

Supplementary Material

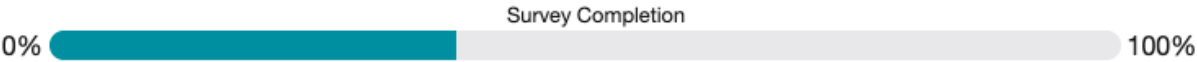
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Supplementary Figure S1: Part Two Heading



Part Two: Healthcare Experiences

The following section will ask you questions about your experiences with healthcare professionals.



Supplementary Figure S2: Current Healthcare Behavior

For the purposes of this survey, healthcare professionals will include Doctors, General Practitioners, Nurse Practitioners, Nurses, and Physician's Assistants. Please answer the following questions when considering your interactions with these kinds of healthcare professionals.

How often do you go to see a healthcare professional regarding your own healthcare (i.e. not about a child, parent, partner, etc...)? Please select the option that most closely applies.

- Daily
 - 2-3 times per week
 - Weekly
 - Monthly
 - Every 6 months
 - Yearly
 - Only in emergencies
 - Other:
-

Are you able to see healthcare professionals as often as you would like?

- Yes
 - No
-

When you go in to see a healthcare professional, are you able to see the same person each time? Please select the option that most closely applies.

- I am usually able to see the same person
- I would like to see the same person each time, but usually have to see different people
- I do not have a preference about who I see
- I only seek healthcare if there is an emergency
- Other:

Supplementary Figure S3: Health Insurance



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Do you have health insurance?

- Yes
- No
- I am part of a national healthcare program that covers most or all of my healthcare costs (i.e. NHS, Medicare, Medicaid, etc...)
- I do not know



Supplementary Figure S4: Chronic Physical Health Conditions

Have you ever been diagnosed with any of the following physical health conditions by a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)?

	Yes	No, but a healthcare professional recommended assessment	No, I suspect that I have this condition but have not been offered assessment	No
Dementia (Including Alzheimer's Disease)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Arthritis/ Ongoing Problems with Back or Joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blindness/ Partial Sight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breathing Condition (Asthma, COPD, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deafness or Hearing Loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart Condition (Angina, Atrial Fibrillation, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High Blood Pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intellectual Disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kidney or Liver Disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neurological Condition (Epilepsy, Multiple Sclerosis, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure S5: Chronic Mental Health Conditions

Have you been diagnosed with any of the following mental health conditions by a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)?

	Yes	No, but a healthcare professional recommended assessment	No, I suspect that I have this condition but have not been offered assessment	No
Anorexia Nervosa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attention Deficit Hyperactivity Disorder (ADHD)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Binge Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bipolar Disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bulimia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Insomnia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obsessive Compulsive Disorder (OCD)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Panic Disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personality Disorder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Post-Traumatic Stress Disorder (PTSD)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Postnatal Depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schizophrenia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seasonal Affective Disorder (SAD)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Harm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other: <input type="text"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure S6: Differences in Sensory Processing



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Do you have any differences in sensory processing as compared with others (for example to light/ visual cues, sound, touch, smell, etc...)? Please select all that apply

- I do not have any sensory processing differences
- One or more of my sense are heightened, as compared with others
- One or more of my senses are muted, as compared with others



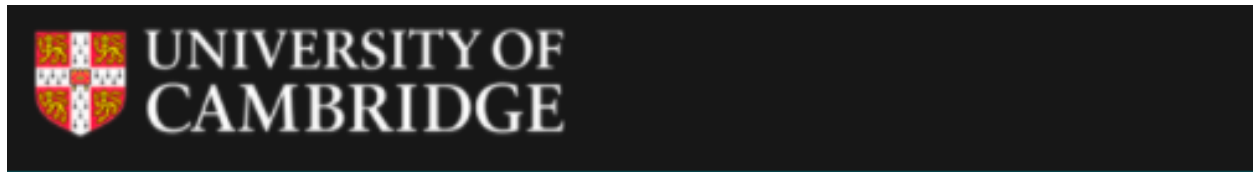
Supplementary Figure S7: Sensory Experiences of Healthcare



