

RESEARCH OPPORTUNITY

RESEARCHERS AT YORK UNIVERSITY WANT TO KNOW HOW ENVIRONMENTS CAN PROMOTE THE POSITIVE WELL-BEING OF AUTISTIC PEOPLE.

WE ARE INVITING:

AUTISTIC YOUNG PEOPLE 16-
25 YEARS OLD, IN ONTARIO
CANADA

TO PARTICIPATE IN:

THERAPEUTIC
PHOTOGRAPHY



Visit our [website](http://www.yorku.ca/health/lab/ddmh/therapeutic-photography-and-wellbeing/) for more information!

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SWIPE FOR MORE INFORMATION

1

WHAT DOES PARTICIPATING INVOLVE?

Four weeks of **therapeutic photography**:

Participants will randomly be chosen to start right away or in 4-5 weeks.

- Taking pictures of environments that contribute to your well-being

On your own device (e.g., phone) or a device provided by our lab

- Write or speak about why you took the pictures, and sharing this info with us
- If you need help in this activity, you can have a support person involved too



2

Two-Three visits to York University:



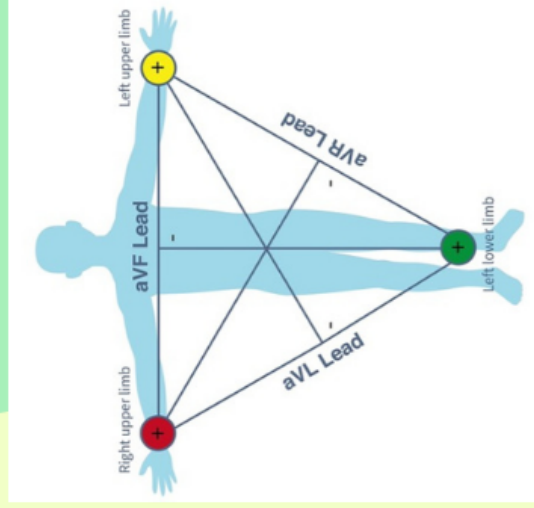
- Complete questionnaires about your mental health

- Measure your resting heart rate using 3 electrodes placed on your body (i.e., your wrists and ankle)



Breathing will also be measured using a respiration belt

- Discuss your photos with a researcher during your second or third visit



There is no cost to participate. You will receive a \$200 gift certificate for each visit to York University!

I'M INTERESTED! WHAT'S NEXT?



For more information, please contact the Researchers at York University (Dr. Jonathan Weiss, lead) by email at taphoto@yorku.ca.



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**Visit our profile for
more information!**

Or tap here to go to
our website



Are you an Autistic person & 16-25 years old?



Are you interested in taking pictures?

You are invited to participate in a new research study:

Therapeutic Photography and Well-Being in Autistic people

What is this about?

Researchers at York University want to know how environments can promote the well-being of autistic people.

What does participating involve?

1- Four weeks of therapeutic photography:



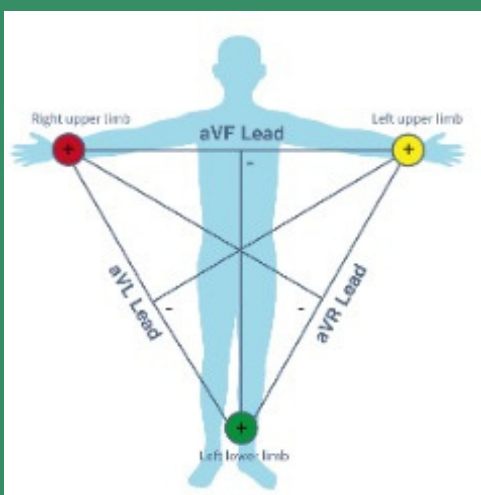
- Taking pictures of environments that contribute to your well-being
 - You will need to take these photos on your own device (e.g., phone) or a device provided by our lab
- Write or speak about why you took the pictures, and sharing this info with us
- If you need help in this activity, you can have a support person involved too



2- Visits to York University:

- You will be randomly allocated either to start **therapeutic photography (TP)** right away or will **wait** for 4-5 weeks before participation
 - If you are in the TP group, you will visit the lab **2 times**
 - If you are in the waitlist group, you will visit the lab **3 times**

What does the visit include?



- You will complete some **questionnaires** about your mental health
- We will measure your resting **heart rate** using 3 electrodes placed on your body (i.e., your wrists and ankle)
- Your breathing will also be measured using a respiration belt around your chest
- At your last visit, you will also be **discussing your photos** with a researcher

There is no cost to participate. You will receive a \$200 gift certificate for each visit for York University.

I'm interested! What next?

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