



## New Research Project:

Disordered eating in the  
Autistic trans/nonbinary  
community.

**Who can take part?** This study is for people who are Autistic and trans/nonbinary, who have/had disordered eating and/or an eating disorder. You don't need to have an Autistic diagnosis or a diagnosed eating disorder to take part. You also must be 16 years old or over and based in the UK.

**What do you even mean by disordered eating?** By this we mean potentially harmful eating behaviours, such as binge eating, obsessive dieting, chronic restriction of food intake, or self-induced vomiting. These behaviours may or may not fit the diagnostic criteria for an eating disorder.

**What would taking part involve?** You would be invited to take part in an interview, over MS Teams (video, audio or chat function). This would last 60-90 minutes.

**Why is this important?** This study has not been done before. We know that lots of trans/nonbinary people experience disordered eating, and lots of Autistic people experience disordered eating.

There is no academic research asking Autistic trans/nonbinary people about their experience of disordered eating. Having more research about this might help professionals to know what support to provide.

**If you are interested in taking part, please express your interest by following the link in this QR code:**

This study has been designed and led by an Autistic trans researcher and a Lived Experience Advisory Group of four community members. It has ethical approval from the School of Health in Social Science at the University of Edinburgh.

If you have any questions, you can contact the lead researcher, Luka White at [l.c.j.white@sms.ed.ac.uk](mailto:l.c.j.white@sms.ed.ac.uk)

