



What is Step It Up?

Step It Up is a research study funded by the Organization for Autism Research that focuses on using a self-managed exercise program to help adults with autism spectrum disorder and accompanying intellectual disability increase healthy exercise habits. The study will compare daily step counts, health measures, and perceived quality of life for adults with autism spectrum disorder and intellectual disability who wear a Fitbit® to those who wear a Fitbit® and also engage in a self-managed exercise program with the support of a coach. Participants will be randomly selected to be in one of two groups: The Fitbit® Group or the Fitbit®+ Coaching Group. After the study, we hope adult participants with autism and accompanying intellectual disability will continue to use self-management skills to meet new exercise goals.

What is Self-Management?

Self-management is a system of self-regulation strategies that help individuals learn to manage their own behavior. Self-management usually comes in packages and can include strategies such as goal setting and self-monitoring. For this research study specifically, participants will learn to use goal setting, self-evaluation, self-monitoring, and self-reinforcement. When individuals with autism spectrum disorder and accompanying intellectual disability are learning to use self-management strategies, they may need someone to help them. Throughout this study, participants will work with a coach who can provide additional support such as prompting or modeling to help participants learn to use the self-management strategies. As participants learn to use self-management strategies the amount of support they get from their coach will hopefully decrease.

What type of physical activity tracker will participants wear?

There are so many great physical activity tracker options to choose from! For this study, participants will wear a Fitbit Flex2™ to track their daily step counts. The Fitbit Flex2™ is swim-proof, can provide reminders to move, and has a battery life of up to 5 days.



What kind of exercise will participants be doing?

Step It Up is a research study designed to get adults with autism spectrum disorder and accompanying intellectual disability moving more throughout the week using self-management strategies. We want participants to participate in exercise that is going to increase the number of steps they take each week such as walking or running.
