



Effective Health Care

Autism in Teens

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Autism in teens was found to be addressed by the in-process AHRQ review titled *Comparative effectiveness of interventions for adolescents and young adults with autism spectrum disorders*. Given that the in-process review will cover this nomination, no further activity will be undertaken on this topic.
 - To view a description and status of the research review, please go to: <http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/>.
 - To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>.

Topic Description

Nominator: Individual

Nomination Summary: The nominator is concerned that many children with autism are beginning to exit the school system and that treatment options are unknown and unstudied. The nominator would like to see treatment guidelines for teens with autism.

Staff-Generated PICO

Population(s): Teens with autism, including both higher and lower functioning individuals

Intervention(s): Chelation, restrictive diets, drugs, and other interventions

Comparator(s): See above

Outcome(s): Improved quality of life for teens with autism; more knowledge for parents

Key Questions from Nominator: None

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)

- Topic was found to be addressed by an in-process AHRQ review titled *Comparative effectiveness of interventions for adolescents and young adults with autism spectrum disorders*. Key questions from this report include:

KQ1: Among adolescents and young adults with autism spectrum disorders (ASDs), what are the effects of available interventions on the core symptoms of ASD? Available interventions may include the following broad categories: social skills, functional behavioral interventions, applied behavior analysis, targeted educational interventions, psycho-educational interventions, sexual education, vocational and independent living skills training, transition support, case management, residential supports, psychopharmacology, complementary and alternative medicine (CAM), diet/nutrition therapies, crisis management, allied health (e.g., speech/language, physical, and occupational therapies), exercise/recreational interventions, and family-focused interventions.

KQ 2: Among adolescents and young adults with ASDs, what are the effects of available interventions on common medical and mental health comorbidities (e.g., epilepsy, sleep disorders, motor impairments, obesity, depression, anxiety, acute and episodic aggression, ADHD, etc.)?

KQ 3: Among adolescents and young adults with ASDs, what are the effects of available interventions on functional behavior, attainment of goals toward independence, educational attainment, occupational/vocational attainment, life satisfaction, access to health and other services, legal outcomes, and social outcomes?

KQ 4: Among adolescents and young adults with ASDs, what is the effectiveness of interventions designed to support the transitioning process, specifically to affect attainment of goals toward independence, educational attainment, occupational/vocational attainment, life satisfaction, access to health and other services, legal outcomes, and social outcomes?

KQ 5: Among adolescents and young adults with ASDs, what harms are associated with available interventions? Harms are defined by the Evidence-based Practice Center Program as all possible adverse consequences of an intervention, including adverse events.

KQ 6: What are the effects of interventions on family outcomes?