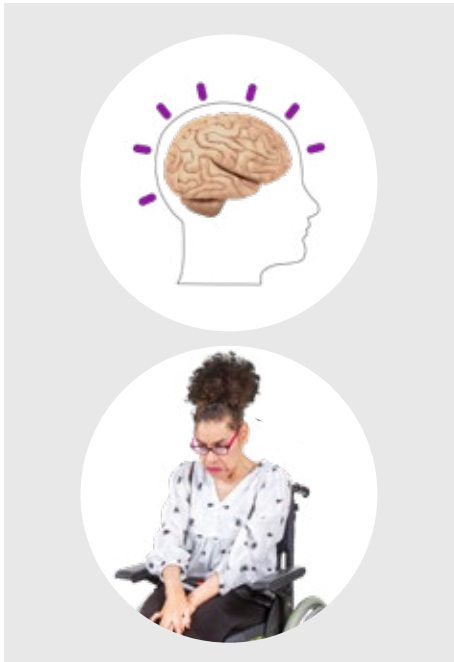


# Autism and social anxiety



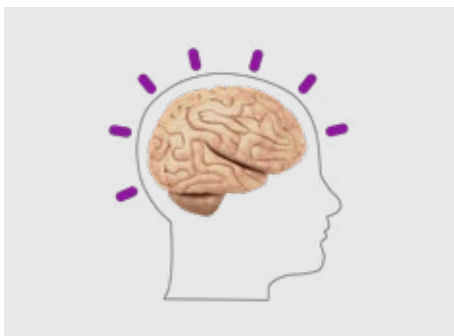
**Easy Read**

# About this information



This information is about

- **Autism**
  
- **Social anxiety.**



**Autism** is when your brain works a bit differently to other people.



**Social anxiety** is when you feel afraid or worried when you are around other people.

Being autistic or having social anxiety might mean you



- Do not go to social events



- Leave events early

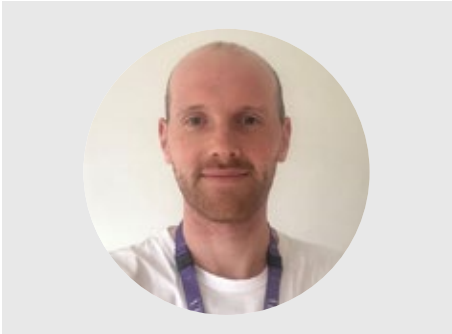


- Do not say much



- Do not look people in the eyes.

# Research about autism



Simon Brett does **research** about autism.



**Research** is when you look into something to find out more about it.



He wanted to know more about how to measure social anxiety in autistic people.



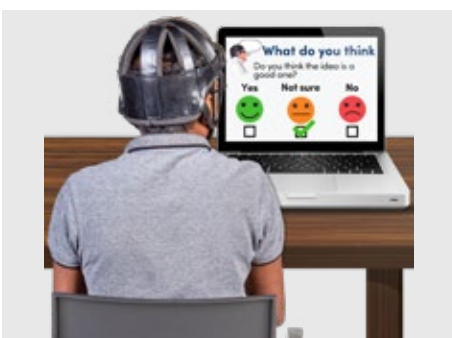
There is a **survey** to measure if someone has social anxiety.



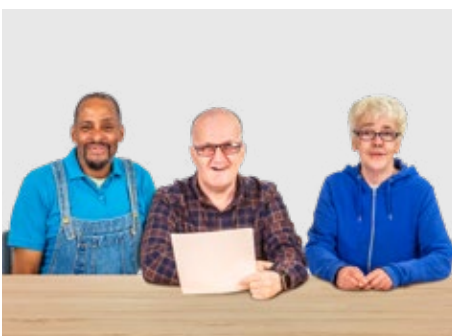
A **survey** asks questions about a topic.



The survey is called the **Severity Measure for Social Anxiety Disorder**.



Simon wanted to know if the survey works for autistic people.

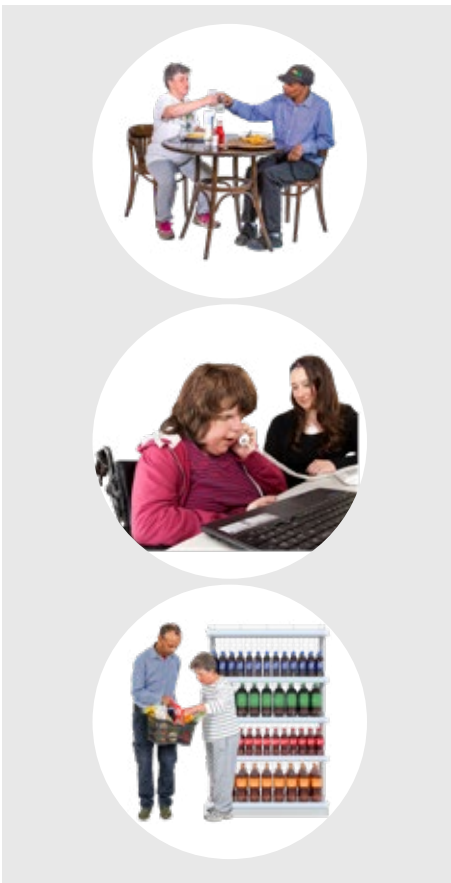


We will talk about what happened next.

