

## Summary of Autism Adapted Safety Plan Pilot (AASP)

**Research Link:** [Feasibility and acceptability of autism adapted safety plans: an external pilot randomised controlled trial - eClinicalMedicine \(thelancet.com\)](#)

**Resources Link:** [Mental Health in Autism - Safety Plan \(google.com\)](#)

**Participants:** 53 autistic adults mean age = 39, gender = 49% female, 29% not male or female).

**Study Design:** Participants randomly allocated to usual care, or AASP condition. Participants were assessed at baseline, 1 and 6 months.

### Results:

- Participants in the AASP group scored lower in the SB-ASC questionnaire (where a higher score means that someone is more affected by suicidality) than participants in the usual care group. This suggests that AASPs may reduce the likelihood of someone experiencing suicidality, mean score of 2.95 (SD 1.22) for the AASP, in comparison to the usual care group's mean score of 3.00 (SD 1.27).

- 68% of participants in the AASP group were satisfied with the AASP
- 41% of participants in the AASP group believed the AASP was usable.

### Implications:

The participants in the study found the AASP most useful when they had experienced a flexible approach to filling in the AASP. Most participants described benefitting from the support of a trusted person and spending more than one session on completion. Participants explain that materials and measures are most useful when clear language is used, when practitioners build in additional time to build rapport and when they are given extra processing time

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