



**C.A.R.D.**

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**FOR IMMEDIATE RELEASE**  
**November 05, 2009**

### **Center for Autism and Related Disorders Study Finds Hyperbaric Oxygen Therapy Ineffective Treatment for Children with Autism**

**Los Angeles, CA – November 06, 2009** Research conducted by the Center for Autism and Related Disorders, Inc. (CARD), shines new light on the effects of a popular form of hyperbaric oxygen therapy (HBOT) treatment for children with autism and related disorders. The **“Randomized Trial of Hyperbaric Oxygen Therapy for Children with Autism”** study reveals that HBOT, consisting of 24% oxygen delivered at 1.3 atmospheres of pressure, does not have a significant effect on symptoms of autism. This study was led by Doreen Granpeesheh, PhD, BCBA-D; Jonathan Tarbox, PhD, BCBA-D; Dennis R. Dixon, PhD; Arthur E. Wilke; Michael S. Allen, PsyD; and James Jeffrey Bradstreet, MD, MD (H), FAAFP. It is published in the current issue of Research in Autism Spectrum Disorders.



Autism Spectrum Disorders (ASDs) are characterized by the presence of impaired development in social interaction and communication and the presence of a restricted repertoire of activity and interests. While numerous treatments for ASDs have been proposed, very few have been subjected to rigorous scientific investigation.

HBOT has been recently popularized as a treatment for the symptoms of ASDs. The purpose of this study was to test the hypothesis that HBOT would have a beneficial effect on ASD symptoms in the context of a double-blind placebo-controlled trial.

This randomized double-blind placebo-controlled trial compared HBOT used to deliver 24% oxygen at 1.3 atmospheric pressure (n = 18) to placebo (n = 16) in children with Autistic Disorder. Both direct observational measures of behaviors symptomatic of autism and standardized psychological assessments were used to evaluate the effects of the treatment.

CARD researchers found no differences between HBOT and placebo groups across any of the outcome measures. The present study demonstrates that HBOT delivered at 24%

oxygen at 1.3 atmospheric pressure does not result in a clinically significant improvement in the symptoms of Autistic Disorder.

Questions regarding this study should be directed to Dr. Jonathan Tarbox, CARD Director of Research at [j.tarbox@centerforautism.com](mailto:j.tarbox@centerforautism.com) or 818.345.2345.

**About the Center for Autism and Related Disorders, Inc. (CARD):**

CARD is committed to science as the most objective and reliable approach to evaluating treatment for autism. CARD's mission is to conduct empirical research on the assessment and treatment of autism and to disseminate CARD's research findings and derived technology through publication and education of professionals and the public. While the primary focus of CARD's research is ABA-based methods of assessment and treatment, CARD's overall approach to research includes any topic which may hold promise for producing information that could improve the lives of individuals with autism.

In addition, CARD maintains a reputation as one of the world's largest and most experienced organizations effectively treating children with autism, Asperger's Syndrome, PDD-NOS, and related disorders. Following the principles of Applied Behavior Analysis (ABA), CARD develops individualized treatment plans for children worldwide. For more information about CARD, visit [www.centerforautism.com](http://www.centerforautism.com) .