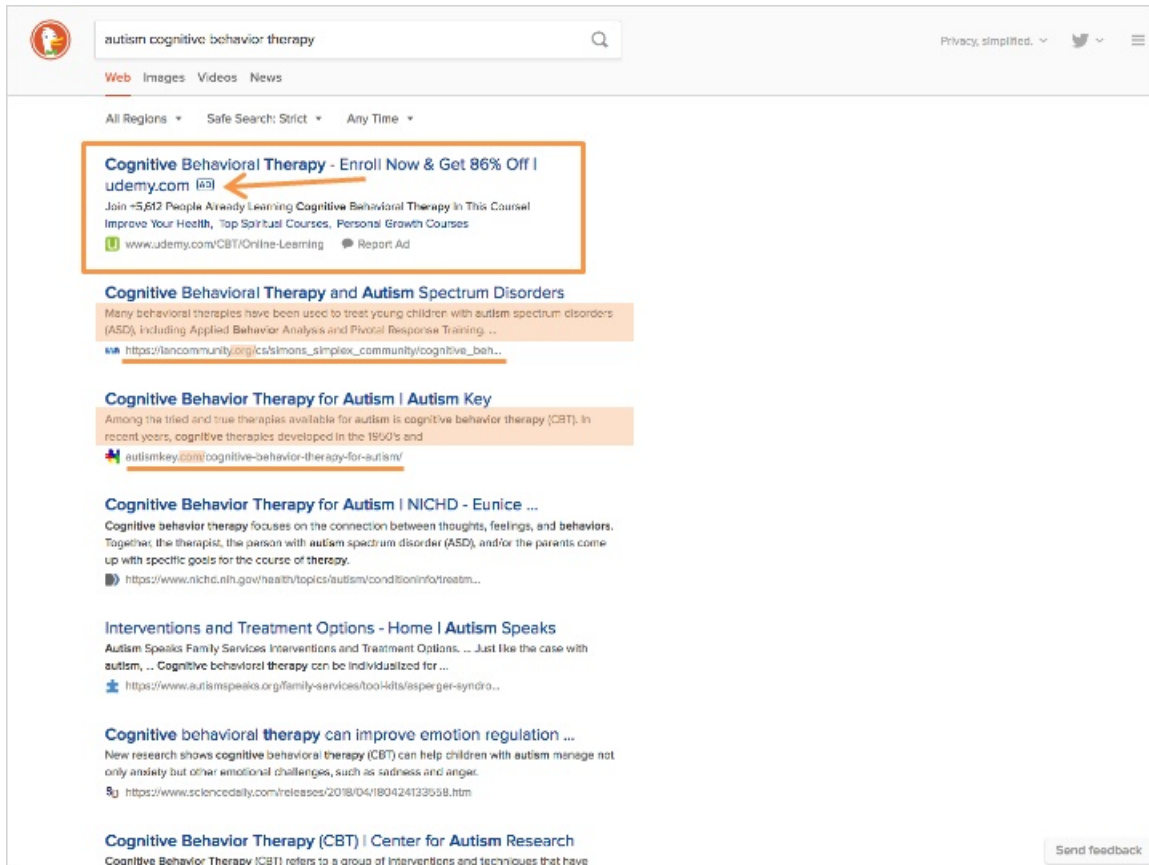


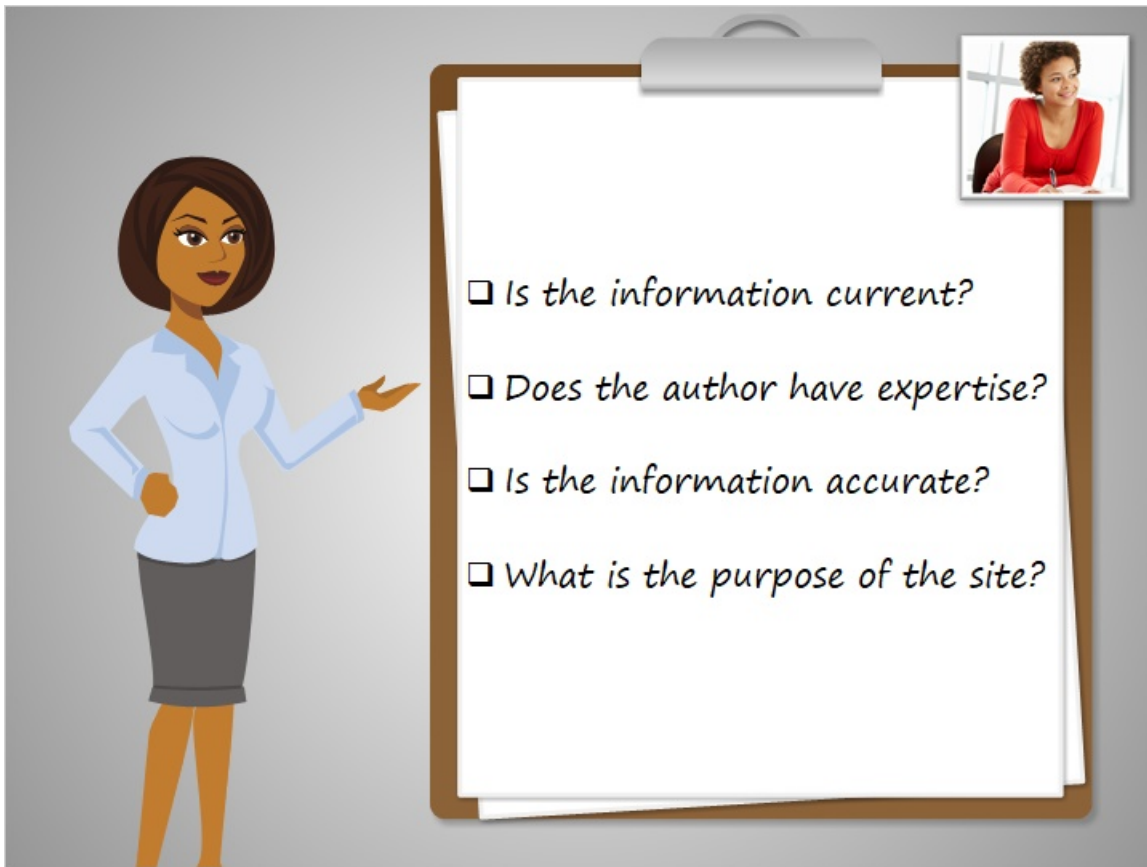
# Evaluating Sources



The first thing Della notices in her search results is that it is more difficult to tell which links come from trusted sources.

Della feels a little bit overwhelmed by what she finds.

She can see that some of the links are ads, indicated by the Ad icon next to the link. She sees that some of the links end in .org and some of them end in .com. The brief descriptions don't tell her much about the information contained in the website.



Here are some questions to help Della evaluate websites in her search results. This will help her make a more informed decision about which websites she can trust.

- Is the information current?
- Does the author have expertise?
- Is the information accurate?
- What is the purpose of the site?

Together, the therapist, the person with autism spectrum disorder (ASD), and/or the parents come up with specific goals for the course of therapy. Throughout the sessions, the person with autism learns to identify and change thoughts that lead to problem feelings or behaviors in particular situations.<sup>1,2</sup>

Cognitive behavior therapy is structured into specific phases of treatment. However, it is also individualized to patients' strengths and weaknesses. Research shows that this therapy helps people with some types of ASD deal with anxiety. It can also help some people with autism cope with social situations and better recognize emotions.

**Citations**

1. Lang, R., Rapoport, A., Landa, S., Ad'ough, K., & Haring, A. (2010). Treatment of anxiety in autism spectrum disorder using cognitive behavior therapy: A systematic review. *Developmental Neuropsychology*, 35(1), 53-63.
2. Daniel, J. T., & Volden, J. (2016). Cognitive-behavioral therapy for children with autism: Review and considerations for future research. *Journal of Developmental and Behavioral Pediatrics*, 37(5), 702-715. Retrieved August 17, 2016. From <https://www.ncbi.nlm.nih.gov/pubmed/23917373>

What are the symptoms of autism?  
 When do children usually show symptoms of autism?  
 What causes autism?  
 How do health care providers diagnose autism?  
 What are the treatments for autism?

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NIH...Turning Discovery into Health

Is the information current? Look for a publication date for the article or web page. The date can often be found at the top of the article. Sometimes it is found at the bottom of the web page. If you cannot find a specific date, or if the article is too old, then the information may contain expired or outdated information. Articles that have been published more recently or that cite recent research are more likely to be trustworthy.

