

“How Group Cognitive Behavioral Therapy (CBT) Can Help Autistic Children Adapt Better Than Individual Therapy”

Name

Institute Name

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- The adaptation levels of the majority of autistic children are higher than the 95% confidence intervals for typical children, despite the fact that the autistic children's adaptation effects are three times less.
- Autism spectrum disorders (ASD) make it difficult for people to adjust their behaviour (Turi et al., 2015). In 2015, "the ABS Survey of Disability, Ageing, and Carers found that 164,000 people living in Australia were affected by autism. This accounted for 0.7% of the population throughout the globe, which is equivalent to "1 in 150 persons" (Australian Institute of Health and Welfare, 2017).
- Many autistic children and teens struggle with controlling their emotions, making them more vulnerable to a variety of mental health issues.

- Children with mental health issues, such as those with autism, will likely have an even more difficult time gaining access to evidence-based treatment, such as cognitive behavioural therapy.
- When it comes to treating children's anxiety, cognitive behaviour treatments (CBT) are among the most effective methods currently available.
- Positive outcomes have also been shown using adapted versions of CBT for treating anxiety in children with ASD.
- In this study we will conduct an analysis that which therapy is best for boosting the adaptability of autistic children, CBT-based group therapy or individual therapy.

Evidence-Based Practice in Social Work

Social workers use Evidence Based Practice (EBP) to make sure their clients get the best possible treatment (Sheldon, 2011). Through EBP, professionals may find the most effective treatments and interventions in the fields of mental health, drug misuse, and general medicine. Social workers use different therapies that includes;

Cognitive Behavior Therapy (CBT)

Group Based Therapies

Family Therapy

Group Interventions

Holistic Approaches

Parent Training

Play Therapy

Psychotherapy

Group-CBT therapy

Group Based Therapy Includes “Group therapy is a kind of psychotherapy in which one or more therapists collaborate with several clients” at the same time in a setting that is open to the public



(Media, 2018)

Individual therapy

It is a reliable remedy for a wide range of psychological issues. The requirements of each kid vary. Treatment plans that are both thorough and flexible might be provided by a single therapist who focuses on children.



(Pietrangelo, 2019)

Research Question

“How Group Cognitive Behavioral Therapy (CBT) Can Help Autistic Children Adapt Better Than Individual Therapy”

PICO

P= Autistic Children

I= Group Therapy or Individual Therapy

C= Group Therapy or Individual Therapy for Boosting the Adaptability

O= Effectiveness

Aims and Objectives

To conclude that **“How Group Cognitive Behavioral Therapy (CBT) Can Help Autistic Children Adapt Better Than Individual Therapy”**

Why Boosting the Adaptability of Autistic Children is necessary

Which cognitive behavioural therapy (CBT) treatment yields the best outcomes for assessing the adaptability of children with ASD, and why?

Both short- and long-term goals will provide the "social work community" with information that may be utilised to improve services, raise public awareness, and advocate for autistic persons.

This study compares and contrasts the group CBT therapy approach with the individual treatment strategy. For the purpose of analysing previously gathered data, these two methodologies were chosen because of their compatibility with previous studies and theoretical frameworks pertaining to society, such as the social learning and the theory of "psychological development." This specific topic was selected because there is a significant gap between the degree to which prior research has dug into social and ethical problems and the degree to which more study is required. This gap was taken into account while selecting this topic (Melero et al., 2021).

Literature Review

Qualitative difficulties in social communication and a confined, repetitive pattern of behaviour, interests, or activities characterise autism spectrum disorder (ASD). Studies show that autistic individuals have a much higher than average frequency of co-occurring mental health issues, especially emotional disorders, with 53% reporting a mood illness and > 50% reporting an anxiety condition at some time in their life. People with autism spectrum disorder (ASD) have unique psychological treatment demands due to their condition's defining clinical symptoms and cognitive abnormalities (Cooper et al., 2018).

With encouraging results, researchers have started applying CBT to a wide variety of patient groups, including children and teens diagnosed with ASD. CBT has been shown to be an effective therapy for teenagers who are struggling with difficulties related to their “mental health.” CBT-based care for children with the “autism spectrum disorder (ASD)” have showed promise, both individually and also in groups “(Reaven et al., 2008).”

There is a wealth of data supporting the efficacy of cognitive behavioural treatment (CBT). Health and social care practitioners are only just starting to tap into its full potential, despite its extensive applicability to a wide spectrum of personal and social issues (from depression as well as phobias to child behavioural difficulties) (Sheldon, 2011).

CBT and Social Work

The fundamental goal of social work is to improve the quality of people's lives and enable them to achieve their most basic requirements, with a focus on those who are most at risk. It is also important for social workers to promote and uphold high standards of practice as outlined in the NASW Code of Ethics (Weaver et al., 2014). That is why it shouldn't come as a surprise that social workers have always insisted on the need of using evidence to inform and direct their work. Evidence-based practice (EBP), or "the integration of best research evidence with clinical knowledge and client values," has further impacted the social work field (Weaver et al., 2014).

