Cognitive Behavioral Intervention
Fact Sheet

Brief Description
Cognitive behavioral intervention (CBI) is based on the belief that behavior is mediated by cognitive processes. Learners are taught to examine their own thoughts and emotions, recognize when negative thoughts and emotions are escalating in intensity, and then use strategies to change their thinking and behavior. These interventions tend to be used with learners who display problem behavior related to specific emotions or feelings, such as anger or anxiety. Cognitive behavioral interventions are often used in conjunction with other evidence-based practices including social narratives, reinforcement, and parent-implemented intervention.

Qualifying Evidence
CBI meets evidence-based criteria with 3 group design and 1 single case design studies.

Ages
According to the evidence-based studies, this intervention has been effective for elementary school-age learners (6-11 years) to high school-age learners (15-18 years) with ASD.

Outcomes
CBI can be used effectively to address social, communication, behavior, cognitive, adaptive, and mental health outcomes.

Research Studies Providing Evidence


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