

## Research Participation Opportunity

**Participants required to help us understand more about the relationship between autistic traits and mental health difficulties in the general population.**

### What is this study about?

Research has found that autistic people and people with increased levels of autistic traits may be more likely to experience difficulties with their mental health, such as anxiety and depression. There may be several reasons for this, and the reasons are still not fully understood. The aim of this study is to understand more about what factors influence the relationship between autism and different mental health difficulties. We hope this study will add to the current understanding of why autism and mental health difficulties co-occur.

### What does taking part involve?

Taking part involves completing an anonymous survey online. The survey will ask you a series of questions about mental health difficulties and autism.

This will take approximately 20-30 minutes to complete.

### Who can take part in the study?

We are interested in hearing from everyone who is aged 18 years old or over.

Our aim is to understand the relationship between autism and mental health difficulties across the spectrum. **You do not have to have a diagnosis of autism and/or a mental health difficulty to take part in this study.**

**For more information about the study and to take part follow:**

<http://bit.ly/3SwAuUU>



If you have any questions, please email us at:  
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