One of the most widely used forms of psychosocial intervention, CBT has been shown to be useful for a wide range of mental and behavioural health issues. CBT has had a significant effect on social work practise, especially in light of the current focus on EBP. More than sixty percent of all mental health care in the United States is provided by social workers. CBT is rapidly becoming the model of choice among social professionals. The number of social workers using cognitive behavioural therapy (CBT) in their profession has increased by more than thrice between 1987 and 2007 (Weaver et al., 2014). There is evidence to show that between 30 and 43 percent of social workers in the United States who use CBT do so routinely. There will be a 20% increase in the number of jobs available for clinical social workers in the mental health and drug misuse professions between 2008 and 2018, and experts predict that CBT will be more in demand and employed by social workers. However, many nations suffer from a severe lack of trained CBT therapists despite the high demand and potential benefit of the therapy.

Despite the fact that many social workers report CBT as their technique of choice, there is still a significant chasm between the availability of evidence-based practices and their use in clinical settings. Lack of training among mental health providers in EBPs like CBT has been cited as a possible cause of this ongoing chasm (Weaver et al., 2014).

Implication of Social Work and CBT

Maria, a high school senior from Burlington, North Carolina, is a 17-year-old Latina who is just a little bit overweight. Maria sought treatment at a university primary care clinic when she began experiencing unusual levels of exhaustion. Maria admitted to the physician that she had been drinking alcohol, was not taking her medicine as prescribed, and was experiencing anxiety as they reviewed her symptoms. The doctor "soft handed over" Maria to the team social worker for further evaluation after ordering further tests. Maria related the story of her visit with the doctor. When asked how she was doing, she stated she was "stressed out" and drinking to relieve the tension. She also said she hadn't been taking her diabetic medicine consistently because she'd read online that it may cause her to gain weight. Maria came back to the clinic four times over the course of two months to meet with the team's social worker (de Saxe Zerden et al., 2018).

The social worker helped Maria by (a) providing behavioral health treatments; (b) managing and coordinating care and regularly reporting to the rest of the interprofessional team; and (c) connecting Maria to community resources during these appointments. The social worker's early psychoeducation efforts with Maria centered on the fact that Maria was taking oral medication for diabetes and that drinking alcohol may lead to dangerously low blood sugar levels. Maria had a limited awareness of type 2 diabetes and the physical effects of drinking. The social worker set up a meeting with one of the team nurses so that Maria and her mother (who also had diabetes) could get a "refresher" on diabetes education, including topics such as the disease's genesis, diet, and day-to-day treatment. Maria received psychoeducation from the social worker on the anxiety cycle and its internal (such as nervous self-talk) and external (such as societal pressures) contributors. The social worker also used individual CBT to help Maria tune in to and adjust her internal dialogue. When Maria was feeling overwhelmed by her situation, the social worker gave her some skills for calming herself down, such as practicing mindfulness and deep breathing (de Saxe Zerden et al., 2018).

Methodology

Searching and screening

A comprehensive search for reviews will be conducted. Using the findings from pilot projects and scoping assessments, we will conducted a thorough search of many important databases in the disciplines of psychology and the social work (Atkinson and Cipriani, 2018).

First-stage screening

Trial and error, an improved electronic search strategy will be developed, which made use of both substantive and methodological keywords. Test searches in many databases, including ERIC and PsycINFO, Elsevier utilising key phrases selected based on their familiarity with the research subjects to widen the study's coverage as much as feasible within the available time.

Second-stage screening

The full texts of included studies and reports will be evaluated by two separate reviewers.

When evaluating the study's merits in relation to the objectives, we considered all of these factors and interpret results.

Limitations

One of the limitation of this study includes that it is secondary research. So we have to interpret data from already existing research.

Significance of Research

This study will argue that social work as well as ethical practise are compatible in their pursuit of social and economic justice and the full and meaningful inclusion of people on the autistic spectrum in society. Short-term and long-term objectives will be established via this study to give a guide for future studies, social work practise, public education, and advocacy on behalf of autistic people and their families(Australian Institute of Health and Welfare, 2017).

Proposed Research Timeline

Research Section	Proposed Duration
Title	1-5 th October
Introduction	6-7 th October
Background Study	7-9 th October
Background Evaluation	11-20 th October
Objectives	20-21 st October
Hypothesis	21-23 rd October
The implication of research methodology	24-29 th October
Data analysis and interpretation	1-10 th November
Drawing conclusions and results	10-15 th November
Revision of work for final submission	15 th -20 th November

Conclusion

The study will not just focus on technological superiority, but also on ethical and societal concerns. This research was conducted to demonstrate that social work as well as ethical practise are consistent in their pursuit of the "social also economic justice" for those on the autism spectrum as well as the "realisation of their right to participate in all parts of the community life." Both type of goals short- and long-term will provide the "community of social work " with information that may be utilised to improve services, raise public awareness, and advocate for autistic persons.

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