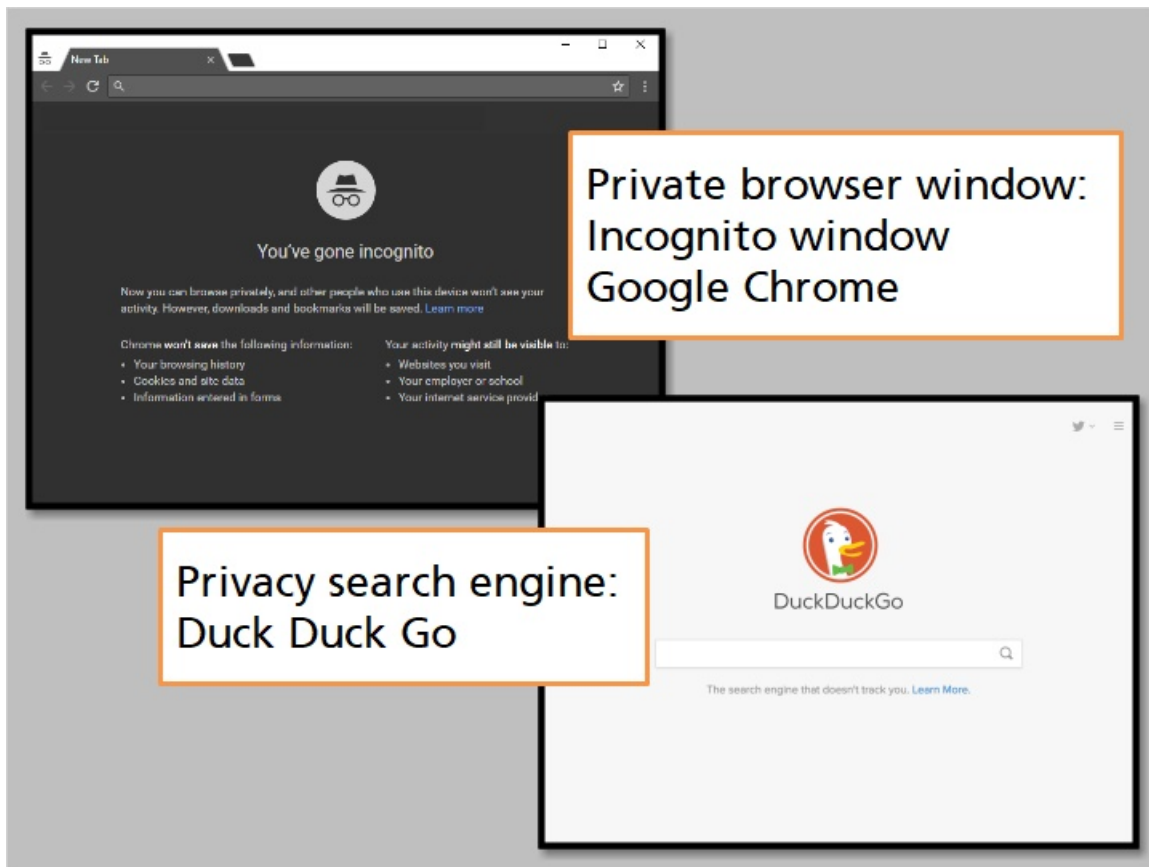
- private browser
- privacy search engine



