**Supplementary material**

**Table A.** Support-related outcomes as a result of the COVID-19 pandemic and changes in sleep and mental health not attributed to COVID-19 in autistic adults.

|  |  |  |
| --- | --- | --- |
|  | *COVID-19 follow up one* | *COVID-19 follow up two* |
|  | *N* | *%* | *N* | *%* |
| *Impact of COVID-19 on support: both current and seeking support*Has your support stopped since COVID-19 No, offered online/phone alternative and accepted Yes but feel ok No, continued  Yes, made things worse Yes, offered online/phone alternative and declined Other (e.g. receiving limited support initially)Has your support changed since the follow up one (April-May) No, same as beforeYes, support now stoppedYes, support moved onlineYes, change in circumstance (e.g., new therapist)Yes, receiving additional supportYes, support less frequentYes, support for frequentYes, support back in personUnsureSought support from mental health services since COVID-19 No, know they won’t help  No, have not felt the need Yes, they helped Yes, but they didn’t helpNo, already supported enoughNo, don’t have the energyNo, do not have time No, lack of resources (e.g., financial) Unknown/Not reported*Sleep and mental health changes not attributed to COVID-19*Sleep or mental health changed for reasons not COVID-19 related Secondary effects of COVID-19Unrelated health conditionsExperienced adverse life event (e.g., death of loved one)Change in medication or non-medication treatment Experienced a non-adverse life event (e.g., new job)External environment (e.g. noise, heat) Other ongoing global events (e.g., BLM movement)Worried about future (e.g. career) Unsure | 25107311---------362313111011----------- | 53.1921.2814.896.382.382.38---------37.8924.2113.6811.5810.531.051.05----------- | ------22544311112835157611111297633211 | ------52.3811.909.529.527.142.382.382.382.3829.4736.8415.797.376.321.051.051.051.0530.7723.0817.9515.387.697.695.132.562.56 |

*Notes.* Has your support stopped or changed since COVID-19 includes *n* = 47 (49.47%) in follow up one and *n* = 42 (44.21%) in follow up two who were receiving support for a pre-existing mental health issue prior to COVID-19. Whether sleep or mental health has changed for reasons not COVID-19 related includes *n* = 39 in follow up two who indicated their mental health had changed for reasons not COVID-19 related (41.05%). BLM = Black Lives Matter.