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LOCAL

Researchers to study impact of exercise on children with autism

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The Center for Autism and Neurodevelopmental Disorders in Santa Ana has received a grant to study the use of exercise to reduce anxiety in children with autism.

The initial \$103,000 grant comes from the Autism Intervention Research

Network on Physical Health.

The study will be led by Jean Gehricke, a psychologist at the center and an associate professor of pediatrics at UC Irvine. The study, expected to start in the fall, will enroll children who receive treatment at the center.

Roughly 40 percent of children with autism also

have an anxiety disorder, according to the University of Amsterdam.

Among other things, researchers will measure salivary cortisol levels, a biomarker for stress, before and after exercise.

More on autism: CSUF study examines emotional patterns.

See today's Cal State Fullerton Section.