Please answer the following questions about your experiences of going to see a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)

	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
I am able to describe how my symptoms feel in my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to describe how bad my pain feels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to describe my sensory processing differences to healthcare professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The sensory environment of the waiting room is more overwhelming than other environments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The sensory environment of the office is more overwhelming than other environments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My senses frequently overwhelm me so that I have trouble focusing on conversations with healthcare professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure S8: Communication during Healthcare Experiences



Please answer the following questions about your experiences of going to see a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)

	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
I am usually able to explain what my symptoms are	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually understand what my healthcare provider means when they discuss my health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not usually ask all the questions I would like to about my health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can bring up a health concern even if my healthcare professional doesn't ask about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what is expected of me when I go to see my healthcare professional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure S9: Anxiety from Healthcare Experiences



Please answer the following questions about your experiences of going to see a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)

	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
The idea of going to see a healthcare professional makes me feel anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The environment of the waiting room or office makes me feel anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel anxious when I see a different healthcare professional to whom I expect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The process of setting up an appointment makes me anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The process of picking up a prescription makes me anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I frequently leave my healthcare professional's office feeling as though I did not receive any help at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure S10: Access and Advocacy Related to Healthcare

Please answer the following questions about your experiences of going to see a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)

	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
I know who to contact if I have a healthcare concern	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I need to go to see a healthcare professional, I am able to get there	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually bring someone along to help support me in my appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I need to go to the pharmacy, I am able to get there	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to follow a procedure for next steps if asked (for example, I will attend follow-up appointments, annual checkups if applicable, etc...)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to make appointments for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will wait until it is an emergency before I go to see a healthcare professional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure S11: Choice not to Seek Help for Health Concern



Have you ever chosen not to go in to see a healthcare professional regarding a health concern?

- Yes
- No



Supplementary Figure S12: System Problems Regarding Healthcare

Please answer the following questions about your experiences of going to see a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)

	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
In most appointments, I have enough time to discuss my concerns with healthcare professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I need to go to see a specialist for a healthcare concern, I am able to do so	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often choose not to go to the doctor with concerns if I need to see a specialist because I know that it will take me many appointments before I can see the specialist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually leave my appointments knowing what the next steps are (ie follow-up appointments, medications, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am provided with appropriate support after I receive a diagnosis of any kind (ie anything from infections to chronic conditions)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure S13: Part Three Heading



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Part Three: Most Recent Healthcare Experience Related to a Health Concern

The following section will ask about your questions about your most recent experience with any healthcare professional regarding your own healthcare (i.e. not about a child, parent, partner, etc...). Please answer only about your most recent experience with any healthcare professional when you discussed a health concern (for example, NOT a vaccination, routine tests, etc...).



Survey Completion

0%



100%

Supplementary Figure S14: Demographic Details about Most Recent Healthcare Experience



Which kind of healthcare professional did you see most recently?

- Doctor
- General Practitioner
- Nurse Practitioner
- Nurse
- Physician's Assistant
- I do not know
- Other:

When was your most recent healthcare appointment? Please provide an approximate date using the calendar or by entering the date manually in the text box below using the MM-DD-YYYY format:

← March 2022 →						
Su	Mo	Tu	We	Th	Fr	Sa
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Supplementary Figure S15: Content of Most Recent Healthcare Appointment

What was discussed in the healthcare appointment? Please select all that apply:

- One or more physical health conditions
 - One or more mental health conditions
 - Other (Please Specify):
-

Please answer the following questions about your experiences of going to see a healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)

	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
I understood the questions my healthcare professional asked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The healthcare professional gave me enough time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The healthcare professional understood me when I described my symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The healthcare professional attempted to help me with my symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not think that the healthcare professional cared about my wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Figure 16: Autism-Specific Healthcare From Main Healthcare Professional



Part Four: Autism and Healthcare

The following section will ask you questions about your healthcare experiences as an autistic individual.

