Participants Needed: Exploring how autistic adults manage energy

Who to contact for more information:

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About This Study

We are inviting autistic adults to share experiences of managing their energy and capacity in response to life's demands.

This might include balancing activity and rest, responding to busy or demanding periods, and finding ways to recover over time.



Who Can Take Part

This study may be particularly relevant to people interested in how everyday demands affect their energy and wellbeing:

- **Autistic adults aged 18+**
  - **Living in the UK**
  - **With a formal autism diagnosis**
  - **Without ADHD or a learning disability**
  - **English literate**

Taking Part

You will be invited to reflect on your experiences over one week in whatever way feels most comfortable:

- **Email reflections**
- **Voice notes**
- **Photos with captions**
- **Optional Microsoft Teams conversation**

Important information

- **All information will be anonymised**
- **No right or wrong answers**
- **Share as much or as little as you wish**
- **You will be sent a guide with optional prompts to support feedback.**

Researcher

Laura Steer
Trainee Counselling Psychologist
York St John University

The study was reviewed and approved by the research ethics committee at York St. John University.

Your Voice Matters

This research aims to better understand autistic wellbeing, supporting improvements in resources and mental health services. Your experiences are valuable.

You will receive a £10 digital Love2Shop voucher code as a 'thank you' for your time and contribution.