

Mental health and wellbeing in autistic youth and young adults during transitions

MHPN
WEBINARS

SUPPORTING
RESOURCES

Please note the resources displayed in this document were accurate at the time of publication

MHPN Resources

MHPN Networks: MHPN supports networks where practitioners share an interest in mental health.
[See what's available in your area](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)

Websites

Autism CRC Knowledge Centre: <https://www.autismcrc.com.au/knowledge-centre>

Autism CRC Health Hub: <https://www.autismcrc.com.au/knowledge-centre/resource/health-hub-resources>

Autism and Adulthood: <https://www.autismcrc.com.au/our-work/adulthood>

Yellow Lady Bugs: Autistic led organisation based on the experiences of Autistic Women
<https://www.yellowladybugs.com.au/>

Reframing Autism: Autistic led organisation promoting celebration and nurturing of the Autistic identity. <https://reframingautism.org.au/>

The Autistic Self Advocacy Network of Australia and New Zealand (ASAN AUNZ). Autistic run organisation that advocates for Autistic rights through systemic advocacy, campaigning, and supporting self-advocates & allies. <https://asan-aunz.org/>

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Papers

Burnout

Arnold, S. R. C., Higgins, J. M., Weise, J., Desai, A., Pellicano, E., & Trollor, J. N. (2023). Towards the measurement of autistic burnout. *Autism*. doi:10.1177/13623613221147401

Arnold, S. R. C., Higgins, J. M., Weise, J., Desai, A., Pellicano, E., & Trollor, J. N. (2023). Confirming the nature of autistic burnout. *Autism*. Doi:10.1177/13623613221147410

Health, Mortality and Primary Care

Hwang, Y. I., Srasuebkul, P., Foley, K. R., Arnold, S., & Trollor, J. N. (2019). Mortality and cause of death of Australians on the autism spectrum. *Autism Research*, 12(5), 806-815. doi:10.1002/aur.2086

Foley, K. R., Pollack, A. J., Britt, H. C., Lennox, N. G., & Trollor, J. N. (2018). General practice encounters for young patients with autism spectrum disorder in Australia. *Autism*, 22(7), 784-793. doi:10.1177/1362361317702560

Cvejic, R. C., Arnold, S. R. C., Foley, K. -R., & Trollor, J. N. (2018). Neuropsychiatric profile and psychotropic medication use in adults with autism spectrum disorder: results from the Australian Longitudinal Study of Adults with Autism. *BJPsych Open*, 4, 461-466. doi:10.1192/bjo.2018.64

Birch, R. C., Foley, K. R., Pollack, A., Britt, H., Lennox, N., & Trollor, J. N. (2018). Problems managed and medications prescribed during encounters with people with autism spectrum disorder in Australian general practice. *Autism*, 22(8), 995-1004. doi:10.1177/1362361317714588

Cashin, A., Buckley, T., Trollor, J. N., & Lennox, N. (2018). A scoping review of what is known of the physical health of adults with autism spectrum disorder. *Journal of Intellectual Disabilities*, 22(1), 96-108. doi:10.1177/1744629516665242

Foley, K. R., & Trollor, J. (2015). Management of mental ill health in people with autism spectrum disorder. *Australian Family Physician*, 44(11), 784-790.

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Mental Health

Uljarević, M., Hedley, D., Rose-Foley, K., Magiati, I., Cai, R. Y., Dissanayake, C., . . . Trollor, J. (2020). Anxiety and Depression from Adolescence to Old Age in Autism Spectrum Disorder. *Journal of Autism and Developmental Disorders*, 50(9), 3155-3165. doi:10.1007/s10803-019-04084-z

Muniandy, M., Richdale, A. L., Arnold, S. R. C., Trollor, J. N., & Lawson, L. P. (2022). Associations between coping strategies and mental health outcomes in autistic adults. *Autism Research*, 15(5), 929-944. doi:10.1002/aur.2694

