

NEURODIVERGENT AND NEUROTYPICAL

Gut Health and Mental Well-being: Is There a Link?

OPEN JUNE – OCTOBER 2026

RESEARCH PARTICIPANTS NEEDED

What is this study about?

This study examines whether gut symptoms predict mental well-being differently in neurodivergent versus neurotypical adults. **Your experience matters.**

Who can take part?

✓ Eligible Participants

- Adults aged 18+, neurotypical or neurodivergent (diagnosed or self-identified)
- Open worldwide (English-language)

X Not Eligible If You Have (any of the following):

- Gastrointestinal (GI) surgery within the last 3 months
- Diagnosed with structural/inflammatory GI disease (e.g., IBD, Crohn's, Ulcerative colitis, Coeliac disease...)
- Been taking medication known to directly affect gut function/digestion or microbiome (e.g., PPIs, GLP-1, laxatives, antibiotics...) within the last 3 months

What will I do?

- ① Complete an online questionnaire

Quick & easy
10-15 minutes

- ② Share your experience on how gut health affects daily life

Fully
anonymous

Any Questions?

Researcher:
kam1380@my.londonmet.ac.uk

Supervisor:
h.mulrooney@londonmet.ac.uk

How to take part:

Scan the QR code or click the link below to visit the site.



[Take Part Here](#)