

Autistic menopause resource list

- Compiled by Christine A. Jenkins, Feb 2025

www.AutisticMenopause.com and <https://linktr.ee/christineajenkins>

Reviews of the Bridging the Silos research:

Phase 1 <https://ndconnection.co.uk/blog/menopause>

Phase 3 . <https://www.bps.org.uk/research-digest/autistic-people-face-additional-menopause-challenges>

[How do women with disability and LGBTQIA+ people experience menopause?](#)

theconversation.com

Search Spotify for 'Christine Jenkins podcast autism' or click her Linktree <https://linktr.ee/christineajenkins>

Connection to burnout: Viv Dawes Autistic Advocate. See also Carole Jean Whittington of Whittington

Wellbeing <https://www.autisticadvocate.co.uk/post/menopause-and-burnout-in-nd-people>

My very creative BtS teammate Rose

Matthews: <https://www.inspirethemind.org/post/surviving-the-storm-autism-menopause-and-mental-health>

<https://padlet.com/rosematthewsresearch/autistic-experiences-of-menopause-curated-collection-of-curi-9z5kglaabxa8sc8x/wish/E1P8aXODg77eWwA9>

<https://www.autism.org.uk/advice-and-guidance/topics/physical-health/menopause>

Before any research was done – see also Musings of an Aspie blog (2013)

Search Results for “Menopause” – Autistic Ultra

visualvox.wordpress.com

Cos Michael, who inspired me on this research path (2015): <https://www.autism.org.uk/advice-and-guidance/professional-practice/women-ageing>

The best of the most recent research:

Charlton et al. (2025) 242 Autistic and 100 non, the largest self-reported comparison survey. Pre-pub version is free, official version available from the lead researcher. Self-reported psychological, somatic and vasomotor symptoms at different stages of the menopause for autistic and non-autistic people

<https://kclpure.kcl.ac.uk/portal/en/publications/self-reported-psychological-somatic-and-vasomotor-symptoms-at-dif>

de Visser et al (2024) Unmet need for autism-aware care for gynaecological, menstrual and sexual wellbeing <https://journals.sagepub.com/doi/full/10.1177/13623613241290628>

Brady, Jenkins et al (2024). “A Perfect Storm”: Autistic experiences of menopause and midlife

<https://journals.sagepub.com/doi/10.1177/13623613241244548>

Matthews, Jenkins et al (in press) Stepping Into who I Fully Am: A creative exploration of Autistic menopause

Groenman et al (2022) Menstruation and menopause in autistic adults: Periods of importance?

<https://journals.sagepub.com/doi/full/10.1177/13623613211059721>

Karavidas and de Visser (2021) "It's Not Just in My Head, and It's Not Just Irrelevant": Autistic Negotiations of Menopausal Transitions

<https://link.springer.com/article/10.1007/s10803-021-05010-y>

Co-research (a non-autistic perspective)

[Researching With Lived Experience: A Shared Critical Reflection Between Co-Researchers - Lula Dembele, Sally Nathan, Allison Carter, Jane Costello, Michael Hodgins, Rose Singh, Bianca Martin, Patricia Cullen, 2024](#)

journals.sagepub.com

Making the Future Together: the now-classic paper on Autistic involvement (2018)

[Making the future together: Shaping autism research through meaningful participation - Sue Fletcher-Watson, Jon Adams, Kabie Brook, Tony Charman, Laura Crane, James Cusack, Susan Leekam, Damian Milton, Jeremy R Parr, Elizabeth Pellicano, 2019](#)

journals.sagepub.com

General overview on menopause 'treatments' I also recommend Dr Jen Gunter (see below).

[Menopause Misinformation Is Everywhere. Here's How to Detect It](#)

[acog.org](https://www.acog.org)

Autism and Aging webinar [not menopause specific]. NOTE I usually avoid ARI but Dr. Geurts is excellent. <https://autism.org/aging-cognition-wellbeing/>

Books by Autistic authors that discuss menopause

Nerdy, Shy and Socially Inappropriate (2015); Spectrum Women: Walking to the Beat of Autism (2018); Understanding Autistic Relationships across the Lifespan (2023); Women and Girls on the Autism Spectrum (revised, 2024)

General book: The Menopause Manifesto by Dr. Jen Gunter (Canadian who lives in the US). Gynecologist who is not trying to sell any Femtech remedies.