Hedley, D., Uljarević, M., Foley, K. R., Richdale, A., & Trollor, J. (2018). Risk and protective factors underlying depression and suicidal ideation in Autism Spectrum Disorder. *Depression and Anxiety*, 35(7), 648-657. doi:10.1002/da.22759

Hedley, D., Batterham, P. J., Bury, S. M., Clapperton, A., Denney, K., Dissanayake, C., . . . Stokes, M. A. (2022). The Suicidal Ideation Attributes Scale-Modified (SIDAS-M): Development and preliminary validation of a new scale for the measurement of suicidal ideation in autistic adults. *Autism*. doi:10.1177/13623613221131234

Gibbs, V., Hudson, J., Hwang, Y. I., Arnold, S., Trollor, J., & Pellicano, E. (2021). Experiences of physical and sexual violence as reported by autistic adults without intellectual disability: Rate, gender patterns and clinical correlates. *Research in Autism Spectrum Disorders*, 89. doi:10.1016/j.rasd.2021.101866

Hwang, Y. I., Arnold, S., Srasuebkul, P., & Trollor, J. (2020). Understanding anxiety in adults on the autism spectrum: An investigation of its relationship with intolerance of uncertainty, sensory sensitivities and repetitive behaviours. *Autism*, 24(2), 411-422. doi:10.1177/1362361319868907

Ee, D., Hwang, Y. I., Reppermund, S., Srasuebkul, P., Trollor, J. N., Foley, K. -R., & Arnold, S. R. C. (2019). Loneliness in Adults on the Autism Spectrum. *Autism in Adulthood*, 1(3), 182-193. doi:10.1089/aut.2018.0038

Sonido, M. T., Hwang, Y. I., Trollor, J. N., & Arnold, S. R. C. (2020). The Mental Well-Being of Informal Carers of Adults on the Autism Spectrum: a Systematic Review. *Review Journal of Autism and Developmental Disorders*, 7(1), 63-77. doi:10.1007/s40489-019-00177-8

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Cai, R. Y., Richdale, A. L., Dissanayake, C., Trollor, J., & Uljarević, M. (2019). Emotion regulation in autism: Reappraisal and suppression interactions.. *Autism*, 23(3), 737-749. doi:10.1177/1362361318774558

Cai, R. Y., Richdale, A. L., Foley, K. R., Trollor, J., & Uljarević, M. (2018). Brief report: Cross-sectional interactions between expressive suppression and cognitive reappraisal and its relationship with depressive symptoms in autism spectrum disorder. *Research in Autism Spectrum Disorders*, 45, 1-8. doi:10.1016/j.rasd.2017.10.002

Jovevska, S., Richdale, A. L., Lawson, L. P., Uljarević, M., Arnold, S. R. C., & Trollor, J. N. (2020). Sleep Quality in Autism from Adolescence to Old Age. *Autism in Adulthood*, 2(2), 152-162. doi:10.1089/aut.2019.0034

Diagnostic Pathways and Supports for Adults

Huang, Y., Arnold, S. R. C., Foley, K. R., & Trollor, J. N. (2020). Diagnosis of autism in adulthood: A scoping review. *Autism*, 24(6), 1311-1327. doi:10.1177/1362361320903128

Huang, Y., Arnold, S. R. C., Foley, K. R., & Trollor, J. N. (2022). Choose your Own Adventure: Pathways to Adulthood Autism Diagnosis in Australia. *Journal of Autism and Developmental Disorders*, 52(7), 2984-2996. doi:10.1007/s10803-021-05169-4

Huang, Y., Arnold, S. R. C., Foley, K. R., & Trollor, J. N. (2022). Experiences of Support Following Autism Diagnosis in Adulthood. *Journal of Autism and Developmental Disorders*. doi:10.1007/s10803-022-05811-9

Huang, Y., Trollor, J. N., Foley, K. -R., & Arnold, S. R. C. (n.d.). "I've Spent My Whole Life Striving to Be Normal": Internalized Stigma and Perceived Impact of Diagnosis in Autistic Adults. *Autism in Adulthood*. doi:10.1089/aut.2022.0066

