

## E.K. Shriver Center

The Eunice Kennedy Shriver Center, part of the University of Massachusetts Medical School, is dedicated to understanding and addressing the challenges faced by families and individuals with autism, intellectual and developmental disabilities, or neurodevelopmental and psychiatric disorders.

Since 1970, our faculty and staff have conducted cutting-edge research, offered world-class education and training, and provided expertise and high-quality services with the goal of enhancing the health, safety, and quality of life of people with disabilities. We collaborate with individuals, families, agencies, organizations, and academic institutions all over the world.

## Health Promotion Program

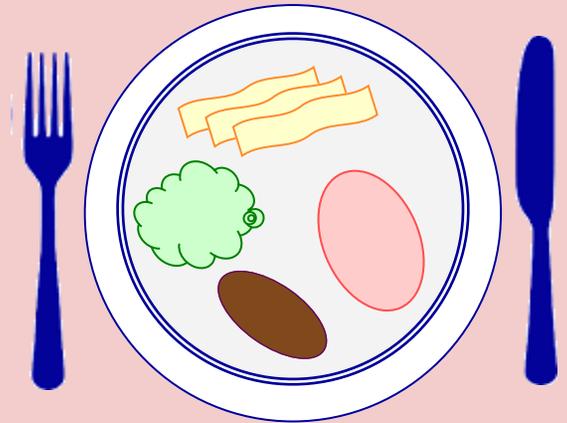
Attention to the health of people with Autism Spectrum Disorder (ASD) has been lacking in research, training, and service programs. We seek to understand factors that support people to achieve healthy lifestyles, and to promote interventions that improve the overall health and well-being of this population.



Approved UMass Medical School IRB

# MEALTIME EXPERIENCES RESEARCH STUDY

What are mealtimes  
like for you?



Transition age youth with  
Autism Spectrum Disorder

(Asperger's, Autism, PDD-NOS)

18-23 years old

# What is the Mealtime Experiences Research Study about?

We are interested in learning about your eating experiences with family, at work or school, or in other social situations.



## For more information

### Contact:

Lucy Lorin, *Research Coordinator*  
774-455-4019 or  
mealtimes@umassmed.edu

### Visit our website at:

<https://tinyurl.com/Mealtime-Experiences-Study>



IRB Docket #: 00012432

# Who can participate?

## We would like to talk to you if you:

- ◇ are between 18-23 years of age
- ◇ have Autism Spectrum Disorder (Asperger's, Autism, PDD-NOS)
- ◇ are verbal or can communicate independently using technology
- ◇ can read and respond to online questionnaires independently
- ◇ are able to share through conversation, detailed descriptions of your experiences

## AND any of the following apply:

- ◇ you do not like a lot of foods
- ◇ you eat fewer types of foods than others your age, and/or
- ◇ you have been referred to as a "picky eater" or a "selective eater"

## If you are interested in participating:

Call or email the Research Coordinator to set up an online or phone screening. The screening will ask you a few more questions about yourself to see if the study is a good match for you.

# What does participation involve?

If you meet the study criteria and decide to participate, there are two parts of the study:

## Part 1: Answer an online questionnaire with sections about:

- ◇ your demographic information, such as your age, sex, and living situation
- ◇ what you eat
- ◇ some of your eating habits

## Part 2: Share information about your mealtime experiences in an interview

The interview can be done in person or online.

All the information that you provide will be confidential.

We expect the questionnaire to take 30-45 minutes to complete, and the interview will take about an hour. This may vary among participants, and you can take as long as you need.

## Compensation

You will receive up to \$35 in gift cards for participating in the research study.