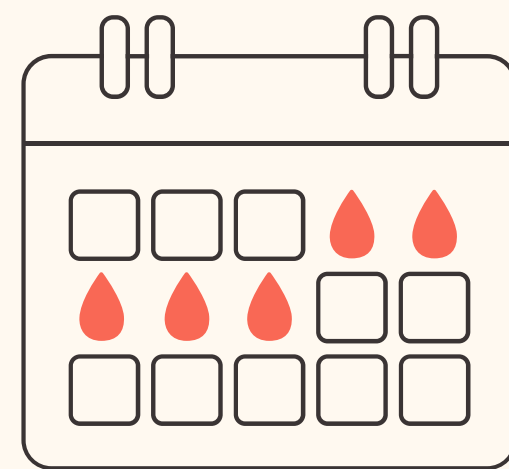


ARE YOU AUTISTIC WITH EXPERIENCE OF MENSTRUAL PERIODS?



Help shape and design a new digital diary study about autism and the menstrual cycle



WHAT WOULD I DO?

If you choose to be involved, you would join a small group of around 3-6 people. We would meet online at different stages of the study to share ideas. You would help make important decisions about the study, including:



What questions people taking part in the study should be asked



How the digital diary study would work, such as what platform would be used



How to make the study easy to understand and take part in for autistic people



How we should tell people about the study



How to share what we found with autistic people and those who support them



There are no right or wrong answers. I want to hear your opinions, ideas, and experiences.



WE ARE LOOKING FOR A WIDE RANGE OF AUTISTIC VOICES

We are looking to hear from a **wide range of autistic people across the UK.**

You **do not** need a formal autism diagnosis. You must be **over the age of 18.**

We hope to include people of different ages, ethnicities, backgrounds, gender identities, communication and support needs, and experiences of menstrual periods.

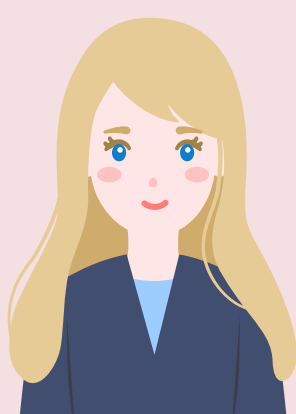
This will help make sure that the study is shaped by a range of autistic people and their experiences.



If you choose, you can bring someone you trust to support you.



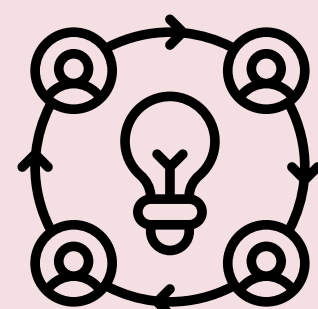
You will be given gift vouchers for the time you spend helping with the study



A LITTLE ABOUT ME

I'm Carrie McCabe. I'm an autistic PhD student at the University of Stirling. I also have lived experience of menstrual health conditions.

I am looking to better understand how autistic people experience the menstrual cycle, to help improve support.



WHY GET INVOLVED?

Research about autism is often designed **without** autistic people involved. This means it might not focus on what autistic people want, or be easy for autistic people to take part in.

By sharing your ideas, you can help improve my study, and make sure my research is designed **with autistic people, not just about them.**

INTERESTED?

Scan the QR code register your interest

Registering your interest does not mean you have to join



SCAN ME



Prefer email? Contact me at:
carriemccabe@stir.ac.uk