

Name of Study: Teens' Recreation and Activity Choices (TRAC) Study
Institution: E.K. Shriver Center, University of Massachusetts Medical School, Waltham, MA
Location: Waltham, MA, Shrewsbury, MA, or Boston, MA
Eligibility Criteria: Teens with autism spectrum disorders (ASD) or teens with intellectual disabilities (ID) or typically developing teens, ages 13 through 18 years
Principal Investigators: Linda Bandini, PhD and Heidi Stanish, PhD
Contact Information: Melissa Maslin, MEd, Research Associate; phone: (781) 642-0292 or email: ShriverHealth@umassmed.edu

Dear Parent,

We are writing to inform you of the opportunity to participate in the **Teens' Recreation and Activity Choices (TRAC) study** being conducted by the Eunice Kennedy Shriver Center/UMass Medical School in Waltham, MA. The study is funded by the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD).

The goal of the TRAC study is to learn more about what teens ages 13-18 with and without autism spectrum disorders (ASD) or intellectual disabilities (ID) do in their free time. Our hope is that information will provide a better understanding of how teens with ID or ASD spend their free time, which is an important first step toward designing effective health promotion programs for them.

Participation in TRAC involves 2 visits. The first visit is a screening visit lasting 1 to 1½ hours during which parents participate in an interview about their teen's developmental history in order to determine their eligibility for the study. The second visit is for both teens and parents and lasts 2 to 2½ hours. Parents complete interviews and questionnaires about their teen's activity patterns and developmental and medical history. Teens with ASD undergo developmental testing and participate in interviews on how they spend their free time. After the visit, the teen's physical activity is measured over 7 days.

Scheduling for TRAC is very flexible. We offer appointments on weekdays, both during regular business hours and early evenings, on weekends, and on some holidays. We offer study visits at the following locations: the Shriver Center in Waltham; the Schrafft's Center in Charlestown (accessible via T); and on South St. in Shrewsbury. Parents and teens are compensated for their participation in the study.

If you wish to learn more about TRAC, please contact Melissa Maslin at the Shriver Center at (781) 642-0292 or via email at ShriverHealth@umassmed.edu.

We hope you will find our study to be of interest and that you will consider participating. Thank you.

Sincerely yours,

Linda Bandini, PhD and Heidi Stanish, PhD
Principal Investigators, CHAMPS Study
E. K. Shriver Center, University of Massachusetts Medical School

IAN Research ID SR00347