

Table S1: Description of the characteristics of the studies analyzed (N=7).

Study	Intervention model	Design	Duration		N	Age	Measures
			Programme	Sessions			
1. Ehrenreich-May, y otros, 2020	AFIYA Cognitive-Behavioral program based on BIACA and PEERS	Single Case Study with multiple baselines	16 weeks	90 minutes	6	15-21	<ol style="list-style-type: none"> ADIS-IV-C/P: Anxiety Disorders Interview Schedule for DSM-IV, Child Version, Child and Parent Report Forms (Silverman & Albano, 1996) ADOS: Autism Diagnostic Observation Schedule) (Lord, y otros, 2012) RCADS and RCADS-P: Revised Child Anxiety and Depression Scales, child and parent versions (Ebesutani, y otros, 2010) BASC-2: Behavior Assessment System for Children, Second Edition (Reynolds & Kamphaus, 2004) SRS: Social Responsiveness Scale (Constantino & Gruber, 2005) SCQ: Social Communication Questionnaire (Rutter, Bailey , & Lord, 2003)
2. Gaigg, y otros, 2020	Online Cognitive Behavioral Therapy and Mindfulness	Randomized Clinical Trial			54	23-66	<ol style="list-style-type: none"> ADOS: Autism Diagnostic Observation Schedule) (Lord, y otros, 2012) SRS: Social Responsiveness Scale (Constantino & Gruber, 2005) AQ: Autism Spectrum Quotient (Baron-Cohen, Wheelwright, Skinner, Martin, & Clubley, 2001). WAIS-4: Wechsler Adult Intelligence Scale (Wechsler, Wechsler Adult Intelligence Scale 4th ed, 2012) GAD-7 (General Anxiety Disorder-7; (Spitzer, Kroenke, Williams, & Löwe, 2006), LSAS (Liebowitz Social Anxiety Scale -; (Liebowitz, 1987), STAI-T; (Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, 1983) BAI (Beck & Steer, 1993) HADS A&D Hospital Anxiety and Depression Scale checklist (Zigmond & Snaith, 1983) CORE-OM Clinical Outcomes in Routine Evaluation - Outcome Measure (Evans, y otros, 2000) BVAQ-ID Bermond-Vorst Alexithymia Questionnaire (Vorst & Bermond, 2001) IUS-12 12-item Intolerance of Uncertainty Scale (Carleton, Norton, & Asmundson, 2007) FFMQ Five-Faceted Mindfulness Questionnaire (Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006)
3. Ordaz, Lewin, & Storch, 2018	TALAA Treatment for Anxiety in Late Adolescents With Autism	Single Case Study	16	60	1	18	<ol style="list-style-type: none"> ADIS-5 (Anxiety Disorders Interview Schedule DSM-5) (Brown & Barlow, 2013) Y-BOCS; Yale-Brown Obsessive Compulsive Scale Symptom Checklist (Goodman, y otros, 1989)

									3. CGI-S (Clinical Global Impression of Severity (Guy, 1976)
									4. ADOS: Autism Diagnostic Observation Schedule) (Lord, y otros, 2012)
									5. WASI-II; Wechsler Abbreviated Scale of Intelligence-Second Edition (Wechsler, 2011)
									6. BAI (Beck & Steer, 1993)
									7. CAIS-P; Child Anxiety Impact Scale-Parent (Langley, Bergman, McCracken, & Piacentini, 2004)
									8. Family Accommodation Scale for Anxiety (FAS-A; (Lebowitz, y otros, 2013)
4. Parr, y otros, 2020	Personalised Treatment-Autism (PAT-A©) with Mindfulness and VR Exposure	Anxiety	Randomized Clinical Trial with control group.	12 individual sessions	+	undetermined	40	>18	1. SRS: Social Responsiveness Scale (Constantino & Gruber, 2005; 2012)
									2. Anxiety Scale for Autism-Adult (ASA-A) (Rodgers, y otros, 2020):
									3. HADS Hospital Anxiety and Depression Scale checklist (Zigmond & Snaith, 1983)
									3. ADIS-5 (Anxiety Disorders Interview (Brown & Barlow, 2013)
									4. WHOQOL-BREF (WHO Quality of Life-BREF) (The WHOQOL Group, 1998)
									5. EQ-5D EuroQoL 5 dimensions, 5 levels health survey (Herdman, y otros, 2011)
									6. TAS-20 Toronto Alexithymia Scale-20 (Bagdy, Parker, & Taylor, 1994)
									7. W-ADL Waisman Activities of Daily Living Scale (Rodgers, y otros, 2017)
									8. Reasonable adjustments. Ad hoc checklist based on (Lipinski, Blanke, Suenkel, & Dziobek, 2019)
5. Sizoo & Kuiper, 2017	Cognitive Behavioral Therapy and Mindfulness (MBSR)	Behavioral	Two-group experimental trial	13		90	59	>18	1. HADS Hospital Anxiety and Depression Scale checklist (Zigmond & Snaith, 1983).
									2. GMS (Global Mood Scale) (Denollet, 1993)
									3. RRQ (Rumination-Reflection questionnaire) (Trapnell & Campbell, 1999)
									4. IBI (Irrational Beliefs Inventory) (Koopmans, Sanderman, Timmerman, & Emmelkamp, 1994)
									5. SRS Social Responsiveness Scale (Constantino & Gruber, 2005)
									6. MAAS (Mindful Attention Awareness Scale) (Brown & Ryan, 2003)
									7. ADOS (Autism Diagnostic Observation Schedule) (Lord, y otros, 2012)
									8. ADI-R (Autism Diagnostic Interview- Revised (Lord, Rutter, & Le Couteur, 1994)
				11		120	18	22-48	1. LSAS Liebowitz Social Anxiety Scale LSAS (Liebowitz, 1987)

6. Spain, Blainey, & Vaillancourt, 2017	Group Behavioral Therapy	Cognitive	Non-randomized trial with pre- and post-test						2. HADS Hospital Anxiety and Depression Scale checklist (Zigmond & Snaith, 1983)
									3. WSAS Work and Social Adjustment Scale (Mundt, Marks, Shear, & Greist, 2002)
									4. Friendship Questionnaire ad hoc not validated
7. Wise, y otros, 2019	Modular Behavioral Therapy (MBCT) in groups	Cognitive	Open rehearsal	16	60	7	16 y 20	1. ADOS (Autism Diagnostic Observation Schedule) (Lord, y otros, 2012)	
								2. ADIS-5 (Anxiety Disorders Interview (Brown & Barlow, 2013)	
								3. Hamilton Anxiety Scale (HAM-A) (Hamilton, 1959)	
								4. WASI-II; Wechsler Abbreviated Scale of Intelligence-Second Edition (Wechsler, 2011)	
								5. BAI (Beck & Steer, 1993)	
								6. CGI-S (Clinical Global Impression of Severity (Guy, 1976)	

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