

Research Study

Virtual Mindfulness Groups: Are they Helpful for Autistic Adults?



Learn more about the research paper [here](#)

Why did we do this research?



Research shows that **learning mindfulness** can be **helpful** for **autistic adults**.



Most researchers have studied how people learn mindfulness **in person**.

We wanted to know if Autistic adults wanted to do a **live online group** mindfulness course.



We also wanted to know if they found group mindfulness helpful.

What did we do?

We made a virtual group mindfulness course for Autistic adults.

Autistic adults did a survey to help researchers make a group mindfulness course for Autistic adults.



Our team of Autistic adults and clinicians made a six-week course.

50 Autistic adults signed up for the course.

The group met on a 60-minute video call every week.

They learned and practiced new mindfulness skills each session.

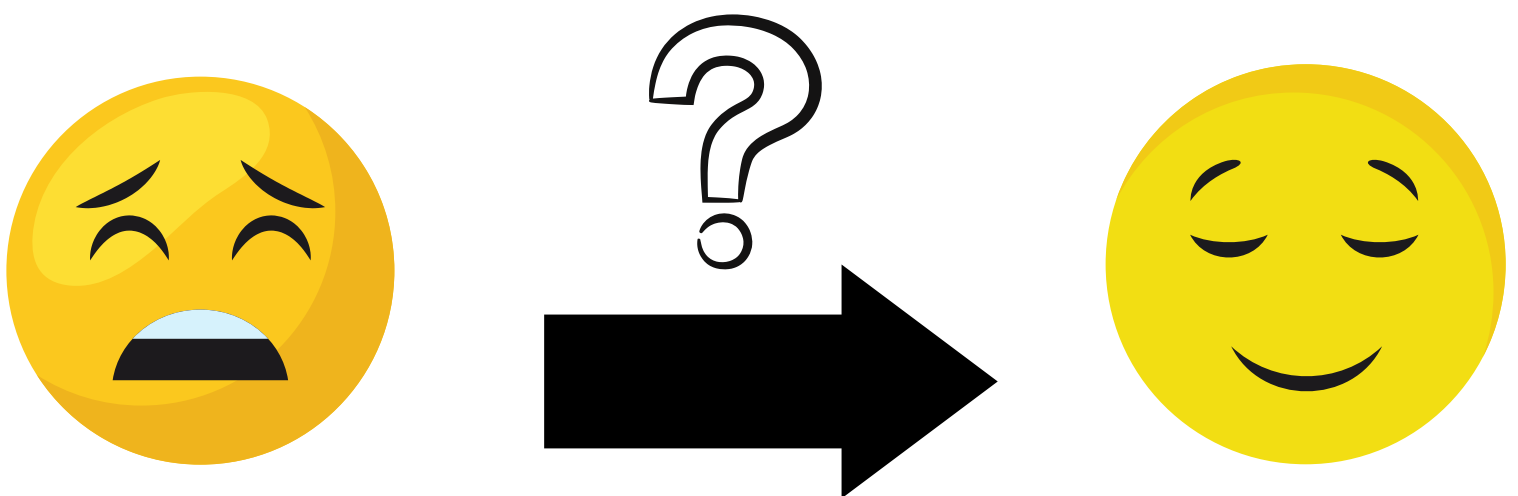
What did we do?

**We studied how the course made
Autistic adults feel.**

Before taking the course, Autistic adults filled out surveys about how they were feeling.



After taking the course, they let us know if the mindfulness course helped them.



3 months after the course, they let us know again how they were feeling.

What did we learn?

After the course, Autistic adults told us:

1. Technology is helpful to meet virtually.
2. It is important to learn together with other Autistic adults.
3. Mindfulness skills can help Autistic adults in many different ways.



What did we learn?



Many people were interested in taking a course like this.



People felt less stressed after taking the course.



People felt less anxious after taking the course.



People felt more mindful and self-compassionate after taking the course.

Why is this research important?



It is important to learn from Autistic people how to design online groups to help them with their mental health.



We need to learn more about mindfulness and the best way to teach it to Autistic adults.



It would be interesting to see how this program works with a bigger group, and **compare virtual** mindfulness programs to **other ways** of helping Autistic people's mental health.

This summary was created by staff at the Azrieli Adult Neurodevelopmental Centre at CAMH.

We thank the self-advocate advisors who worked together with our team to create this research summary.

For more information and resources, go to <https://www.hcarddcovid.com/info>

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