

## RESEARCH RATIONAL

The current research takes a strength-based approach and focus on the strengths of autistic adults. A strengths-based approach may have mutual benefits at both the individual and societal levels. On the one hand, helping individuals on the autism spectrum to identify and raise awareness to their strengths and abilities can assist them in developing a more positive self-identity, which may contribute to their sense of empowerment, self-esteem and well-being. At the same time, creating a more positive societal conceptualization of autism may help change prevailing negative perceptions about individuals on the autism spectrum abilities, thereby reducing the stigma attributed to autism and in turn, contributing to these individuals' more optimal integration into society.

## OBJECTIVE

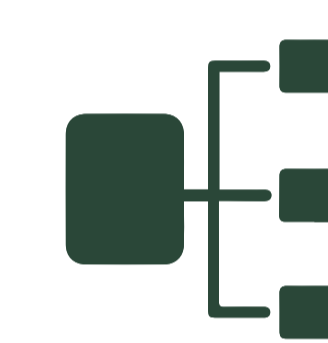
The study aims to examine the impact of a pioneering online intervention program that focuses on identifying and raising awareness of strengths among adults on the autism spectrum.



## DEVELOPMENT OF THE STRENGTH BASED INTERVENTION PROGRAM



Defining the goals of the program and the population of participants - Identifying and promoting awareness of character strengths and strengths that characterize the autistic spectrum, among autistic adults over the age of 18.



Classify strengths and talents through interviews conducted with autistics adults and the literature review. Examples of strengths: hyper focus, creative thinking, attention to details, logical thinking, good memory, artistic skills, honesty, reliability.



Design the intervention and the Learning management system interface

### First round

- Explanatory videos, reflective tasks, strength-identifying tasks, questionnaires, a bot to help users navigate their learning.
- Adaptation of the interface to the autistic spectrum population.
- First usability study.

### Second round

- Adaptation of the tasks.
- Addressing sensory needs.
- Second usability study.

### Third round

- Modifications and additions to instructions in tasks for respondents' better reading comprehension.
- Adjustment of questionnaires for women on the autistic spectrum.
- Accessibility.
- Addition of tasks.

Examples of the intervention content and interface design



## NEXT STEP

Begin the experimental studies that will examine whether the intervention program will be effective in terms of the well-being, self-esteem, strengths knowledge, and strengths use of adults on the autism spectrum.