

Are you an **Autistic person** and **16-25 years old**?

Are you interested in exploring how **taking pictures** might support your **positive well-being**?

You are invited to participate in a new research study:

Therapeutic Photography and Positive Well-Being in Autistic People

What is this about?

Researchers at York University want to know how environments can promote the **positive well-being** of autistic people.

What does participating involve?

1. Four weeks of **therapeutic photography**:



- Taking pictures of environments that contribute to your well-being
 - You will need to take these photos on your own device (e.g., phone) or a device provided by our lab

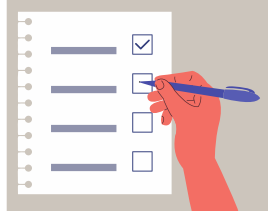


- Write or speak about why you took the pictures, and sharing this info with us

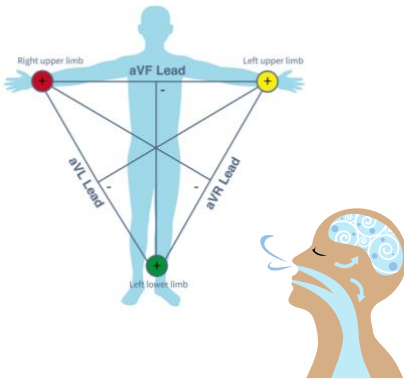


- If you need help in this activity, you can have a support person involved too

2. **Two visits** to York University:



- You will complete some **questionnaires** about your mental health
- We will measure your resting **heart rate** using 3 electrodes placed on your body (i.e., your wrists and ankle)
- Your **breathing** will also be measured using a respiration belt around your chest
- During your 2nd visit, you will also be **discussing your photos** with a researcher



There is no cost to participate. You will receive a **\$200 gift certificate** for each visit to York University.

I'm interested! What next?

For more information, please contact the Researchers at York University (Dr. Jonathan Weiss, lead) by email at taphoto@yorku.ca. You can also visit us at our website: <https://www.yorku.ca/health/lab/ddmh/therapeutic-photography-and-thriving/>