

# Are you the parent or guardian of: an autistic child aged 3 to 9 years who has some experience of anxiety and/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 parents of autistic children.
- The interview can be done however makes you feel most comfortable (e.g. in person, by phone/video call, in writing by email etc.).
- Each parent who takes part will receive a £20 token in thanks.

## Who can take part?

You can take part if you are the parent or legal guardian of a child who:

- Has been diagnosed with autism (and this includes diagnoses of autism spectrum disorder/condition, Asperger's syndrome, etc.)
- Is aged between 3 and 9 years
- Has 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 also autistic myself and have experienced mental health challenges in the past.

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