Developing a psychosocial intervention for adults with Autism Spectrum Disorder and anxiety

Anxiety is a feeling of unease, for example worry or fear. Adults with Autism Spectrum Disorder (ASD) can often feel anxious. The aim of this study is to help people with ASD manage their anxiety. This study has two separate phases: a) looking at anxiety in adults with ASD and b) developing an intervention to help adults with ASD manage their anxiety. In the first phase, we will ask people with ASD and carers of people with ASD about what anxiety is like for individuals on the Autism Spectrum. To do this, we will hold interviews and also have an online questionnaire that people can fill out. We will also ask professionals (e.g. psychologists) what their experience is with helping people with ASD feel better. In the second phase, we will develop an intervention which we hope will help people with ASD manage their anxiety. A small group of adults with ASD and anxiety will take part in the study and we will check their anxiety levels before and after the intervention to see if there are any changes.

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