

Dear Sir/ Madam,

The current COVID-19 pandemic and the associated measures have a tremendous impact on our daily functioning and psychological well-being. There are social restrictions, daily routines get disrupted, and we need to adapt quickly to a new reality. This may especially affect autistic individuals. Therefore, organizations and media outlets have posted articles with tips and advice for autistic individuals. We from the research group EXPLORA (<https://www.ugent.be/pp/en/research/explora>) aim to get a more complete picture of the impact of the current COVID-19 pandemic and the associated measures on daily functioning and psychological well-being of autistic adults, by asking them directly. To this end, we have put together a short online survey, assessing what is experienced as more challenging, whether there are also positive aspects, and any specific needs autistic adults may have.

The survey can be filled out by anyone (with or without ASD) of 18 years or older, living in the United Kingdom, the Netherlands, or Belgium. You can find the survey here ( $\pm$  20 minutes),:

<https://tpsSurvey.ugent.be/limesurvey315/index.php/513274?lang=en>

If you have any questions, please reach out to our team at [explora@ugent.be](mailto:explora@ugent.be).

Thank you very much in advance,

Kind regards,  
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Dr. Annabel Nijhof  
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Prof. dr. Roeljan Wiersema, on behalf of EXPLORA