



# Dialectical Behavior Therapy Skills for College Students with Autism Spectrum Disorder: A Pilot Study

Alyssa Conigliaro, Fallon Kane, Gina Lehr, Stephanie Grindell, Rita Mercante, and Taylor Groth.

## Abstract

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## Introduction



## Measures

*\*indicates a measure given as both a pre and post test*

Beck Anxiety Inventory (BAI)\*

Freiburg Mindfulness Inventory (MI)\*

Toronto Alexithymia Scale (TAS-20)

Difficulties in Emotional Regulation Scale (DERS)\*

Autism Quotient (AQ)

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## **Discussion**

Overall, it was found that those participants who experienced an increase in mindfulness (a module of DBT), also reported feeling less limited by their current emotional coping strategies ( $t(2, 13) = -2.935$ ,  $p > .05$ ,  $R = 0.62$ ). This suggests that mindfulness may have helped the students feel more in control of