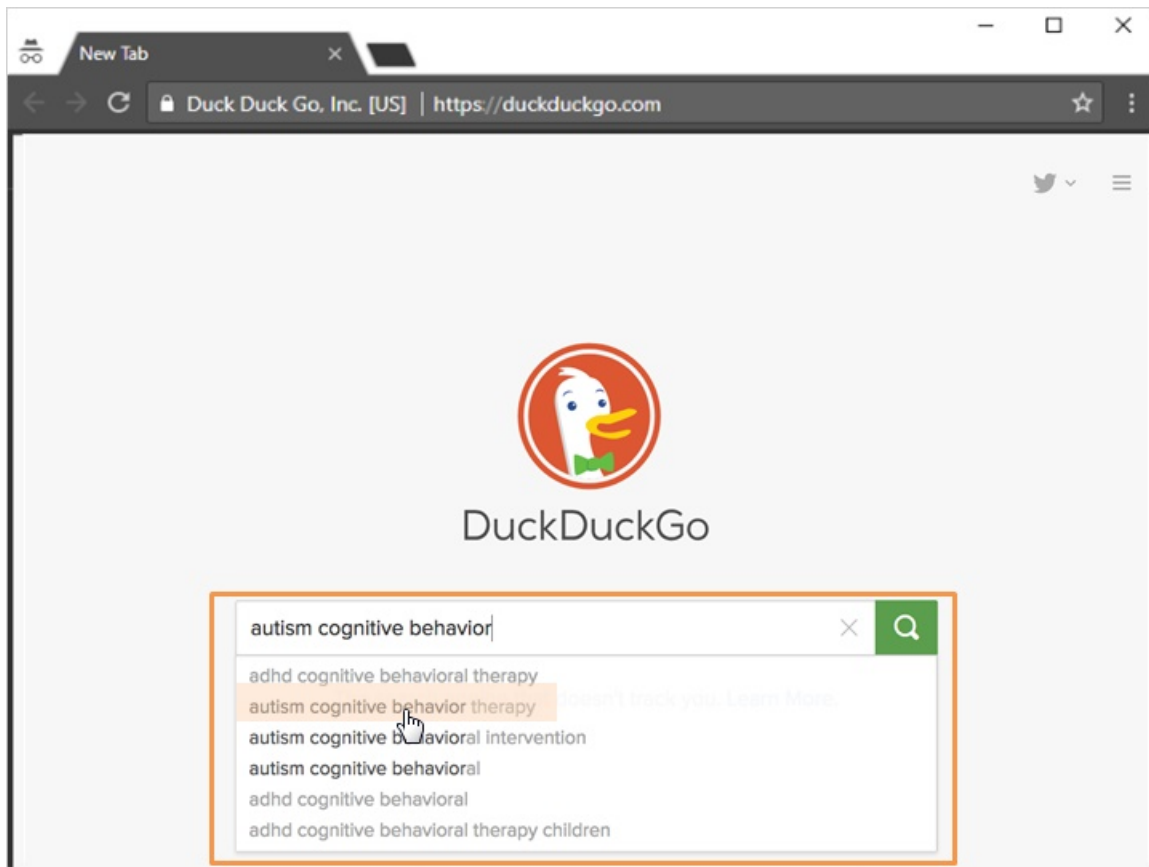
Della decides she would like to try searching for more information, outside of the MedlinePlus website. To do this, she will use a search engine.

However, Della is concerned about her privacy. Della has learned that some search engines track information about her search history. This includes her location, her search terms, and other private information that is often sold to corporations for marketing purposes.

Della doesn't want her search for health information to be tracked. She will use a private browser window and a privacy search engine to limit what information is collected.



She uses an **incognito window** in the **Google Chrome** browser, and the privacy search engine **Duck Duck Go**.



To begin her search, she starts to type her search terms into the search engine. As she types in her search terms, suggestions appear below. Della can choose one that is a close match to save time and complete her search.

autism cognitive behavior therapy

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**Cognitive Behavioral Therapy - Enroll Now & Get 86% Off | udey.com**  
Join +5,612 People Already Learning Cognitive Behavioral Therapy in This Course! Improve Your Health, Top Spiritual Courses, Personal Growth Courses  
[www.udemy.com/CBT/Online-Learning](http://www.udemy.com/CBT/Online-Learning) Report Ad

**Cognitive Behavioral Therapy and Autism Spectrum Disorders**  
Many behavioral therapies have been used to treat young children with autism spectrum disorders (ASD), including Applied Behavior Analysis and Pivotal Response Training...  
[https://lancommunity.org/cs/simons\\_simplex\\_community/cognitive\\_bah...](https://lancommunity.org/cs/simons_simplex_community/cognitive_bah...)

**Cognitive Behavior Therapy for Autism | Autism Key**  
Among the tried and true therapies available for autism is cognitive behavior therapy (CBT). In recent years, cognitive therapies developed in the 1960's and  
[autismkey.com/cognitive-behavior-therapy-for-autism/](http://autismkey.com/cognitive-behavior-therapy-for-autism/)

**Cognitive Behavior Therapy for Autism | NICHD - Eunice ...**  
Cognitive behavior therapy focuses on the connection between thoughts, feelings, and behaviors. Together, the therapist, the person with autism spectrum disorder (ASD), and/or the parents come up with specific goals for the course of therapy.  
<https://www.nichd.nih.gov/health/topics/autism/conditioninfo/treatm...>

**Interventions and Treatment Options - Home | Autism Speaks**  
Autism Speaks Family Services Interventions and Treatment Options. ... Just like the case with autism, ... Cognitive behavioral therapy can be individualized for ...  
<https://www.autismspeaks.org/family-services/0044ts/asperger-syndro...>

**Cognitive behavioral therapy can improve emotion regulation ...**  
New research shows cognitive behavioral therapy (CBT) can help children with autism manage not only anxiety but other emotional challenges, such as sadness and anger.  
<https://www.sciencedaily.com/releases/2018/04/180424133558.htm>

**Cognitive Behavior Therapy (CBT) | Center for Autism Research**  
Cognitive Behavior Therapy (CBT) refers to a group of interventions and techniques that have

Send feedback

Della's search results appear on the screen. Next, she will need to think critically about which of these links come from trusted sources for information.