# What we did



The survey asks you to think about the way you felt with groups of people in the last week.



This might be when you

- Have meals with other people
- Go to work
- Go to the shops.



We asked autistic people about their answers to some of the questions in the survey.

## What we found out



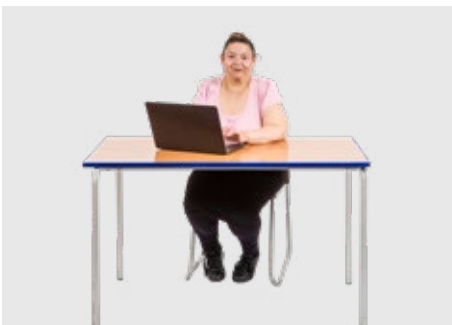
More than half of autistic people said that anxiety was not the reason for their answers in the survey.



The most common other reason for their answers was that they felt tired in the social groups.



We tried to fix the survey to work better for autistic people.



We then tested the new survey with autistic people.



Our changes did not make it easier to check for social anxiety in autistic people.



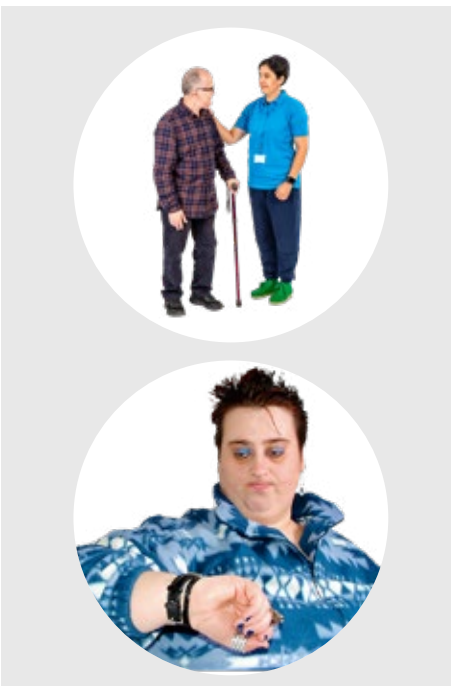
## Next steps



The **Severity Measure for Social Anxiety Disorder** does not work well for autistic people.



We need to find a new way to check for social anxiety that works for autistic people.



This will help autistic people get

- The best support for them

- Support when they need it.



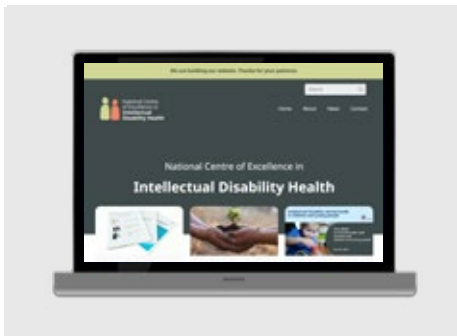


It is important autistic people help us with our research.



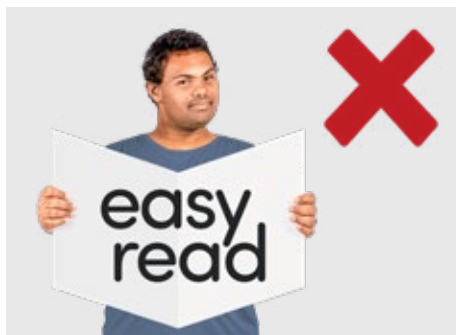
We can work together to make new tools to find out about anxiety for autistic people.

## Find out more



If you want to find out more you can read the report here

[www.nceidh.org.au/dsm](http://www.nceidh.org.au/dsm)



The report is not in Easy Read.



You can ask for support to read it.

National Centre of Excellence in Intellectual Disability Health [www.nceidh.org.au](http://www.nceidh.org.au).

Council for Intellectual Disability made this document Easy Read. **CID** for short.

You need to ask CID if you want to use any pictures in this document.

You can contact CID at [business@cid.org.au](mailto:business@cid.org.au).