



Autistic Adults and other Stakeholders Engage Together Improving Health Draft Research Priorities

Mental Health Priorities

1. How can we better understand and reduce trauma in autistic individuals?
2. What can we do to improve society's acceptance and general understanding of autism? How can we reduce bullying, exclusion, and stigma at a societal level?
3. What is the effect of using community-available interventions such as physical activity, yoga, meditation, mindfulness, tai-chi, animal-assisted therapy, art or music-based approaches on quality of life, depression, and anxiety in autistic individuals?
4. How can we better measure negative outcomes of social-behavioral, pharmacological, and other interventions which are available to autistic individuals?

Access to Healthcare

1. Do peer navigators or technology (e.g. apps) improve access to healthcare for autistics?
2. Does providing free non-medical transit, such as Uber or Lyft, help autistic people get to their medical and health appointments?
3. How can we improve the communication between health providers and autistics?

Gender & Health

1. How can we improve autism diagnosis in females and non-binary individuals on the spectrum?
2. How can we improve gender and sexual health resources for better relationships and reducing rates of sexual abuse and trauma among autistics?
3. How do hormonal changes across the lifespan affect the skills, abilities, and sensory systems of autistic individuals?