- Overview
- Signs and Symptoms of ASD
- Causes and Risk Factors
- Diagnosing ASD
- Treatments and Therapies
- Join a Study
- Learn More

## Autism Spectrum Disorder

### Overview

Autism spectrum disorder (ASD) is a developmental disorder that affects communication and behavior. Although autism can be diagnosed at any age, it is not a "mental disorder" because symptoms generally appear in the first few years of life.

According to the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, a guide created by the American Psychiatric Association used to diagnose mental disorders, people with ASD have:

- Difficulty with communication and interaction with other people
- Restricted interests and repetitive behaviors
- Symptoms that hurt the person's ability to function properly in school, work, and other areas of life

Autism is known as a "spectrum" disorder because there is wide variation in the type and severity of symptoms people experience. ASD occurs in all ethnic, racial, and economic groups. Although ASD can be a lifelong disorder, treatments and services can improve a

### Science News About Autism

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### Join A Study

- Autism Spectrum Disorder Studies for Adults
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### Publication About Autism

Autism Spectrum

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Is the information accurate? We want to use health information that cites facts and scientific research. Look for citations at the end of the article or web page. Or, look for links within the text that point to sources that verify the facts within the article.

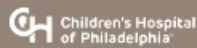
## About the Center for Autism Research

Home / About the Center for Autism Research



The Center for Autism Research (CAR) is a collaborative effort between The Children's Hospital of Philadelphia and the University of Pennsylvania. Our three-part mission to understand the causes of Autism Spectrum Disorder (ASD) in order to develop effective treatments through research; to serve the needs of individuals with ASD and their family members through education and guidance throughout the lifespan; and to train the next generation of master clinicians and scientists in state-of-the-science best practices for autism screening, diagnosis and treatment. Our multidisciplinary team is made up of psychologists, developmental pediatricians, neurologists, nurses, occupational therapists, social workers, radiologists and computer scientists who are working every day to discover ways to dramatically improve the lives of individuals with ASD and related conditions throughout a lifetime from infancy through adulthood.

## Meet Our Core Team



Roberts Pediatric Research Building  
2716 South Street, 5<sup>th</sup> floor  
Philadelphia, PA 19146  
267-426-7540  
1-866-579-6534

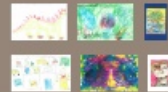
### Useful Links

CAR Autism Roadmap  
The Children's Hospital of Philadelphia  
The CHOP Research Institute  
autismMatch

### About Us

CAR is a joint center of The Children's Hospital of Philadelphia and the University of Pennsylvania. Our multidisciplinary team is working every day to discover evidence-based ways to dramatically improve the lives of individuals with ASD and related conditions throughout the lifespan. We

### CAR Art Gallery





Does the author have expertise in the subject? When it comes to our health, we want to get information from doctors, nurses, and other health care professionals. Try to locate the credentials of the author of the article, as well as information about the organization hosting the website. If you cannot verify the authority and expertise of the source, the information may not be trustworthy.

## What is the purpose of the site?



What is the purpose of the site? Some websites that contain health information are intended for patients, but some sites serve a different purpose. Health information may be intended to raise public awareness about a condition. Health information sites may be sponsored by ads. Beware of ads that may be trying to sell you a medicine or treatment. Or, health information may be published by a corporation that is profiting from people who view the site. Look for websites that are not earning a profit to find more trustworthy information.

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**COGNITIVE BEHAVIORAL THERAPY AND AUTISM SPECTRUM DISORDERS**

Connie Anderson, Ph.D.  
IAN Community Scientific Liaison


ian@kennedykrieger.org

**Date Published:** August 16, 2012

Many behavioral therapies have been used to treat young children with autism spectrum disorders (ASD), including *Applied Behavior Analysis* and *Pivotal Response Training*. Older children, teens, and adults with ASD may benefit from another intervention with a behavioral component: *Cognitive Behavioral Therapy (CBT)*.

**BEYOND BEHAVIOR**

Therapies based on the science of behavior have been effective for people of all ages, and are an essential item in any mental health professional's toolkit. They only go so far, however. Human beings are "meaning makers." That is, their behavior is not just the result of stimulus and response or reward and punishment. They take in what is happening around them and give it meaning, loaded with emotion. *Then* they behave.



Now that Della has learned some strategies for evaluating health information, she is more confident reviewing her search results. Della chooses a recent article about cognitive behavioral therapy. The author has expertise in the subject, and the article is published by a non-profit organization.