Appendix A

The questions below illustrate only some of the questions available on our online survey; these reflect those questions associated with ascertaining mental health and mental health priorities.

Survey Questions Used To Determine Mental Health Priorities

Below are interventions that exist for improving mental health. If you were to be invited to participate in a research study on interventions to improve mental health, please indicate whether you would be interested in participating in a study that used that intervention.

Step 1: CLICK and DRAG the Items to the Boxes to show us whether you would participate in a study with that intervention.
Step 2: After completing Step 1, show which items are most and least desirable to research by re-ordering the items.

If there is another intervention that research should evaluate to address mental health in autism, what would that be? [Essay box]
If you were to participate in a study about mental health, which outcomes do you think the researchers should measure?

*Step 1: CLICK and DRAG the Items to the Boxes to show us whether that outcome is important to you.*

*Step 2: After completing Step 1, show which items are most and least important to include in research studies by dragging the most important to the top, and the least important to the bottom.*

Is there another outcome that you think researchers should measure to assist in their understanding of mental health in autism? [Essay box]

Imagine a breaking news headline about Autism Research. What headline would you most want to see? If you have several in mind, you can share more than one. [Essay box]
**Personal Health and Access to Healthcare Questions**

How would you rate your mental health? [Visual sliding scale, pictured below, with each option presented as the person slides the scale]

![Visual sliding scale with emojis from sad to happy]

Why did you rate your mental health that way? [Essay box]

Show us how satisfied or dissatisfied you are with being able to visit a mental health care provider who you trust? [Visual sliding scale, pictured below, with each option presented as the person slides the scale]

![Visual sliding scale with emojis from sad to happy]

What people or things have helped you be able to obtain mental health care, either in crisis or supportive mental health care? You can name types of people (e.g. friend) or other things that help you get to your doctor, but don't share anything that can identify you. [Essay box]

*Crisis response providers* are people who are on phone or text call lines when someone is having a crisis or suicidal ideation. Have you accessed crisis mental health care previously? [Yes, No]

If you had to give the crisis response providers a grade in how well they addressed the reason for your call, what grade would you give them? Use the sliding bar to select the grade. [Visual sliding scale, pictured below, with each option presented as the person slides the scale]

![Visual sliding scale with options A through F]

Why did you give the crisis response care providers that grade? [Essay box]
**Demographic Questions**

What best describes your gender? [Male, Female, Prefer to Self-describe]
[If ‘Prefer to Self-Describe’ was selected]: I prefer to self-describe my gender as [Text box].

How old are you in years? [Text box]

Please describe your marital or dating status.

I would identify my ethnicity as… [Select one]

I would identify my race as… [Select one]

My highest level of education is… [Select one]

My employment status is… [Select one]

You indicated you were not currently employed. Are you not employed because this is your choice? [Select one]

You mentioned you were not employed but maybe wanted to be. What is the reason you are not employed? [Essay box]

I live… [Select one]

I receive healthcare benefits from [check all that apply]:

Thank you for taking this survey. Is there anything else you want to share with us about ideas for improving health and healthcare for autistic adults? [Essay box]
Appendix B
Semi-Structured Focus Group Questions Used to Determine Mental Health Priorities

Definitions of Mental Health—Discussion (Participants could use preferred approach to communication, and time was provided for written answers for all participants)

- What is mental health and wellbeing to you?
- How do you achieve good mental health?

Eliciting Input on Future Research Priorities

Activity 1 Leader Guidance: Infographic images used to share information about mental and physical health among autistic adults. Participants have an opportunity to walk and view images. Leaders then describe infographics. Participants can recommend adding conditions or problems in health, which are written on separate large paper on the wall.

- “Autistic adults are more likely to experience certain health conditions such as epilepsy, anxiety, depression, and chronic physical conditions such as diabetes and heart conditions. If you could have all of the money in the world to solve health conditions that impact autistic adults, what would you choose to spend your money on?” [Participants given fake money or sticky notes to choose top 5 topics they identified as important]

Activity 2 Leader Guidance: Infographic images used to share information about different approaches available to improve mental and physical health. Participants have an opportunity to walk and view images. Leaders then describe infographics. Participants can recommend adding interventions or approaches, which are written on separate large paper on the wall.

- “If you could have all of the money in the world to solve health conditions that impact autistic adults, what approaches would you choose?” [Participants use sticky notes to choose top 5 approaches they identified as important]