



MINDS study

Can I take part?

- Are you an **Autistic adult**, have **ADHD**, or are **both Autistic and ADHD** ('AuDHD')? (diagnosed/self-identified)
- Do you have **anxiety, depression, distress or similar mental health difficulties**?
- Have you **spoken to a healthcare professional at your doctor's surgery** about your mental health?
- Are you **age 18+** and **based in the UK**?

Then yes!

You will not be able to take part if you are under the care of the community mental health team or psychiatrist (for anything other than autism/ADHD medication)

For Autistic and ADHD adults

Do you want to make a difference?



To find out more about the study:

- Email Sian: MINDS@soton.ac.uk
- Visit: <https://tinyurl.com/MINDS-STUDY>
- Or scan the QR code with your phone



What does it involve?



Read about the study and answer some questions about yourself



Take part in an interview for 60 to 90 minutes online, on the phone or in-person



You can **take part in a way that works for you** e.g. taking breaks, fidgeting/stimming are welcomed



£30 thank you voucher

Know someone who could take part? **Pass this on!**