



PARTICIPANT INFORMATION SHEET FOR YOUNG PEOPLE

Pilot of well-being groups for autistic teenagers

Would you help us with our research?

We are researchers at University College London. We are inviting you to take part in a research project. Please read this information sheet carefully. You can talk to other people about it if you would like. You can ask me any questions before you decide.



Why are we doing this study?

This is the first part of a bigger research project. We want to help autistic young people feel happy and live a good life. We have been working with autistic young people and others to design a new group to achieve this. This project is to try out, or pilot, the group.

Who is invited to take part in this study?

We are inviting autistic young people aged 11 to 16 years to take part in this research.



What will happen if I take part?

1. You and your parent(s) will be invited to a short **hello meeting** with a researcher. This takes place online and will last about 30 minutes. You and your parent can ask the researcher any questions, and this can help you decide if you want to take part in the study. Also, the researcher will ask you some questions to check this study is right for you.
2. If you decide to take part, we will arrange for you to attend eight online group sessions, and fill out a short questionnaire after each session.

The sessions will be held on MS Teams and will take place at the same time each week (starting between 4-5pm). The dates will be: Tuesday 29th October, Tuesday 5th November, Tuesday 12th November, Tuesday 19th November, Tuesday 26th November, Tuesday 3rd December, Tuesday 10th December, Tuesday 17th December



In the sessions you will:

- Meet other autistic people aged 11-16 years old
- Meet the group facilitators who are adults
- Play a game to learn about autism
- Be given tasks to do in between sessions at home



At the end of the study, we will give you a £50 shopping token to thank you for filling out all the questionnaires and taking part.

Do I have to take part?

No! It is up to you whether you take part. If you do not want to take part that is fine, and your decision won't affect your education or anything else in any way. You can stop taking part at any time during the study and don't have to say why. Just say "I don't want to do it anymore" and nobody will mind at all. We have also told your parents/carers about the study and asked them if they are happy for you to take part.

Are there any risks in taking part in this study?

You will take part in game sessions where you will learn about autism. Some sessions will explore difficult topics, like when people are unkind to autistic people. We will not ask you to share your own experiences, but this can remind people of difficult experiences they've had.

If you become upset, we will contact your parent/guardian or another adult you trust. Your parent/guardian can be with you during the sessions if you would like. If you are upset in the sessions, we can offer you and your parents/guardians advice on how to get support if you need it. This might include information about charities and support groups that could help you.

What happens to information you collect about me in the study?

- If you tell us something that makes us worry about your safety, or the safety of someone else, then we might have to share that information with your parent and other relevant adults, such as your doctor.
- When we finish the research we will offer you the chance to discuss the findings with us, and you will have the opportunity to stay involved by giving us advice during the next part of the research project.
- We will also write a report about the study and our findings. We hope to publish these in scientific journals so that other researchers and professionals can benefit from what we have learnt too.
- Your information will be pseudonymised. This means that your information will be linked with a number rather than your name or other personal information. This means that no one will be able to identify you from the research project reports.
- If you decide after doing the questionnaires that you do not want us to use your information in the study, you can ask us to delete your information. If you would like to do this, please do so before December 2024.

What are the benefits of taking part?

Your participation will be important in helping us develop well-being groups for autistic teenagers. Hopefully, the things we find out will help improve support for autistic young people. Some people feel good about helping others by taking part in research.

We will also give you a £50 Love2shop voucher to thank you for taking part.

If I have any questions, who can I ask?

If you have any questions, please contact Kate:
Dr Kate Cooper (Researcher and Clinical Psychologist)

k.r.cooper@ucl.ac.uk



Data Protection privacy notice

The controller for this project will be University College London (UCL). The UCL Data Protection Officer provides oversight of UCL activities involving the processing of personal data, and can be contacted at data-protection@ucl.ac.uk. Further information on how UCL uses participant information can be found in our

'general' privacy notice. For participants in health and care research studies, click [here](#)

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL at data-protection@ucl.ac.uk