

# KF-STRIDE® Strength Identification and Expression

“A Strength-Based Intervention to Improve Job Interview Skills in Young Adults”



## Who is conducting the study?

**Dr. Helen Genova**, a neuroscientist and associate director leading the Center for Autism Research at Kessler Foundation, and her staff, are conducting the study. Kessler Foundation, a major nonprofit organization in the field of disability, is a global leader in rehabilitation research that seeks to improve cognition, mobility, and long-term outcomes, including employment, for people with disabilities.



## What is the KF-STRIDE training tool?

KF-STRIDE – Strength Identification and Expression – training tool to help young adults on the autism spectrum understand their strengths and how to convey them on job interviews. Dr. Helen Genova developed the web-based intervention tool using well-known principles of positive psychology.

KF-STRIDE is currently being tested as part of a study funded by National Institutes of Health.

## What is the purpose of the study?

As young adults on the autism spectrum transition into adulthood, they may face significant challenges when trying to enter the workforce, even more so than adolescents with other types of disabilities.

The purpose of this study is to examine whether a job interview training tool like KF-STRIDE – Strength Identification and Expression – is effective in improving job interview abilities in young adults on the autism spectrum.

## What does joining the study involve?

The entire study is conducted by Kessler Foundation staff members who are kind, considerate and capable.

### 1. Enrollment

Staff members receive a completed informed consent form from applicants and then enroll those interested.

### 2. Baseline Testing

A staff member meets with each participant to assess his or her job interview skills.

### 3. Random Group Selection

Participants are randomly assigned to one of two groups. They will either receive the job training or be part of a waiting group. (Don't worry, the waiting group will also receive training at a later date.)

### 4. Training

Participants in the training group receive free virtual training with our staff in 10 lessons over a five-week period.

### 5. Follow-up Testing

After the training period, a staff member meets with each participant again to perform an assessment of his/her job interview skills.

### 6. Six-month Check-in

A staff member will call each participant approximately six months after training to ask questions about his/her employment status.

### 7. Finished!

Every study participant is compensated for his/her time and participants placed in the waiting group get access to the training.



## Frequently Asked Questions

### Will it help me/my student?

That's exactly what the study is intending to find out! If it does help, it will be tested on a much larger scale, and then will hopefully become available for public use.

### Who qualifies for the study?

Any person ages 14 to 26 with a diagnosis of autism may qualify. Before you join the study, we will speak with you first to make sure it is the right study for you.

### Where/when does the study take place?

The entire study is conducted virtually, so you can participate in the comfort of your home. We try our best to work around your schedule!

### Does it cost money for me to participate?

No, it is free to participate. In fact, we will pay you for your time!

### How do I find out more?

You can click on the link below, which will take you to a confidential survey about the study. Once you complete the survey and provide your contact information, we can reach out to tell you more!

<https://redcap.link/AutismResearchAtKesslerFoundation>



If you have any additional questions, email us directly at [autismresearch@kesslerfoundation.org](mailto:autismresearch@kesslerfoundation.org)



## Do you know a possible candidate?

Help us locate families and individuals who may benefit from the KF-STRIDE job interview training. Feel free to share our contact information: [autismresearch@kesslerfoundation.org](mailto:autismresearch@kesslerfoundation.org)