Please answer the following questions about your experiences of going to see your main healthcare professional (Doctor, General Practitioner, Nurse Practitioner, Nurse, or Physician's Assistant)

	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
I have told my healthcare professional that I am autistic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My healthcare professional and I have discussed my autism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My healthcare professional knows what autism is	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that my healthcare professional usually tries to make adjustments for me because I am autistic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that my healthcare professional usually considers my autism when making diagnoses and treatment plans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Supplementary Table S1: Missing Data For Outcomes

	Number of Autistic Participants with Missing Data N (%)	Number of Non-Autistic Participants with Missing Data N (%)
Able to see healthcare professionals as often as they would like	5 (0.39)	1 (0.07)
Has health insurance or is part of a national healthcare program (e.g. NHS, Medicare, Medicaid, etc...)	27 (2.10)	43 (3.15)
Sensory Experience		
Reported at least one sensory difference (hyper- or hyposensitivity)	0	0
<i>I am able to describe how my symptoms feel in my body</i>	13 (1.01)	20 (1.47)
<i>I am able to describe how bad my pain feels</i>	12 (0.93)	20 (1.47)
<i>I am able to describe my sensory processing differences to healthcare professionals *</i>	103 (8.02) 17 (2.79) of eligible	772 (56.60) 17 (1.42) of eligible
<i>The sensory environment of the waiting room is more overwhelming than other environments</i>	13 (1.01)	25 (1.83)
<i>The sensory environment of the office is more overwhelming than other environments</i>	15 (1.17)	22 (1.61)
<i>My senses frequently overwhelm me so that I have trouble focusing on conversations with healthcare professionals</i>	13 (1.01)	21 (1.54)
Communication		
<i>I am usually able to explain what my symptoms are</i>	18 (1.40)	35 (2.57)
<i>I usually understand what my healthcare professional means when they discuss my health</i>	17 (1.32)	36 (2.71)
<i>I do not usually ask all the questions I would like to about my health</i>	20 (1.56)	41 (3.01)
<i>I can bring up a health concern even if my healthcare professional doesn't ask about it</i>	20 (1.56)	40 (2.93)
<i>I know what is expected of me when I go to see my healthcare professional</i>	17 (1.32)	37 (2.71)
Anxiety		
<i>The idea of going to see a healthcare professional makes me feel anxious</i>	24 (1.87)	47 (3.45)

<i>The environment of the waiting room or office makes me feel anxious</i>	26 (2.02)	48 (3.52)
<i>I feel anxious when I see a different healthcare professional to whom I expect</i>	27 (2.10)	50 (3.67)
<i>The process of setting up an appointment makes me anxious</i>	27 (2.10)	49 (3.59)
<i>The process of picking up a prescription makes me anxious</i>	30 (2.33)	51 (3.74)
<i>I frequently leave my healthcare professional's office feeling as though I did not receive any help at all</i>	26 (2.02)	49 (3.59)
Access and Advocacy		
Chosen not to go in to see a healthcare professional	29 (2.26)	70 (5.13)
<i>I know who to contact if I have a healthcare concern</i>	31 (2.41)	69 (5.06)
<i>If I need to go see a healthcare professional, I am able to get there</i>	34 (2.65)	69 (5.06)
<i>I usually bring someone along to help support me in my appointments</i>	31 (2.41)	71 (5.21)
<i>If I need to go to the pharmacy, I am able to get there</i>	32 (2.49)	70 (5.13)
<i>I am able to follow a procedure for next steps if asked (for example, I will attend follow-up appointments, annual checkups if applicable, etc...)</i>	33 (2.57)	71 (5.21)
<i>I am able to make appointments for myself</i>	32 (2.49)	74 (5.43)
<i>I will wait until it is an emergency before I go to see a healthcare professional</i>	31 (2.41)	72 (5.28)
System Problems		
<i>In most appointments, I have enough time to discuss my concerns with healthcare professionals</i>	43 (3.35)	103 (7.55)
<i>If I need to go to see a specialist for a healthcare concern, I am able to do so</i>	47 (3.66)	103 (7.55)
<i>I often choose not to go to the doctor with concerns if I need to see a specialist because I know that it will take my many appointments before I can see the specialist</i>	44 (3.42)	105 (7.70)
<i>I usually leave my appointments knowing what the next steps are (i.e. follow-up appointments, medications, etc...)</i>	45 (3.50)	108 (7.92)
<i>I am provided with appropriate support after I receive a diagnosis of any kind (i.e. anything from infections to chronic conditions)</i>	45 (3.50)	108 (7.92)
Triggers for a Shutdown or Meltdown		

