



Best Practice Guidelines

Sharing Research



The following reflective questions are intended to be used within the research team to have open discussions about this process. We encourage you to use the empty box to make your own notes or reflections.

1

How do we ensure any sharing of research events are run with Autistic people with eating disorders?

How can we ensure that these activities are mutually beneficial e.g. how do we both disseminate our research and hear feedback to support further research directions?

2

How can we make sure our research is shared with Autistic people with eating disorders, their network and support services?

Have we engaged with a range of sectors and stakeholders to make sure the research is available and accessible?

Sharing Research continued...

3

Have we made sure that those who have participated in the research have been informed of the results before the findings are shared with the community?

Have we made sure that we have a way of communicating the results with participants before our research is more broadly shared, and has this been agreed from the outset?

4

Have we considered the communication needs of the specific autism and eating disorder community that this research is aligned with?

How can we communicate our research findings in a range of mediums and formats that will support these needs?

5

What in person or online events or platforms would allow for meaningful sharing of research with the autism and eating disorder community that this research is aligned with?

Sharing Research continued...

6

Have we made sure that we are not only sharing the results from the study but, importantly, what they mean?

Are we communicating the implications of your research clearly and how they can help to improve the lives of Autistic people with an ED?

7

Have we made sure, to the best of our ability, that the research is open and free to access?



8

Have we considered and discussed ownership of content after sharing?

Have we discussed this as a research team and made sure that everyone has given their informed consent? Does this consent include the option to change your mind - to remove a video or picture of an individual from a website, despite initially agreeing to do this?

Sharing Research continued...

9

Have we considered researchers', participants' and community well-being in your dissemination plan?

Have we thought about support resources for all involved in the sharing of research? Have we asked ourselves how we would feel if this piece of research had been done on us, and how we would feel about the implications of our findings?



DON'T FORGET



Have we discussed or engaged with the overarching best practice principles?

- » Develop a shared understanding of the use of language.
- » Develop a shared research language.
- » Establish clear definitions of co-production.
- » Establish clear roles and expectations.
- » Ensure that peer researchers are reimbursed for their time.
- » Recruit, recognize and accommodate for the range of Autistic experiences of eating disorders.
- » Make sure there are well-being practices and supports in place.
- » Involve peer researcher in several co-production roles across all stages of the research process.
- » Conduct autism-affirming research.
- » Seek to improve trust and to foster a shared, collaborative relationship.