

Debrief Sheet Study Title: Theory of Mind in Autism and OCD

Thank you for taking part in this study.

We really appreciate the time, thought, and care you've given to sharing your experiences. Your insights are helping us better understand how autistic adults who also experience OCD make sense of other people's thoughts, feelings, and behaviours.

This research is about learning directly from people with lived experience, not assumptions or stereotypes. Your perspective is valuable, and your contribution may help inform future research, support, and understanding.

What happens next?

- Your interview will be anonymised and stored securely.
- Only the researcher and supervisory team will have access to the data.
- False names or alternative identifiers will be used in all reports and publications.
- The findings may be shared in academic papers, presentations, or future research, but you will not be identified.

Feeling unsettled or needing support?

Talking about your own lived experience can sometimes bring up difficult emotions. If you feel upset or would like to talk to someone, here are some support options:

- **Mind** – mental health support: mind.org.uk 0300 123 3393
- **OCD-UK** – support and information: ocduk.org 01332 588112
- **National Autistic Society**- autism helpline 0808 800 4104
- **Samaritans** – 24/7 listening service: samaritans.org 116 123

Questions or concerns? If you have any questions about the study or how your data will be used, feel free to contact Kayla Meisl at MeislK@cardiff.ac.uk.

Thank you again for your time and openness.

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