<i>The idea of going to see a healthcare professional</i>	60 (4.67)	116 (8.50)
<i>Setting up an appointment to see a healthcare professional</i>	60 (4.67)	135 (9.90)
<i>Sensory environment of the waiting room</i>	61 (4.75)	128 (9.38)
<i>Sensory environment of the office</i>	66 (5.14)	132 (9.68)
<i>Seeing a different healthcare professional to whom you expect</i>	61 (4.75)	130 (9.53)
<i>Talking to a healthcare professional</i>	60 (4.67)	129 (9.46)
<i>Picking up a prescription</i>	62 (4.82)	135 (9.90)
<i>Having to see many healthcare professionals before being able to talk to a specialist</i>	57 (4.44)	129 (9.46)
<i>After a diagnosis of any kind due to lack of follow-up or support</i>	71 (5.53)	134 (9.82)

* only participants who had sensory differences were shown this question

Sensitivity Analysis Information 1: Healthcare Inequality Scores

We conducted a sensitivity analysis excluding all participants with missing data. For the majority of participants, they answered all 29 questions shown to them. However, the third question of the Sensory Sensitivity section (*“I am able to describe my sensory processing differences to healthcare professionals”*) was only shown to the proportion of individuals who reported a sensory processing difficulty earlier in the survey. As such, there were only 28 questions shown to individuals without sensory processing differences. Thus, the sensitivity analysis below includes the 2,405 participants without missing data. The results did not change after running the results using this subsample; full results have been provided in Supplementary Tables S2 and S3.

Supplementary Table S2: Sensitivity Analysis of Healthcare Inequality Scores with Complete Cases Only

	Unadjusted Model†		Adjusted Model††	
	OR (95% CI)	p-value	OR (95% CI)	p-value
Sensory Sensitivity Section Score	14.462 (10.045, 21.032)	< 2.22 x 10 ⁻¹⁶	1.537 (1.440, 1.640)	< 2.22 x 10 ⁻¹⁶
Communication Section Score	19.253 (13.981, 26.737)	< 2.22 x 10 ⁻¹⁶	1.835 (1.710, 1.969)	< 2.22 x 10 ⁻¹⁶
Anxiety Section Score	21.929 (16.389, 29.567)	< 2.22 x 10 ⁻¹⁶	1.674 (1.590, 1.764)	< 2.22 x 10 ⁻¹⁶
Access and Advocacy Section Score	13.920 (8.499, 23.086)	< 2.22 x 10 ⁻¹⁶	1.426 (1.323, 1.538)	< 2.22 x 10 ⁻¹⁶
System Problems Score	10.768 (8.154, 14.298)	< 2.22 x 10 ⁻¹⁶	1.563 (1.474, 1.658)	< 2.22 x 10 ⁻¹⁶
Total Final Score	41.360 (24.185, 71.825)	< 2.22 x 10 ⁻¹⁶	1.133 (1.110, 1.156)	< 2.22 x 10 ⁻¹⁶
Assigned Female at Birth				
Sensory Sensitivity Section Score	22.405 (14.226, 35.890)	< 2.22 x 10 ⁻¹⁶	1.646 (1.518, 1.785)	< 2.22 x 10 ⁻¹⁶
Communication Section Score	31.079 (20.627, 47.531)	< 2.22 x 10 ⁻¹⁶	2.030 (1.855, 2.223)	< 2.22 x 10 ⁻¹⁶
Anxiety Section Score	46.027 (30.127, 71.606)	< 2.22 x 10 ⁻¹⁶	1.887 (1.750, 2.034)	< 2.22 x 10 ⁻¹⁶
Access and Advocacy Section Score	22.208 (11.782, 42.780)	< 2.22 x 10 ⁻¹⁶	1.531 (1.390, 1.687)	< 2.22 x 10 ⁻¹⁶
System Problems Score	16.160 (11.307, 23.328)	< 2.22 x 10 ⁻¹⁶	1.698 (1.574, 1.831)	< 2.22 x 10 ⁻¹⁶
Total Final Score	93.904 (47.026, 192.866)	< 2.22 x 10 ⁻¹⁶	1.165 (1.135, 1.195)	< 2.22 x 10 ⁻¹⁶
Assigned Male at Birth				
Sensory Sensitivity Section Score	8.816 (4.546, 17.654)	3.01 x 10 ⁻¹⁰	1.406 (1.247, 1.585)	3.85 x 10 ⁻⁸
Communication Section Score	8.879 (5.240, 15.338)	1.49 x 10 ⁻¹⁵	1.543 (1.371, 1.736)	1.22 x 10 ⁻¹²
Anxiety Section Score	13.038 (8.378, 20.594)	< 2.22 x 10 ⁻¹⁶	1.549 (1.427, 1.681)	< 2.22 x 10 ⁻¹⁶
Access and Advocacy Section Score	6.270 (2.867, 14.080)	5.91 x 10 ⁻⁶	1.263 (1.114, 1.430)	2.62 x 10 ⁻⁴
System Problems Score	5.871 (3.713, 9.402)	7.71 x 10 ⁻¹⁴	1.372 (1.242, 1.516)	6.79 x 10 ⁻¹⁰
Total Final Score	17.238 (6.771, 45.847)	5.09 x 10 ⁻⁹	1.095 (1.056, 1.135)	9.55 x 10 ⁻⁷

