

# Research Unpacked

In 2024, researchers Charlotte Graham, Andrew Thompson and Megan Freeth did a research study called, “A Wild and Inaccessible Place: The Lived Experiences of Autistic Pregnancy and Birth”.

The study is online:

<https://www.liebertpub.com/doi/abs/10.1089/aut.2024.0033>

## What is the study about?



This study is about how Autistic mothers experienced pregnancy and having a baby.



The researchers spoke to 8 Autistic women from the United Kingdom. They asked them about their pregnancy and the birth of their baby.



Autistic women said their senses, especially smell, became extra sensitive during pregnancy.



Many also felt strange and confused during birth.



Talking with doctors and nurses was often tough. Some women felt judged or expected to be a certain kind of mother, which made them feel they weren't good enough.



However, some doctors and nurses were kind and understanding. Many said that having the same people care for them would make a big difference in the future.



This study shows that if you are Autistic and you are having a baby you might sometimes feel like you are not getting the support you need.



You might have both good and hard days.



You might need to ask for the help that you need. If that's hard for you to do, you could ask someone you trust to ask for you. Doctors and nurses who understand your sensory and communication needs might be more helpful.

**This study is important because it helps teach us about what might be needed for Autistic mothers to have a happy and health pregnancy and birth.**