

# Augmented Reality Bedtime Routine Application for Children with Autism Spectrum Disorder

## Principal Investigator:

Azadeh Kushki, PhD

## What is this study about?

The researchers at the Autism Research Centre, Holland Bloorview Kids Rehab are doing a study to test out an augmented reality bedtime routine application for children with autism spectrum disorder. We want to see what children and parents think of the application and understand what their experience is like using it at home.

## Who can participate?

- Children 3 to 8 years of age with:
  - A clinical diagnosis of autism spectrum disorder (ASD)
  - Difficulty falling asleep
- Child and Parent must both be able to communicate in English and use basic functions of mobile technology (e.g., taking a picture).

## What is involved?

The study involves using the bedtime routine application on a study-provided tablet each night before bed for two weeks. Parents will be asked to complete some questionnaires about their child and about the application. At the end of the study, there is an up to 20-minute interview over the telephone or Zoom, to find out more about your experience with the application. A study tablet will be mailed to you at the start of the study, and a pre-paid shipping label will be provided afterwards so you can return the tablet to us at the end of the study.

## What are the risks and benefits?

- When you do the study, you may experience 'technical issues' or 'glitches' with the application. Your feedback and experience will help us make the application better.
- The results of this study may help us understand how a bedtime application using AR can help children with ASD with their bedtime routine.

### CONTACT INFORMATION:

To be in the study or to get more information, please contact:

**Robyn Cardy (Study Coordinator)**  
416-425-6220 x 6562

Email: [rcardy@hollandbloorview.ca](mailto:rcardy@hollandbloorview.ca)

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