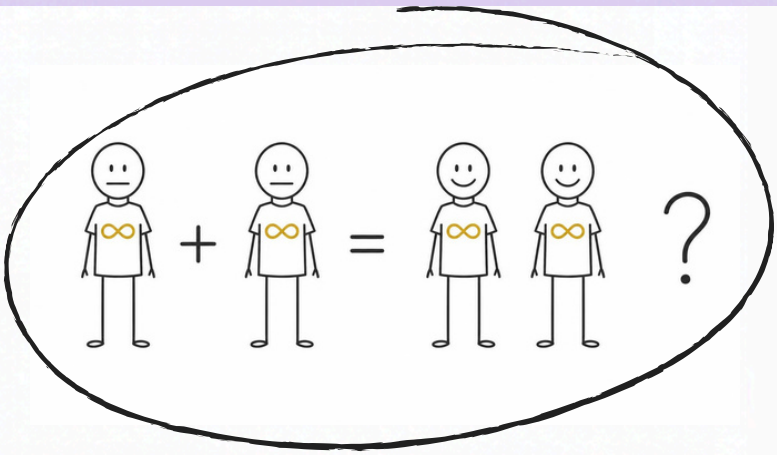
Durham University

THE UNIVERSITY of EDINBURGH

Scottish autism
WHERE AUTISTIC PEOPLE ARE VALUED

Community, Connection and Quality of life
A Survey for Autistic Adults

We want to understand how spending time with other autistic people relates to quality of life. We're interested in how much contact you have and would like, what helps or gets in the way, and what that contact feels like for you.



Who can take part?

You can take part if you are

- Autistic (formally diagnosed or self-identified)
- Aged 18 or over

You can take part from anywhere in the world. You don't need to have any contact with other autistic people, we want to hear from you either way.

What's involved?

If you choose to take part you will complete an anonymous online survey about your contact with other autistic people, access to that contact and your quality of life. The survey should take about 25-40 minutes to complete.

Who is doing this research?

This research is being conducted by George Watts, an autistic PhD researcher at Durham University. The research team includes a mix of autistic and non-autistic researchers from the Durham University, University of Edinburgh and Scottish Autism.

If you have any questions or would like more information, please email georgina.n.watts@durham.ac.uk

Scan the QR code to take part

This research has been reviewed and approved by the Psychology Ethics Committee at Durham University. Ethics reference: PSYCH-2026-16992-17652