

Managing emotions - What works for you?



Many autistic people seek help for managing emotions. While there has been some research on what works, we don't know what autistic people think about the help they receive for their emotions. If you are an autistic person (or you are a carer of an autistic person) who has received help for managing emotion (e.g., meltdowns, feeling overwhelmed), we'd love to hear your thoughts on this important area.

Who can participate?

People who:

- ✓ have a diagnosis of autism or identify as autistic
- ✓ Carer of an autistic person
- ✓ Aged 12+ years
- ✓ Have received professional help in emotion regulation
- ✓ English language competency
- ✓ Have access to the internet
- ✓ People from any country are welcome

What is involved?

The survey includes tick box questions as well as free text questions. It will take 20-30 minutes to complete.

You can choose to have someone help you to complete the survey.

***Eligible participants can elect to be part of a random draw for 1 of 10 x \$50AUD Prezzy vouchers.**

***Eligible participants are participants currently living in Australia, New Zealand, United States of America or United Kingdom who voluntarily provide an email address during the survey.**

For more information
Please contact:

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This research will form part of a PhD research project under the supervision of
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La Trobe University Human
Ethics Committee approval:
HEC 230324

Take the survey!



<https://redcap.latrobe.edu.au/redcap/surveys/>

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If you prefer an alternate option to provide your thoughts please contact Dianne to discuss.