† Binomial Logistic Regression (unadjusted)

†† Binomial Logistic Regression adjusting for age, ethnicity, education, and country of residence

OR = Odds Ratio

95% CI = 95% Confidence Interval

Sig. = Significance Level

Supplementary Table S3: Sensitivity Analysis of Healthcare Inequality Scores with Complete Cases Only

	Accuracy	Sensitivity	Specificity
Sensory Sensitivity Section Score	72.075	92.889	28.000
Communication Section Score	70.166	76.121	64.249
Anxiety Section Score	67.152	62.145	72.045
Access and Advocacy Section Score	57.640	66.632	48.760
System Problems Score	66.060	68.305	63.843
Total Final Score	70.340	83.814	41.608

Based on Unadjusted Binomial Logistic Regression analyses with autism diagnosis as the outcome variable

Sensitivity Analysis Information 2: Individuals Diagnosed with Anxiety

We also conducted a sensitivity analysis in which we controlled for previous diagnosis of Anxiety (using a binary measure of yes/no) for all questions relating to the Anxiety subsection, as we know that autistic individuals (and particularly autistic individuals AFAB) are more likely to have a diagnosis of anxiety compared to neurotypical peers.^{4-6,8} While controlling for a diagnosis of anxiety did tamp down the magnitude of differences between autistic and non-autistic adults, autistic adults were still far more likely to report that specific circumstances induced anxiety across all measures (ORs: 2.2 – 4.6); full results of the sensitivity analysis can be found in Supplementary Table S4.

Supplementary Table S4: Sensitivity Analysis for Individuals with Anxiety

	Adjusted Model†		
	OR (95% CI)	p-value	Sig.
<i>The idea of going to see a healthcare professional makes me feel anxious</i>	2.236 (1.827, 2.735)	7.55 x 10 ⁻¹⁵	***
<i>The environment of the waiting room or office makes me feel anxious</i>	3.508 (2.895, 4.252)	< 2.22 x 10 ⁻¹⁶	***
<i>I feel anxious when I see a different healthcare professional to whom I expect</i>	4.575 (3.737, 5.601)	< 2.22 x 10 ⁻¹⁶	***
<i>The process of setting up an appointment makes me anxious</i>	3.576 (2.916, 4.384)	< 2.22 x 10 ⁻¹⁶	***
<i>The process of picking up a prescription makes me anxious</i>	3.280 (2.718, 3.958)	< 2.22 x 10 ⁻¹⁶	***
<i>I frequently leave my healthcare professional's office feeling as though I did not receive any help at all</i>	2.725 (2.283, 3.252)	< 2.22 x 10 ⁻¹⁶	***

