Autistic Adults' Perspectives on Outdoor Psychological Therapy

About the study

We are exploring autistic adults' perspectives on what receiving psychological therapy outdoors might be like. We want to understand whether this approach might feel helpful, or unhelpful, and how you think therapy outdoors might impact your experiences in therapy

You can take part if you:

- Are 18+
- Have a formal diagnosis of autism
- Are a resident in Scotland
- Have experienced mental health difficulties now or in the past
- Have previous experience of engaging in therapy
- Have not previously received therapy outdoors
- Are open to the idea of receiving therapy outdoors
- Are able to take part in an interview conducted in English

What's Involved?

- A short questionnaire (10-15 minutes)
- One confidential interview (45-60 minutes)
- You will be given questions in advance to help you know what to expect
- You can pause, take breaks, or stop at any time

Your insights could help us understand more neuro-affirmative therapeutic practices for autistic adults



If you are interested in taking part scan the QR code to see the participant information sheet, or access forms to complete a brief screening questionnaire or enter your contact details.

You can also contact:

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More Information