

Best Practice Guidelines

Designing Research

Developing Research Questions

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 can we engage with the community to identify gaps within the existing research?

2

Who is “round the table”?

Have we involved the autism and ED community from the outset to support in formulating the research purpose, aims and intended outcomes?

Developing research questions continued...

3

Have we collaborated with individuals with a range of different experiences?

For example, Autistic people with different ED presentations or at different stages in recovery, as well as those with different communication needs.

4

What are the research priorities of Autistic people with eating disorders?

Do the priorities reflect a range of experiences and how has our understanding of these priorities been collected?

5

Are our research purpose, aims and outcomes clear and transparent?

Developing research questions continued...



Will this research benefit the Autistic and eating disorder community?

Have we thought about how this will meaningfully improve the lives of Autistic people with an ED, and considered if it is something that we would participate in ourselves?



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.