Huang, Y., Arnold, S. R. C., Foley, K. R., & Trollor, J. N. (2022). A Qualitative Study of Adults' and Support Persons' Experiences of Support After Autism Diagnosis. *Journal of Autism and Developmental Disorders*. doi:10.1007/s10803-022-05828-0

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Huang, Y., Hwang, Y. I., Arnold, S. R. C., Lawson, L. P., Richdale, A. L., & Trollor, J. N. (2022). Autistic Adults' Experiences of Diagnosis Disclosure. *Journal of Autism and Developmental Disorders*, 52(12), 5301-5307. doi:10.1007/s10803-021-05384-z

Huang, Y., Arnold, S. R. C., Foley, K. R., Lawson, L. P., Richdale, A. L., & Trollor, J. N. (2021). Factors associated with age at autism diagnosis in a community sample of Australian adults. *Autism Research*, 14(12), 2677-2687. doi:10.1002/aur.2610

Ageing

Hwang, Y. I. J., Foley, K. R., & Trollor, J. N. (2017). Aging well on the autism spectrum: The perspectives of autistic adults and carers. *International Psychogeriatrics*, 29(12), 2033-2046. doi:10.1017/S1041610217001521

Hwang, Y. I., Foley, K. R., & Trollor, J. N. (2020). Aging Well on the Autism Spectrum: An Examination of the Dominant Model of Successful Aging. *Journal of Autism and Developmental Disorders*, 50(7), 2326-2335. doi:10.1007/s10803-018-3596-8

Hwang, Y. I. J., Foley, K. R., Elley, K., Brown, S., Joy-Leong, D., Li, X., . . . Zheng, L. (2022). Experiences of Performing Daily Activities in Middle-Aged and Older Autistic Adults: A Qualitative Study. *Journal of Autism and Developmental Disorders*. doi:10.1007/s10803-022-05473-7

Zheng, L., Foley, K. R., Grove, R., Elley, K., Brown, S. A., Leong, D. J., . . . Hwang, Y. I. (2022). The use of everyday and assistive technology in the lives of older autistic adults. *Autism*, 26(6), 1550-1562. Doi:10.1177/13623613211058519

Quality of Life

Sonido, M. T., Hwang, Y. I., Srasuebkul, P., Trollor, J. N., & Arnold, S. R. C. (2022). Predictors of the Quality of Life of Informal Carers of Adults on the Autism Spectrum. *Journal of Autism and Developmental Disorders*, 52(7), 2997-3014. doi:10.1007/s10803-021-05178-3

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Books

Unmasking Autism - The Power of Embracing Our Hidden Neurodiversity. Written by Devon Price

Aspergirls. Written by Rudy Simone

Divergent Mind: Thriving in a World That Wasn't Designed For You. Written by Jenara Nerenberg

Autism in Heels: The Untold Story of a Female Life on the Spectrum. Written by Jennifer Cook O'Toole

Uniquely Human: A Different Way of Seeing Autism. Written by Barry M. Prizant and Tom Fields-Meyer

Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teen. Written by Cathy Wassell

Different, Not Less: A neurodivergent's guide to embracing your true self and finding your happily ever after. Written by Chloé Hayden

I Am Autistic: A Workbook: Sensory Tools, Practical Advice, and Interactive Journaling for Understanding Life with Autism (By Someone Diagnosed with It). Written by Chanelle Moriah

The Neurodivergent Friendly Workbook of DBT Skills. Written by Sonny Jane Wise

Education

Play Learn Thrive: Continuing Education. Education and resources promoting strengths-based, ethical, neurodiversity-affirming practices for professionals (including OTs, SLPs, social workers, and psychologists) working with autistic people. <https://learnplaythrive.com/about/>

An Introduction to Neuro-Affirming Practice: An Autistic Professional and Lived-Experience Perspective. Interactive workshop for Therapists and Service Providers.
<https://www.sunnyspectrum.com.au/workshops>