† Binomial Logistic Regression adjusting for age, ethnicity, education, country of residence, and diagnosis of Anxiety Disorder

OR = Odds Ratio

95% CI = 95% Confidence Interval

Sig. = Significance Level

Supplementary Table S5: Participant Demographics for Covid Analyses

Characteristics	Autism (n = 1,149)	Controls (n = 1,136)	p-values (Sig.)
Age (years), mean (SD)	41.49 (14.45)	39.39 (16.11)	5.68 x 10 ⁻⁵ (***)
Age (years), categories, N (%)			
16-29	296 (25.76)	388 (34.16)	
30-39	240 (20.89)	221 (19.45)	
40-49	246 (21.41)	203 (17.87)	
50-59	230 (20.02)	172 (15.14)	
60-69	104 (9.05)	102 (8.98)	
70+	33 (2.87)	50 (4.40)	
AQ-10 Score, mean (SD)	8.07 (1.88)	3.76 (2.64)	< 2.22 x 10 ⁻¹⁶ (***)
Female	8.17 (1.73)	3.65 (2.66)	< 2.22 x 10 ⁻¹⁶ (***)
Male	7.89 (2.11)	3.96 (2.58)	< 2.22 x 10 ⁻¹⁶ (***)
Other	8.75 (1.89)	--	
Sex Assigned at Birth, N (%)			0.135
Female	737 (64.14)	736 (64.79)	
Male	408 (35.51)	400 (35.21)	
Other	4 (0.35)	0	
Ethnicity, N (%)			4.62 x 10 ⁻⁷ (***)
White	994 (86.51)	897 (78.96)	
Non-White	149 (12.97)	238 (20.95)	
African	3 (0.26)	10 (0.88)	
Arab	0	5 (0.44)	
Caribbean	6 (0.52)	1 (0.09)	
Hispanic	9 (0.78)	30 (2.64)	
Jewish	22 (1.92)	33 (2.90)	
Mixed Race	73 (6.35)	102 (8.98)	
Turkish	1 (0.09)	7 (0.62)	
Other	35 (3.05)	50 (4.40)	
Missing	6 (0.52)	1 (0.09)	
Education, N (%)			2.97 x 10 ⁻⁵ (***)
No formal qualifications	50 (4.35)	24 (2.11)	
Further vocational qualifications	181 (15.75)	132 (11.61)	
Secondary School/ High School	197 (17.15)	190 (16.73)	
University Undergraduate	358 (31.16)	342 (30.11)	
University Postgraduate	363 (31.59)	448 (39.44)	
Country of Residence			< 2.22 x 10 ⁻¹⁶ (***)
Australia	16 (1.39)	32 (2.82)	
Canada	38 (3.31)	42 (3.70)	
Germany	34 (2.96)	25 (2.20)	
Netherlands	23 (2.00)	29 (2.55)	
United Kingdom	751 (65.36)	502 (44.19)	
United States	135 (11.75)	138 (12.15)	
Other	151 (13.14)	366 (32.22)	
Missing	1 (0.09)	2 (0.17)	

p-values were from Pearson's Chi Square test (categorical) or from a Mann-Whitney U test (means)

SD = standard deviation

Sig. = significance level

Supplementary Table S6: No Significant Differences in Healthcare Quality for Autistic or Non-autistic Adults Before and After the Onset of the Pandemic

