

Supplemental Appendix

Table A.1. HEARTS Session Descriptions

Theme	Session Process and Content
Session 1	
Defining healthy relationships	<ul style="list-style-type: none"> • Introductions • Orientation to class • Content: <ul style="list-style-type: none"> ▪ Healthy vs. unhealthy relationships ▪ Abusive behaviors ▪ Warning signs of unhealthy relationships ▪ Offer of homework practices for the wk
Session 2	
Launching new relationships	<ul style="list-style-type: none"> • Check in and discussion of homework practice • Content: <ul style="list-style-type: none"> ▪ Being a trustworthy friend or partner ▪ Developing curiosity in other people ▪ Active listening ▪ Avoiding relationship pitfalls ▪ Offer of homework practices for the wk
Session 3	
Neurohealth for relationships	<ul style="list-style-type: none"> • Check in and discussion of homework practice • Content: <ul style="list-style-type: none"> ▪ Fight, flight, or freeze responses ▪ Coping with relationship anxiety ▪ Why eating, sleeping, exercising, and relaxation are important for relationship health ▪ Offer of homework practices for the wk
Session 4	
Meeting new people	<ul style="list-style-type: none"> • Check in and discussion of homework practice • Content: <ul style="list-style-type: none"> ▪ How to meet people ▪ Reconnecting with old friends ▪ Perspective taking and empathy ▪ Handling jealousy ▪ Disclosing autism to new friends ▪ Progressing relationships ▪ Offer of homework practices for the wk
Session 5	
Boundaries	<ul style="list-style-type: none"> • Check in and discussion of homework practice • Content: <ul style="list-style-type: none"> ▪ Understanding boundaries ▪ Setting boundaries ▪ Respecting boundaries ▪ Renegotiating boundaries ▪ Apologizing and accepting apologies ▪ Offer of homework practices for the wk

From Graham Holmes, L., Goebel, R. J., Hollingue, C., Zhu, S., Zhang, H., Shan, W., . . . Rothman, E. F. (2023). Reductions in depression and anxiety among autistic adults participating in an intervention to promote healthy relationships. *American Journal of Occupational Therapy*, 77, 7702185070. <https://doi.org/10.5014/ajot.2023.050108>. Copyright © 2023 by the American Occupational Therapy Association.

Session 6	
Ending relationships	<ul style="list-style-type: none"> • Check in and discussion of homework practice • Content: <ul style="list-style-type: none"> ▪ Domestic violence and sexual assault hotlines ▪ Signs that a relationship should end ▪ Reasons why it can be hard to end relationships ▪ How to end relationships ▪ Offer of homework practices for the wk

Note. HEARTS = Healthy Relationships on the Autism Spectrum.

Table A.2. Correlations at Baseline, Postintervention Survey, and Between Change in Skills and Outcomes

Variable	Correlation							
	Baseline Anxiety		Baseline Depression		Change From Baseline Anxiety		Change From Baseline Depression	
	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
Loneliness	.224	.118	.458	<.001	.229	.111	.315	.026
Hostile automatic thoughts	.209	.145	.217	.130	.252	.078	.139	.335
Tendency to have a fight, flight, or freeze response to a stressful incident	.689	<.001	.577	<.001	.355	.011	.184	.200
Coping with rejection and jealousy	-.154	.285	-.343	.015	-.224	.117	-.225	.116
Rejection sensitivity	.280	.051	.445	.001	.065	.657	.274	.057
Dating violence	-.235	.304	-.202	.380	-.087	.706	.009	.968
Positive thinking	-.332	.018	-.456	<.001	-.390	.005	-.401	.004
Self-compassion	-.328	.020	-.225	.117	-.164	.255	-.229	.111
Motivation to engage	.370	.213	.231	.448	-.388	.190	.116	.706

Note. The following variables were measured with the respective instruments: loneliness, The UCLA Loneliness Scale; hostile automatic thoughts, The Hostile Automatic Thoughts Scale; tendency to have a fight, flight, or freeze response to a stressful incident, a modified version of the Predominant Response Questionnaire; dating violence, The Measures of Adolescent Relationship Harassment and Abuse (this was only completed by participants who had one or more dating or intimate partners in the past year; $n = 24$); positive thinking, The Positive Thinking Scale; and self-compassion, The State Self-Compassion Scale–Short Form. Coping with rejection and jealousy, rejection sensitivity, and motivation to engage were measured with original instruments. Motivation to engage with others was not summed if participants missed one or more items related to their circumstances (e.g., not in college, not employed) and was therefore completed by 25 participants.