

Want to take part in research?



South London
and Maudsley
NHS Foundation Trust

What's the study about? The aim of this study is to test whether a new app called 'Molehill Mountain' could help some autistic people to better understand and self-manage their anxiety. We want to know how easy the app is to use, how people choose to use the app, whether it is effective in reducing levels of anxiety over time, and how it can be improved for the future.

Can I take part? Yes, if you are an autistic person aged 16-years or above who experiences anxiety, are registered with a GP service, and have access to a SmartPhone/ Device.

What will I be asked to do? We would invite you to fill in some questions about yourself, anxiety and personal goals several times over the course of the study. We would also invite you to download and use the Molehill Mountain app for 13-weeks. At the end of the 13-weeks, we will ask for your feedback on using the app.

How do I find out more and get involved? To find out more information about the study, please contact the research team, Beth and Charlotte (MolehillMountain@kcl.ac.uk).

This study will be open until June 2023.