

# 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

- Drahota, A., Wood, J. J., Sze, K. M., & Van Dyke, M. (2011). Effects of cognitive behavioral therapy on daily living skills in children with high-functioning autism and concurrent anxiety disorders. *Journal of Autism and Developmental Disorders*, 41(3), 257-265. doi: 10.1007/s10803-010-1037-4
- Singh, N. N., Lancioni, G. E., Manikam, R., Winton, A. S., Singh, A. N., Singh, J., & Singh, A. D. (2011). A mindfulness-based strategy for self-management of aggressive behavior in adolescents with autism. *Research in Autism Spectrum Disorders*, 5(3), 1153-1158. doi:10.1016/j.rasd.2010.12.012
- Sofronoff, K., Attwood, T., & Hinton, S. (2005). A randomised controlled trial of a CBT intervention for anxiety in children with Asperger syndrome. *Journal of Child Psychology and Psychiatry*, 46(11), 1152-1160. doi: 10.1111/j.1469-7610.2005.00411.x
- Sofronoff, K., Attwood, T., Hinton, S., & Levin, I. (2007). A randomized controlled trial of a cognitive behavioural intervention for anger management in children diagnosed with Asperger syndrome. *Journal of Autism and Developmental Disorders*, 37(7), 1203-1214. doi: 10.1007/s10803-006-0262-3

## COGNITIVE BEHAVIORAL INTERVENTION FACT SHEET—SUGGESTED CITATION

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