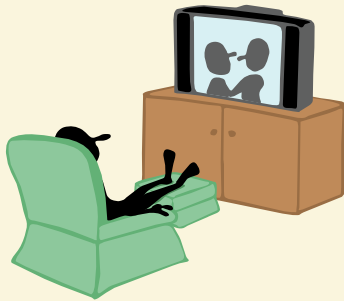




Eunice Kennedy Shriver Center  
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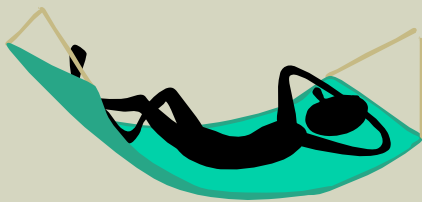


## Teens' Recreation & Activity Choices (TRAC) Research Study



Help us learn what teens with and without intellectual disabilities (ID) and autism spectrum disorders (ASD) do in their free time.

A better understanding of how teens spend their free time is an important first step toward designing effective health promotion programs.



We're looking for adolescents/young adults ages 13-21 who have:

- Intellectual disabilities (IQ<75)
- Autism spectrum disorders (any IQ level)
- Typically developing youth, without disabilities, ages 13-18

### What does TRAC involve?

Participate in a study visit that lasts 1 to 2.5 hours. At this study visit:

- Teens with ID or ASD undergo developmental testing.
- Parents answer questions about their teens' activities; teens are asked about how they spend their free time.
- Teens and parents have their height and weight measured.
- Teens wear an activity monitor for 7 days.

Parents and teens will each be paid \$50 for their participation (\$100 total).

Parents of teens with ASD participate in a screening visit.

### When and where does TRAC take place?

Flexible times: appointments available daytime, afternoons, evenings, and weekends.

Various locations: appointments available in:

- Waltham
- Shrewsbury
- Charlestown
- and other communities

UMMS IRB docket #H-13242

For more information or an initial phone screening interview, contact Melissa at 781-642-0292 or [ShriverHealth@umassmed.edu](mailto:ShriverHealth@umassmed.edu)