

Do you manage the way your ADHD traits come across?

We're a team of researchers at Anglia Ruskin University studying ADHD and masking - the ways adults with ADHD shape how their ADHD traits show up. We'd like to hear about your experience through an anonymous online survey.

Who we're looking for

You can take part if you:

- ✓ Are aged **18 or over**
- ✓ Live in the **UK, Canada, USA or Australia**
- ✓ Are proficient in **English**
- ✓ Have a **formal ADHD diagnosis** from a qualified professional (e.g., paediatrician, medical doctor, psychologist or psychiatrist)

What's involved

If you take part, you will:

- Complete an **anonymous** online survey via Qualtrics
- Answer questions about your **ADHD traits** and **experiences of masking**
- Share a few demographic details (e.g. age, age of diagnosis, gender)
- Spend around **30-40 minutes** in total
- Take part **voluntarily** — withdraw any time by closing your browser

→ Take part

The link opens an information page and a consent form. Please read these carefully before you begin.

aruspsych.eu.qualtrics.com/jfe/form/SV_8HsdgDKMVRpsdO6

Questions? Contact Elena Sakkalou — Elena.Sakkalou@aru.ac.uk



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