	Pre-Pandemic N (%)	Post-Pandemic N (%)	Odds Ratio (95% CI)	p-value	Sig.
Autistic Participants					
<i>I understood the questions my healthcare professional asked</i>	777 (88.60)	242 (88.97)	1.038 (0.665, 1.660)	0.913	
<i>The healthcare professional gave me enough time</i>	630 (71.84)	200 (73.53)	1.089 (0.794, 1.503)	0.642	
<i>The healthcare professional understood me when I described my symptoms</i>	616 (70.24)	196 (72.06)	1.093 (0.801, 1.500)	0.594	
<i>The healthcare professional attempted to help me with my symptoms</i>	675 (76.97)	211 (77.57)	1.035 (0.741, 1.459)	0.869	
<i>I do not think that the healthcare professional cared about my wellbeing</i>	224 (25.54)	54 (19.85)	0.722 (0.507, 1.018)	0.062	
Non-Autistic Participants					
<i>I understood the questions my healthcare professional asked</i>	700 (96.82)	401 (97.09)	1.098 (0.518, 2.449)	0.860	
<i>The healthcare professional gave me enough time</i>	617 (85.34)	363 (87.89)	1.247 (0.860, 1.828)	0.245	
<i>The healthcare professional understood me when I described my symptoms</i>	628 (86.86)	369 (89.35)	1.268 (0.857, 1.901)	0.259	
<i>The healthcare professional attempted to help me with my symptoms</i>	629 (87.00)	377 (91.28)	1.564 (1.031, 2.417)	0.033	
<i>I do not think that the healthcare professional cared about my wellbeing</i>	135 (18.67)	79 (19.13)	1.030 (0.746, 1.416)	0.875	

95% CI = 95% Confidence Interval

Sig. = Significance Level

Supplementary Table S7: Full Results for Binomial Logistic Regression Predicting Autism Status from Health Inequality Scores

	Detailed Adjusted Models	
	OR (95% CI)	p-value
Sensory Sensitivity Section Score	1.548 (1.454, 1.649)	< 2.22 x 10⁻¹⁶
Age	1.012 (1.003, 1.020)	5.87 x 10⁻³
Ethnicity	0.735 (0.545, 0.991)	0.043
Education (Further vocational qualifications)	0.576 (0.273, 1.219)	0.149
Education (Secondary School)	0.711 (0.343, 1.475)	0.360
Education (University qualifications)	0.558 (0.272, 1.143)	0.111
Education (Postgraduate qualifications)	0.680 (0.332, 1.392)	0.291
Country (Australia)	0.329 (0.151, 0.719)	5.32 x 10 ⁻³
Country (Canada)	0.767 (0.428, 1.373)	0.371
Country (Germany)	0.909 (0.480, 1.722)	0.770
Country (Netherlands)	0.748 (0.364, 1.539)	0.430
Country (Other)	0.337 (0.252, 0.452)	4.95 x 10⁻¹³
Country (United States of America)	0.587 (0.417, 0.826)	2.25 x 10 ⁻³
Communication Section Score	1.822 (1.702, 1.950)	< 2.22 x 10⁻¹⁶
Age	1.016 (1.009, 1.022)	2.41 x 10⁻⁶
Ethnicity	0.868 (0.679, 1.110)	0.258
Education (Further vocational qualifications)	0.567 (0.313, 1.028)	0.062
Education (Secondary School)	0.618 (0.347, 1.099)	0.101
Education (University qualifications)	0.476 (0.269, 0.839)	0.010
Education (Postgraduate qualifications)	0.598 (0.339, 1.054)	0.075
Country (Australia)	0.392 (0.210, 0.733)	3.38 x 10 ⁻³
Country (Canada)	0.653 (0.412, 1.035)	0.069
Country (Germany)	1.025 (0.593, 1.771)	0.929
Country (Netherlands)	0.768 (0.427, 1.382)	0.378
Country (Other)	0.323 (0.254, 0.410)	< 2.22 x 10⁻¹⁶
Country (United States of America)	0.749 (0.567, 0.990)	0.042
Anxiety Section Score	1.679 (1.596, 1.767)	< 2.22 x 10⁻¹⁶
Age	1.017 (1.010, 1.023)	1.29 x 10⁻⁶
Ethnicity	0.878 (1.010, 1.023)	0.318
Education (Further vocational qualifications)	0.495 (0.680, 1.133)	0.020
Education (Secondary School)	0.549 (0.273, 0.897)	0.041
Education (University qualifications)	0.405 (0.309, 0.975)	1.72 x 10 ⁻³
Education (Postgraduate qualifications)	0.528 (0.230, 0.713)	0.026
Country (Australia)	0.353 (0.300, 0.927)	1.32 x 10 ⁻³
Country (Canada)	0.666 (0.187, 0.666)	0.089
Country (Germany)	1.122 (0.416, 1.064)	0.685
Country (Netherlands)	0.778 (0.642, 1.964)	0.424
Country (Other)	0.355 (0.278, 0.454)	2.22 x 10⁻¹⁶
Country (United States of America)	0.666 (0.500, 0.887)	5.42 x 10 ⁻³
Access and Advocacy Section Score	1.412 (1.313, 1.519)	< 2.22 x 10⁻¹⁶
Age	1.006 (1.000, 1.013)	0.039
Ethnicity	0.772 (0.608, 0.979)	0.033
Education (Further vocational qualifications)	0.469 (0.267, 0.821)	8.02 x 10 ⁻³
Education (Secondary School)	0.479 (0.279, 0.824)	7.83 x 10 ⁻³
Education (University qualifications)	0.340 (0.199, 0.579)	7.43 x 10⁻⁵
Education (Postgraduate qualifications)	0.436 (0.256, 0.742)	2.21 x 10 ⁻³

