

# Interview/Focus Group Study on Resilience in Neurodivergence

## What is the project?

An international research project is currently underway at Karolinska Institutet on what helps neurodivergent people (e.g., with autism, ADHD, learning disabilities or other neurodevelopmental conditions) have a good life (e.g., in terms of mental health, wellbeing, doing the things you want to and need to do).

We want to hear your thoughts on resilience and the individual (factors specific to a person and their ways of being), activity and participation (the things an individual engages in like education or hobbies), and environmental (e.g., physical, social, attitudinal, and societal) factors that are important to support neurodivergent individuals to thrive.

This information will help us develop better ways to support developmentally diverse people to live more successful and happy lives.

## Can I participate?

You can participate if:

- You are neurodivergent (e.g., have been diagnosed with autism, ADHD, dyslexia, were born prematurely, or have another condition that usually affects daily life)

OR are a family member/loved one of a neurodivergent person

- Aged older than 7 years.
- Can participate in a group or individual conversation and share your experiences

## What will I be asked to do?

You will be asked to participate in a group or one-on-one interview (depending on your preference) online. We will ask you some questions about resilience and what you think is important to have a good life. We will also ask you to complete a short survey about yourself. We expect the interviews/focus groups to take about an hour.

## Are there any benefits?

There are no direct benefits to you for participating. You will receive a gift voucher as compensation for your time.

## Are there any risks?

There are no known or obvious risks associated with participating in this study. However, participating in the focus groups will require time for you to complete.

## Participation is voluntary!

Your participation in this study is voluntary. Even if you have accepted, you can cancel your participation at any time and without explanation, without any consequences for your contacts with health care, school or the like. If you choose to discontinue your participation in the study, no more information about you will be collected, but we have the right to keep what is collected until then.

## How do I learn more?

Contact the research team: [melissa.black@ki.se](mailto:melissa.black@ki.se)  
Or complete an expression of interest here:  
<https://survey.ki.se/Survey/38430>

This study is being conducted by the Karolinska Institutet Center for Neurodevelopmental Disorders (KIND) in Sweden. This study has received Swedish Ethical Review approval and complies with The research project complies with the EU's General Data Protection Regulation. General Data Protection Regulation