

Using Comic Strip Conversations to Address Obsessive-Compulsive Hand Washing in an Adolescent with Asperger Syndrome

Abstract

Comic strip conversations (CSCs) have been used to address many of the core deficits of autism spectrum disorder (ASD), but few studies use CSCs to treat disorders concomitant with ASD. This study examines the effectiveness of CSCs in reducing anxiety and obsessive-compulsive hand washing in an adolescent with Asperger Syndrome. The primary investigator and participant constructed CSCs over twelve intervention sessions. Formal testing occurred at pre- and post-intervention and hand washing was evaluated by the participant's father using a daily report measure. Daily paternal reports continued for four weeks post-intervention to monitor hand washing during a withdrawal phase. Results show a late occurring and minimal effect of treatment. Following the intervention, the participant exhibited increased cooperation and willingness to discuss challenging behaviors. Clinical implications and limitations are discussed.