Country (Australia)	0.377 (0.208, 0.683)	1.31 x 10 ⁻³
Country (Canada)	0.567 (0.364, 0.882)	0.012
Country (Germany)	0.966 (0.572, 1.630)	0.897
Country (Netherlands)	0.595 (0.340, 1.042)	0.069
Country (Other)	0.286 (0.227, 0.360)	< 2.22 x 10⁻¹⁶
Country (United States of America)	0.739 (0.567, 0.964)	0.026
System Problems Score	1.568 (1.479, 1.662)	< 2.22 x 10⁻¹⁶
Age	1.010 (1.004, 1.017)	1.77 x 10 ⁻³
Ethnicity	0.849 (0.661, 1.092)	0.202
Education (Further vocational qualifications)	0.362 (0.201, 0.651)	6.94 x 10⁻⁴
Education (Secondary School)	0.430 (0.244, 0.758)	3.55 x 10 ⁻³
Education (University qualifications)	0.281 (0.161, 0.491)	8.21 x 10⁻⁶
Education (Postgraduate qualifications)	0.368 (0.211, 0.642)	4.37 x 10⁻⁴
Country (Australia)	0.376 (0.201, 0.702)	2.17 x 10 ⁻³
Country (Canada)	0.665 (0.419, 1.053)	0.082
Country (Germany)	1.171 (0.673, 2.040)	0.576
Country (Netherlands)	0.724 (0.403, 1.300)	0.279
Country (Other)	0.360 (0.283, 0.459)	2.22 x 10⁻¹⁶
Country (United States of America)	0.890 (0.674, 1.174)	0.408
Total Final Score	1.133 (1.110, 1.156)	< 2.22 x 10⁻¹⁶
Age	1.013 (1.005, 1.156)	2.87 x 10 ⁻³
Ethnicity	0.815 (0.595, 1.115)	0.200
Education (Further vocational qualifications)	0.523 (0.241, 1.134)	0.101
Education (Secondary School)	0.696 (0.326, 1.485)	0.349
Education (University qualifications)	0.565 (0.268, 1.191)	0.134
Education (Postgraduate qualifications)	0.650 (0.310, 1.366)	0.255
Country (Australia)	0.348 (0.157, 0.769)	9.15 x 10 ⁻³
Country (Canada)	0.693 (0.390, 1.233)	0.212
Country (Germany)	0.919 (0.471, 1.794)	0.804
Country (Netherlands)	0.853 (0.406, 1.793)	0.675
Country (Other)	0.368 (0.271, 0.498)	1.24 x 10⁻¹⁰
Country (United States of America)	0.669 (0.473, 0.946)	0.023