

Are you an autistic person aged 16 to 18 years who has some experience of anxiety or depression?

If so we are asking if you would like to take part in a research project

What is the research about?

We're researchers at UCL who want to find ways to give better mental health support to autistic young people.

To do this, we need to understand why autistic young people sometimes have anxiety (e.g., feeling worried or scared) and/or depression (feeling really sad and/or hopeless).

We want to learn more about what helps autistic young people with their anxiety and depression.

What does taking part involve?

- We are interviewing autistic young people.
- The interview can be done however makes you most comfortable (e.g. in person, by phone/video call, or in writing by email or messages)
- You will receive a £20 token in thanks.
- We will also ask you if you are happy for us to invite your parent or guardian to take part

Who can take part?

You can take part if you:

- Have been diagnosed with autism (and this includes diagnoses of autism spectrum disorder/condition, Asperger's syndrome, etc.)
- Are aged between 16 and 18 years
- Have current or past experience of anxiety and/or depression



We would especially like to hear from people who are often left out of autism research (e.g. those who are from a non-White ethnic group, live in a low-income household, are LGBTQ+ etc.)



About the researcher

Hi, I'm Sarah and I'm the researcher who you'll talk to if you take part in the study. In my research I'm interested in understanding how to support autistic people with their mental health. I'm autistic myself and have experienced mental health challenges in the past. Outside of research, I love making art and going to metal gigs.

If you would like to take part, please contact Dr Sarah Hampton at sarah.hampton.13@ucl.ac.uk or 020 3108 8498 to find out more