

Terms and Conditions for Taking Part

Project Name: Neurodiverse Experiences of Relationships

Created by: Untangle Roots

Date: 28/10/25

1. What this questionnaire is for

This questionnaire is designed to learn about how neurodiverse people experience and think about relationships. Your answers will help us to create a nature-based approach for developing happy and healthy neurodivergent relationships.

2. Your choice to take part

- Taking part is **completely your choice**.
- You can **skip any question, pause, or stop completely** at any time.
- There are **no consequences** if you choose not to continue.
- By going ahead, you agree that you are doing this **of your own free will**.

3. Looking after yourself

Talking or thinking about relationships can sometimes bring up memories, emotions, or discomfort. Please only answer what feels **safe and useful for you right now**.

You are responsible for your own emotional safety while completing this questionnaire. If you notice strong emotions or distress, it's okay to pause, ground yourself, or come back later.

You can try the "**3 ways to calm your nervous system right now**" section for support, or reach out to someone you trust or a support service if needed.

This questionnaire is **not therapy, not counselling, and not medical advice**.

4. Your responsibility

By choosing to take part, you agree that:

- You are responsible for deciding what you share.
- You take responsibility for any emotional reactions or outcomes that may arise.
- You understand that the project owner cannot be held responsible for any discomfort, stress, or other consequences that might result from completing the questionnaire.

5. Your privacy

- Your responses will be treated with care and kept confidential.
- No personally identifying information will be shared without your permission.
- Information you share will only be used for the purposes of this project.
- Data will be stored securely in line with data protection rules.

If you'd like to withdraw your data after completing the questionnaire, please contact me using the details below.

5a. Personal details and mailing list

- It's **completely your choice** whether or not to share any personal details (for example, your name or contact information).
- You can fill out the questionnaire **anonymously** if you prefer.
- If you choose to leave your **email address**, we will add you to our **mailing list** to share updates about this project and related work.
- You can **unsubscribe or ask to be removed** from the mailing list at any time by contacting us.
- Your email will **not** be shared with anyone outside the project team.

6. Ownership and copyright

- The **questions, design, and wording** of this questionnaire belong to **Untangle Roots**.
- You can't copy, share, or reproduce the questionnaire or its contents without written permission.
- Your individual responses and lived experiences remain yours — only the questionnaire structure and materials are owned by the creator.

7. Limitation of responsibility

The creator of this questionnaire cannot be held legally or financially responsible for:

- Any emotional distress or discomfort caused by taking part,
- Any outcomes or actions you take after completing the questionnaire,
- Any misunderstanding of the content or purpose.

You take part entirely **at your own discretion and risk**.

8. Your consent

By clicking through to and taking part in the questionnaire, you confirm that:

- You've read and understood this information.
- You're taking part by your own choice.
- You accept responsibility for your experience while completing this questionnaire.

9. Contact

If you have any questions or concerns about this project, please contact:

Name: Charlie Mitchell

Email: charlie@untangleroots.org

10. Consent

I've read and understood the information above. I'm taking part because I choose to, and I know I can stop or skip questions at any time. I understand that I'm responsible for my own wellbeing while completing this questionnaire. I agree to take part.