

# Research Participants Needed!



**Are you an autistic person aged  
18 or over?**

**and**

**Have you ever been referred to  
NHS Talking Therapy services?**

## What is this study about?

We are looking to understand the perspectives of autistic adults on the factors that may help or hinder access to NHS Talking Therapy services. We are also looking to understand whether this is influenced by aspects of identity such as sex/gender, age and ethnicity.

## Participation involves:

- A short online survey
- 60–90-minute video interview (shorter and cameras off if preferred)
- £75 in shopping vouchers via email in appreciation of your involvement

## Who can participate?

You can take part in this study if you:

- Can attend an online Microsoft Teams/Zoom Meeting
- Have a diagnosis or think you are autistic (self-identify)
- Have ever been referred to psychological therapy services
- Are a current resident in the UK
- Are aged 18+

**Interested in taking part? Scan the QR code to complete  
a short expression of interest form!**



Please contact [inclusivetalk@ucl.ac.uk](mailto:inclusivetalk@ucl.ac.uk) for any queries. You are welcome to let us know of any adjustments related to disability or neurodivergence to support our interaction.