

Autistic people's experiences of change, and no change, in therapy for anxiety: A qualitative study

We are recruiting for interview participants!

Are you:

- An autistic person (either diagnosed or self-identified)?
- Aged 18+ and without an intellectual disability?
- Able to take part in an interview, in English via MS Teams video call?

Have you:

- Had talking therapy for anxiety within the last two years?

What is involved: Questionnaire

- If you would like to volunteer to take part in an interview, you can scan the QR code below, or visit dub.sh/LzKn6iS
- You will then be able to read the information sheet and decide whether to give consent to fill out a questionnaire.
- We are seeking a small, representative sample. Unfortunately, we cannot guarantee if you fill out the questionnaire you will be invited to an interview.
- A video call interview will last up to 75 minutes, and will be recorded
- The interview will be about your experience of therapy for anxiety, to understand your perspectives on what happened during therapy and what helped or didn't

What is the research for?

We want to understand more about **what happens** during therapy, and which **techniques** or aspects of therapy have felt helpful, unhelpful or neutral to autistic people. We want to understand **how** therapies work. We hope that this will help us learn more about how to **improve therapies** – **not just adapt** them.

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This study has been approved by the UCL Ethics Committee:
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