



# 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 developmental disability?

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

## Are you experiencing stress?

Having a child with a disability can be stressful.

## Take part in the Parent Stress Intervention Project at Vanderbilt University.

We are looking for parents of children with developmental disabilities to participate in a research study that may lower stress.

## Participants will:

- Be randomly assigned to one of the no-cost stress reduction groups
- Answer questions about themselves and their child 6 times
- Come to 6 stress reduction meetings (once per week for 6 weeks; child/family care provided)
- Have their cortisol (a stress hormone) measured by providing 12 saliva samples
- Receive monetary compensation for their time.

VANDERBILT UNIVERSITY  
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