



WE ARE RECRUITING!



**£10
VOUCHER**

SIBLINGS OF AUTISTIC CHILDREN NEEDED FOR RESEARCH

CAN ACT HELP IMPROVE COMMUNICATION?

Researchers at St Mary's University are examining the effectiveness of Acceptance and Commitment Therapy (ACT) among adolescent siblings of Autistic Children, focusing on communication challenges.

WHO CAN TAKE PART?

- ✓ Aged 10-19 years
- ✓ Have autistic brother or sister
- ✓ Currently live in the same household

WHAT WILL YOU DO?

- ✓ Attend 8 weekly small group sessions
- ✓ Learn ACT-based communication skills
- ✓ Take part in discussions and activities
- ✓ Share experiences in a supportive group setting

HOW LONG WILL IT TAKE?

- ✓ 8 small-group sessions, with 3-6 young people per group
- ✓ Approximately 1 hour per session

WHY TAKE PART?

- ✓ Learn new communication and coping skills
- ✓ Meet young people with similar experiences
- ✓ Contribute to research that may improve sibling support

INTERESTED?

SCAN TO LEARN MORE / REGISTER



Contact

Hafiza Hafsa Mahmood

PhD Candidate, St Mary's University

2312294@live.stmarys.ac.uk

IMPORTANT

- Participation is voluntary
- Information will remain confidential
- Parent/guardian consent required if under 18

TAKE PART • BUILD SKILLS • RECEIVE A £10 VOUCHER AS A THANK YOU