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**Health and wellbeing outcomes and social prescribing pathways in community-based support for autistic adults: A systematic mapping review of reviews**

Featherstone, Charlotte; Sharpe, Richard A.; Axford, Nick; Asthana, Sheena; Husk, Kerry

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## Outcomes Evaluated in Reviews and Studies

| Outcomes                              | Reviews  | Studies |
|---------------------------------------|----------|---------|
| <b>Mental health</b>                  |          |         |
| Depression                            | 7 to 10  | 1 to 3  |
| Generalised anxiety/worry             | 7 to 10  | 4 to 6  |
| Stress/coping                         | 4 to 6   | 0       |
| Self-esteem/confidence                | 7 to 10  | 4 to 6  |
| Loneliness                            | 7 to 10  | 0       |
| Social anxiety                        | 4 to 6   | 1 to 3  |
| Phobias                               | 1 to 3   | 0       |
| OCD                                   | 1 to 3   | 0       |
| <b>Physical health</b>                |          |         |
| Physical disability                   | 0        | 0       |
| Physical activity level               | 0        | 0       |
| Other physical health                 | 1 to 3   | 0       |
| <b>Quality of life/functioning</b>    |          |         |
| Quality of life                       | 11 to 14 | 0       |
| Wellbeing/affect                      | 7 to 10  | 0       |
| Activities of daily living/disability | 1 to 3   | 0       |
| Adaptive functioning                  | 7 to 10  | 1 to 3  |
| Executive functioning/problem solving | 7 to 10  | 1 to 3  |
| Self-efficacy/self-determination      | 4 to 6   | 0       |
| Self-advocacy/autism knowledge        | 1 to 3   | 0       |
| <b>Wider health correlates</b>        |          |         |
| Employment-related outcomes           | 11 to 14 | 4 to 6  |
| Social support/participation          | 11 to 14 | 1 to 3  |
| Accommodation                         | 1 to 3   | 1 to 3  |
| <b>Autism-related outcomes</b>        |          |         |
| General/diagnostic                    | 11 to 14 | 0       |
| Mentalising                           | 11 to 14 | 4 to 6  |
| Social skills/communication           | 15+      | 4 to 6  |
| Sensory                               | 0        | 0       |
| Behavioural                           | 15+      | 1 to 3  |
| Cognitive (e.g. IQ)                   | 4 to 6   | 1 to 3  |
| <b>Other</b>                          |          |         |
| Academic                              | 4 to 6   | 1 to 3  |
| Social interaction quality/quantity   | 11 to 14 | 4 to 6  |
| ADHD symptoms                         | 1 to 3   | 0       |
| Health service use                    | 0        | 1 to 3  |
| <b>Intervention characteristics</b>   |          |         |
| Satisfaction                          | 4 to 6   | 7 to 10 |
| Generalisation                        | 4 to 6   | 1 to 3  |
| Maintenance                           | 4 to 6   | 1 to 3  |
| Cost-effectiveness                    | 1 to 3   | 4 to 6  |
| Quality of training for providers     | 1 to 3   | 1 to 3  |
| <b>Qualitative</b>                    |          |         |
| Qualitative                           | 4 to 6   | 0       |

### Legend

Number of articles

0

1 to 3

4 to 6

7 to 10

11 to 14

15+