

**Table S1. Facilitators and barrier categories, with illustrative direct quotations. ‘N’ denotes the number of times each category was endorsed.**

Facilitator categories (Total N=879)	
<i>Factors relating to health professionals</i> (N=171, 19.5%)	<p>“In my case I am high functioning ASD so some people tend not to consider me as having ASD, hopefully health workers could see past the obvious”</p> <p>“The attitude of the GP/Health Staff involved would make a big difference. if they weren't friendly and polite there's no point”</p>
<i>Environmental adaptations</i> (N=166, 18.9%)	<p>“Having somewhere to wait that is a quiet, not hot and not bright waiting room, potentially by providing a separate room”</p> <p>“A light and sound friendly environment. Personally for me nothing is worse than being in a waiting room with buzzing and bright lights which is why I often have earphones and sun glasses on me”</p>
<i>Providing information</i> (N=128, 14.6%)	<p>“Being provided with information before the appointment about what is being checked and why”</p> <p>“Full information of what to expect, communicated in writing, so I can properly process it”</p>
<i>Accessible appointments</i> (N=83, 9.4%)	<p>“Consideration that not everyone can travel far, or even locally, with health conditions, both physical and mental”</p> <p>“Opportunity to arrange this for when suits individual schedule (e.g. early mornings, Saturday et cetera)”</p>
<i>Flexible appointments</i> (N=59, 6.7%)	<p>“Having time to reflect on what has been discussed and being able to feed back any thoughts so as to clarify any uncertainty”</p> <p>“No feelings of pressure, given time to explain things and process what information is being given.”</p>
<i>Keeping to time</i> (N=56, 6.4%)	<p>“Easier if their set times were exact i.e. must be there for 10:00 and will be seen at 10:05”</p> <p>“By advised if there was a delay like they do at eye hospitals”</p>
<i>Clear communication</i> (N=52, 5.9%)	<p>“Medical professional slow down and don't rush me so I can understand what they are asking me”</p> <p>“Clear understanding of how autism can make me take things the wrong way and so not fully understand what was said. Check that my comprehension is clear and I'm not mistaken because I took a comment literally, for example”</p>
<i>Requirements of a health check</i> (N=44, 5.0%)	<p>“Being given a short, written report to help with retaining/referring afterwards”</p> <p>“A list of adjustments that could be put in place for them to choose from”</p>
<i>Booking appointments</i> (N=41, 4.7%)	<p>“If the appointment was made for me”</p> <p>“Book online so you don't have to ring someone up etc.”</p>
<i>Being able to share information</i> (N=26, 3.0%)	<p>“Send a questionnaire with the invite letter encouraging the autistic person to write concerns down before hand as Aspies will often forget things under the pressure of an appointment”</p> <p>“Health questionnaires that could be filled in at home”</p>

<i>Consistent approach</i> (N=19, 2.2%)	“Standard procedure for each check”
<i>Support</i> (N=17, 1.9%)	“Having the same format, in the same order at each appointment” “Having a close friend/relative attend. They can often catch things I would miss” “The presence of a supporter if it assists both autistic person and healthcare person”
<i>Awareness of autistic characteristics</i> (N=9, 1.0%)	“Just because you can’t see it does not mean it is not there” “A recognition that autism itself isn’t the problem: a lot of us experience physical and mental symptoms of stress caused by reactions to our autism
<i>Embedded into healthcare services</i> (N=4, 0.5%)	“Allocated care co-ordinator” “Multidisciplinary teams that talk to each other and address co-morbidities”
<i>Managing anxiety</i> (N=1, 0.1%)	“Managing anxiety help”
<i>Other</i> (N=3, 0.3%)	“If the NHS had better funding” “If applicable, offer new or emerging methods of improving their lives, such as psychedelic therapy”
<i>Not able to code</i> (N=15)	

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Barrier categories  
(Total N=810)

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<i>Factors relating to health professionals</i> (N=215, 26.5%)	“A view that autism is a disease or a problem rather than a difference many of us find valuable as well as difficult: if the health professional asks me about my autism only as a problem, she/he has lost me” “Lack of understanding of autism and lack of validation from the healthcare staff doing the check. This will make the autistic person not want to engage or attend in future. It may also make them see the appointment as a waste of time and not feel comfortable to share important information with the staff”
<i>Lack of environmental adaptations</i> (N=147, 18.1%)	“Buildings inside being not suited to the autistic person, i.e. large, crowded, sometimes noisy buildings and waiting rooms and big buildings that seem very daunting and hard to navigate” “Inaccessible/ overloading environments to wait in prior to or during the appointment”
<i>Inaccessible appointments</i> (N=106, 13.1%)	“Being inflexible with appointment times and location. There are some places I just don't want to go” “Making appointments that cause me to have to travel in rush hour, or busy traffic periods as I get really stressed on the roads if they are busy and I feel trapped”

<i>No flexible appointments</i> (N=69, 8.5%)	"Being rushed and expected to be able to communicate easily"
<i>Not keeping to time</i> (N=58, 7.2%)	"For me, having an appointment outside of works time as i have difficulty getting out of work"
	"Long waiting time between getting an appointment and actually having the appointment - more time to build up anxiety about attending"
	"Sudden cancellation/postponement of the appointment, especially with short notice"
<i>Concerns about a health check</i> (N=55, 6.8%)	"Feeling pressured to go to one (thus not going at all)"
	"Having 'clumsy' responses when put on spot recorded and addressed without having a chance to think things through and give more considered answers.""
<i>Not providing information</i> (N=47, 5.8%)	"Lack of information about the health checks"
	"Not being told about the procedures"
<i>Problems with booking appointments</i> (N=42, 5.2%)	"Needing to be proactive to set up checks or follow up on things. Many times my surgery has not sent a referral letter they said they would, or the specialist has not reacted to it, and nothing happens until I eventually chase them"
	"Having to ring up or go in to book the appointment"
<i>Lack of clear communication</i> (N=34, 4.2%)	"Excessive use of medical terminology or other jargon"
	"A general healthcare worker who just speaks loudly and slowly, thinking that's all an autistic person needs, or worse them feeding back only to the person who has come with the autistic person"
<i>Lack of support</i> (N=17, 2.1%)	"Having to attend on my own"
	"not taking someone with"
<i>Lack of understanding of autistic characteristics</i> (N=8, 1.0%)	"The health check not recognising the autistic difference"
	"Superficial awareness of the complex varieties of autism"
<i>Anxiety</i> (N=8, 1.0%)	"Being anxious about attending the appointment"
	"Being anxious about being told off about diets and exercise"
<i>Health check embedded into healthcare services</i> (N=2, 0.2%)	"If not integrated across physical and mental health domains"
<i>Other</i> (N=2, 0.2%)	"Lack of autism passports for people without a learning disability despite having autism related difficulties"
	"Telling us off for wasting appointments if we don't show up, we won't attend again"
	"The newspapers complaining that we are getting preferential healthcare treatment"
<i>Not able to code</i> (N=23)	

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The percentages of responses in each category are calculated excluding non-codeable response