

Title of study: Participating in improv comedy classes for autistic adults: exploring the benefits and impact on anxiety

I am interested in exploring the effects autistic adults (16 years and older) experience when they participate in improv comedy classes. I am looking for

Autistic people to be a part of this study that are:

- 16 years old or over
- Diagnosed or self-identify as Autistic
- Able to attend four classes with a focus group afterwards each week at a mutually convenient time



If you choose to participate, you will access a short 'Introduction to Improv Comedy' course for anyone around the world. You will be asked to complete a few tasks (incl. focus group discussions).

Classes can begin when four people are able to attend the same class (day and time)

If you would like to take part, or find out more information, please get in touch with:

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