



Parent Stress Intervention Project

Study conducted by Elisabeth Dykens, Ph.D. and sponsored by the National Institutes of Health

Do you have a child with a disability?

Developmental disabilities may include autism, Down syndrome, cerebral palsy, learning disabilities, muscular dystrophy, and many other conditions.

Having a child with a disability can be stressful.

This research study will compare two ways to help lower stress and support parents.

We will ask you to:

- Contact us and answer questions to see if this study is right for you.
- Be randomly assigned to one of the no-cost stress reduction groups.
- Answer questions about yourself and your child 4 times (online or on paper; about an hour each time)
- Come to 6 weekly meetings (child care provided)
- Attend 3 follow-up meetings
- Give us 8 saliva samples to measure cortisol (a stress hormone)

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