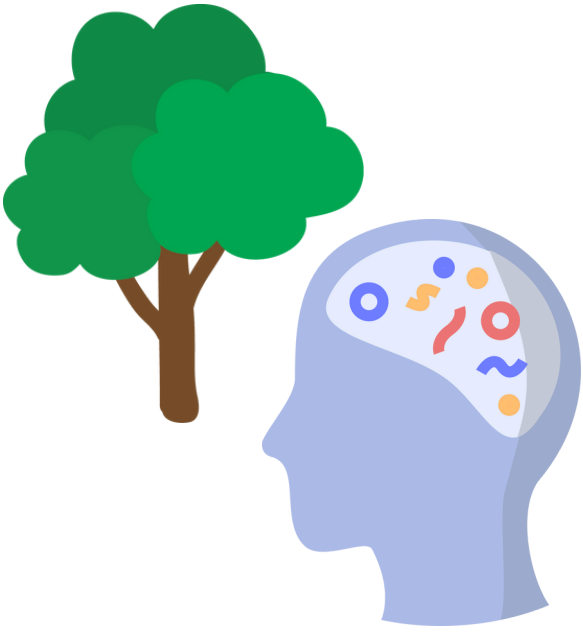


# Research Study

**Virtual Mindfulness Groups:  
Do they help with stress in autistic  
adults?**



# What is mindfulness?



Mindfulness is **paying attention** to your **thoughts, feelings, and what is happening around you** right now.



When you do mindfulness, you try to notice these things **without labeling them as good or bad.**



Mindfulness can help some people to feel **calm and less stressed.**

# Why did we do this research?



Some studies have shown that learning mindfulness helps autistic people to feel **less stressed**.



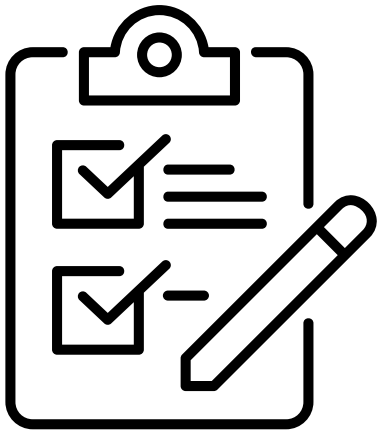
But most of these studies were done with **people sitting in a room together**.



We wanted to know if learning **mindfulness online** in a group would help improve autistic adults' **mental health**.

# What did we do?

**We made an online group mindfulness course for Autistic adults.**



After agreeing to be in our project people filled out surveys about their **mental health**.

Then we randomly put 63 people into **two groups**:



**Mindfulness**



**No mindfulness**

(The **no mindfulness** group got to do mindfulness after the project was finished.)



# What did we do?

**We studied how people who did mindfulness and people who did not do mindfulness felt.**

**Before** the course started, both groups filled out surveys about how they were feeling.



Both groups filled out surveys **again** about how they were feeling **7 and 15 weeks later**.

We wanted to know **how people's feelings changed** over time **in the** two groups (**mindfulness** and **no mindfulness**) .

# What did we learn?

**Surveys from people who learned mindfulness showed:**

- they felt **less stressed**
- they were **more mindful**
- they had **better wellbeing**
- they had **more compassion or kindness for themselves**

These **changes were still there** 8 weeks later.

**Surveys from people in the 'no mindfulness' group showed they did not feel any differently during this time.**



# What does this mean?

This tells us that **we can teach groups of autistic people to do mindfulness** online together.



This can help some autistic people with their **mental health**.



# What does this mean?



We need to do more research to find out how much **mindfulness training** people need.



We need to find out if it is better to learn mindfulness **in person or online.**



We need to find out if it is better to learn **as part of a group or alone.**



**Title:** Virtual group based mindfulness for autistic adults:  
A randomised controlled trial

**Authors:** Yona Lunsky, Madelaine Carter, Sue Hutton, Jan Wozniak, Sheng Chen, Jonathan Weiss

*This research study is posted in a journal called **Autism**.*

<https://doi.org/10.1177/13623613251340101>

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Health Care Access Research  
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