

Description of measures used

Social communication questionnaire (SCQ; Rutter et al., 2003).

The SCQ current version is a parent-report measure and a screening tool for autism characteristics. It consists of 40 items presented in a yes/no format and form 3 subscales; communication, social interaction and repetitive and stereotyped behaviours. A cut-off score of >15 indicates possible ASD and a score >22 indicates possible autism. The SCQ has high levels of specificity (.60-.67) and sensitivity (.75-.96), good concurrent validity with the ADI and Autism Diagnostic Observation Schedule (ADOS) and good internal consistency (Berument et al., 1999).

The Wessex Behaviour Scale (Kushlick, Blunden, & Cox, 1973)

The Wessex Behaviour Scale consists of 15 items presented on a Likert scale, that measures the degree of ability in individuals with intellectual disability. It assesses mobility, self-help skills, continence, reading, writing, verbal ability and vision which are summed up into a 'Social and Physical incapacity score and a 'Speech, self help and literacy' score. The measure has good inter-rater reliability at .62 (Palmer & Jenkins, 1982).

Anxiety, Depression and Mood Scale (ADAMS; Esbensen et al., 2003)

The ADAMS is an informant questionnaire that includes 28 items on four-point rating scales from 'not a problem' to 'severe problem'. There are five subscales of manic/hyperactive behaviour, depressed mood, social avoidance, general anxiety and compulsive behaviour which have maximum subscale scores of 15, 21, 21, 21 and 9 respectively. The scale has been validated for individuals with intellectual disabilities aged 10-79 and has good test-retest reliability for the scale at .81.

PARENTAL EXPERIENCE OF ANXIETY MANAGEMENT
SUPPLEMENTARY MATERIAL

Supplementary Table: Example questions from interview schedule

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| <ul style="list-style-type: none">• I am interested in any difficult or negative emotions that (X) may experience. Can you tell me about them?• Does (X) ever get anxious, worried or apprehensive?• Have you noticed any patterns (when anxiety occurs)?• Is there anything that you can do that helps to reduce (X)'s anxiety?• How does the anxiety affect (X) day to day?• How does (X)'s anxiety affect you and your family? |
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