

Autistic Traits, Psychosocial Factors, and Depressive Symptoms

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INTRO

- Higher rates of depression associated with autism/autistic-like traits
- Autistic traits and depression associated with social interaction factors
- Those with autistic-like traits may differ in both their social motivation and social self-efficacy when interacting with others which may in turn have an impact on depression and loneliness.

SAMPLE

1. N = 660 (F: 529; M:119; other: 11)
2. Neurotypical: 599; Autistic: 61



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The relationship between autistic traits and depressive symptoms was mediated by social self-efficacy, social motivation and loneliness.



Take a picture for more information

Any questions?
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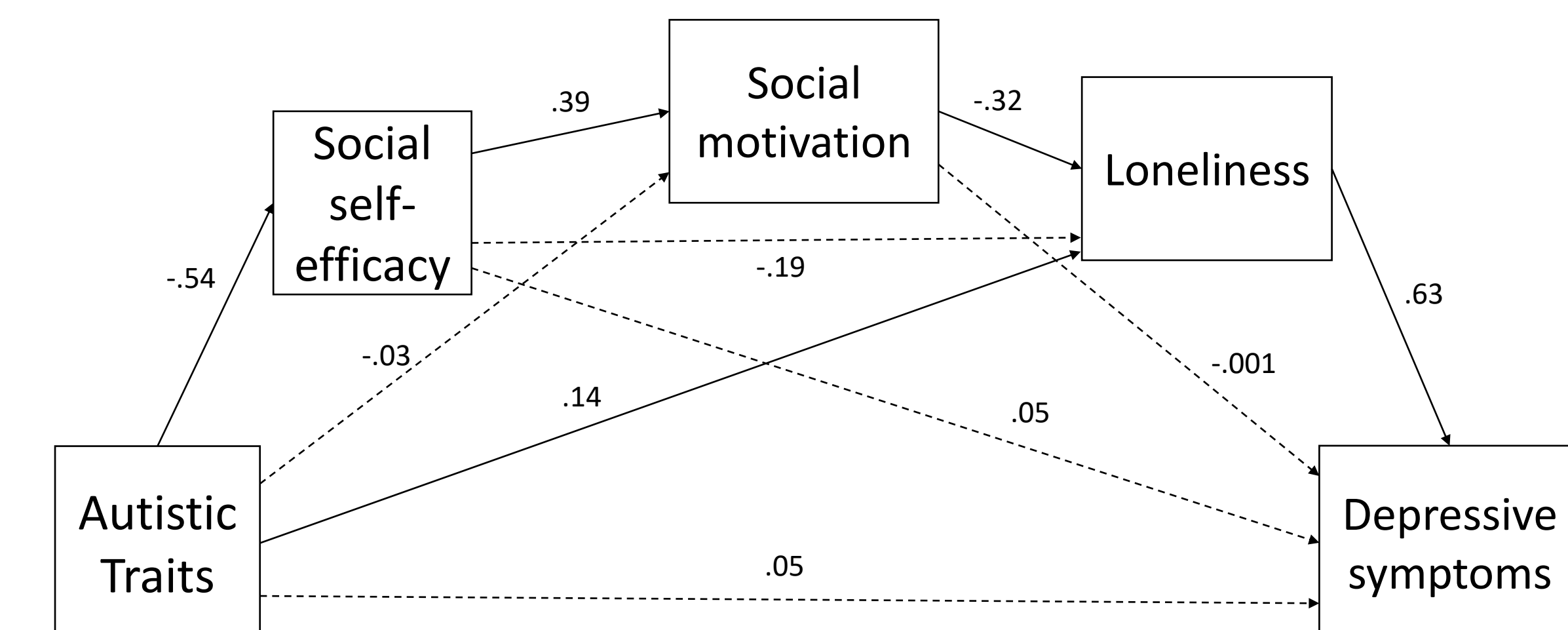


METHODS

1. Measured autistic-like traits, social self-efficacy, social motivation, loneliness and depressive symptoms
2. Tested with a serial mediation analysis

RESULTS

- Autistic traits and loneliness were positively related to depressive symptoms, while social self-efficacy and social motivation were negatively related
- Mediation pathway:



DISCUSSION

- Targeting social self-efficacy may break this pathway and disrupt this relationship.
- Interventions should consider the double empathy problem when addressing social domains to provide adapted support (Crompton et al., 2020; Milton, 2012).