



## Participant Information 'Easy Read Version'

### Autism Transition to Adulthood Group (ATAG)



#### Useful words

**You** – you, if you decide to be in this ATAG research

**We** – the ATAG study team

**ATAG** – Autism Transition to Adulthood Group, a group where you will learn about being autistic and how to get the support you need.

**UC** – 'Usual Care' is the health and social care support on offer to you. This will include the standard health and social care available in your area for autistic people between 16-25 years.

**Randomisation** – a way to group people with the same chance of getting **ATAG** or **UC**

**Informed consent** – learning about a study so that you understand it fully. Then, you can decide if you want to take part



## Important things you need to know



- We are inviting autistic young people aged 16-25 years old to take part in research.



- We want to know if a group called Autism Transition to Adulthood Group (ATAG) helps improve well-being for autistic young people.

- If you **take part in this study:**

You will receive either **ATAG** for **6 sessions**,

Or

**Usual Care (UC)**, which is the standard health and social care available in your area for autistic people between 16-25 years. This may include mental health support or post-diagnostic support.



**50:50 chance**

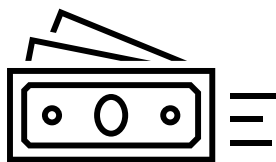
- You will have a 50:50 chance of getting ATAG or UC. This is done so that everyone has the **same chance of getting ATAG or UC**. This means that comparing the groups will be fair.



- This will be decided by a process called **randomisation**. This means a computer programme randomly assigns you to ATAG or UC.
- If you experience any **problems** or have any **concerns** during the study, please **let the research team know** using the **contact details** on [page 6](#) of this leaflet.
- We can talk to you **in person**, by **video call**, on the **phone**, by **email**, or **a method preferred by you.**



- You will **answer questions about how you are doing and which services you use** at the start of the study, and after 8 weeks, 16 weeks, and 24 weeks.



- You will get a **£10 gift voucher** for answering these questionnaires (up to £40 in total)



- **You can stop being in the study at any time**, and you don't have to tell us why.
- If you stop being in the study, it will not affect your medical care, social care or legal rights.

## If you want to take part, you need to:

- be aged 16-25 years old;
- have a diagnosis of autism;
- be able to complete forms with questions online or on paper;
- be able to give **informed consent** to take part.

## If you want to take part, this would happen:



Please request the full Participant Information Leaflet. You can do this by:

Emailing: [atag@bath.ac.uk](mailto:atag@bath.ac.uk)



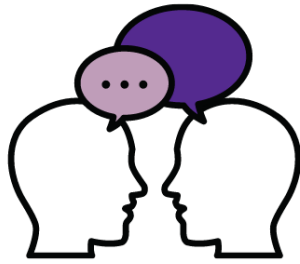
writing to us at ATAG  
Study, Department of  
Psychology, University of  
Bath, BA2 7AY



calling or texting us on  
07812707347



**It is up to you if you  
want to take part** in this  
study, or not. You can **ask  
us any questions** before  
deciding.



If you want to, you can also talk to family, friends, carers, or your doctor about the study before deciding.



Next, we would ask you to **complete an Expression of Interest form**. We will give this form to you. Or we will send you a link so you can complete it **online**



You would get **either ATAG or UC**

**If you receive ATAG** you will have 6 online **sessions**, lasting one hour.



You can stop attending the group if it does not suit you.

If you are uncomfortable, you are allowed to:  
skip any questions  
take a break  
stop participating

It is completely ok to stop participating



If you have any **problems** during the study, you will be able to **contact the study team directly.**

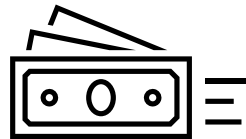


The information you provide to the research team will be treated as **confidential** unless you tell the research team or therapist that **you or someone else** is at **risk of harm**, or that you have or intend to, **commit a crime**.

If this happens, the research team will have to **inform the relevant authority**. We will discuss this with you first.



We will send you **forms with questions** to answer after **8 weeks, 16 weeks and 24 weeks.**



You will get a **£10 gift voucher** for answering each questionnaire (possible total of £40 for answering questions at the start and after 10, 16, and 24 weeks)

## What are the next steps?

1. If you would like to take part, please complete the expression of interest form online or contact the research team.
2. If you are eligible to take part, the study team will be in touch to answer any questions you may have, record your consent and arrange your first study appointment.

Our email address: [atag@bath.ac.uk](mailto:atag@bath.ac.uk)

Our phone number: 07812707347

**Thank you for taking the time to read this information.**

**Please keep a copy for your records.**

FUNDED BY

**NIHR** | National Institute for  
Health and Care Research

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