

## Females on the Autism Spectrum Resource List

Until recently, it was commonly thought that there was one autistic girl to every four autistic boys; more recent research places this ratio closer to 1:3 or even 1:2 (Ratto et al., 2017). In other words, girls and women have been historically under- or mis-diagnosed, many receiving an autism diagnosis only as adolescents, young adults, or even as parents when their children are diagnosed. Many of these late diagnosed females are twice-exceptional (bright and creative with a learning disability). We gather this list of resources—videos, books, articles, research papers, and conference presentations—to track and highlight the growing information that is available to better understand autism among those who are female gendered. Please email [hello@reelpaloalto.org](mailto:hello@reelpaloalto.org) with any additional resources that should be added to this list.

### Videos

- Coder, K., Kirigin, A., & Turk, C. (2021, May 15). *Neurodivergent + female* [Video]. Zoom. [https://zoom.us/rec/share/SdAMSNYKI24K5PzP0XUv7Kht0sjz1kBjylMKZRxYJL7wCUgiacaihq-CdhKdptu-.aZzfo\\_-VHiPmGB6p](https://zoom.us/rec/share/SdAMSNYKI24K5PzP0XUv7Kht0sjz1kBjylMKZRxYJL7wCUgiacaihq-CdhKdptu-.aZzfo_-VHiPmGB6p)
- National Autistic Society. (2017). Educating autistic girls: An interview with Sarah Wild (support in mainstream) [Video]. Vimeo. <https://vimeo.com/215639114>
- National Autistic Society. (2017). Educating autistic girls: An interview with Sarah Wild (main challenges) [Video]. Vimeo. <https://vimeo.com/215640088>
- National Autistic Society. (2017). Educating autistic girls: An interview with Sarah Wild (transition) [Video]. Vimeo. <https://vimeo.com/217637960>
- UC Davis MIND Institute. (2020, August 7). Life on the Spectrum: Women Sharing their Unique Experiences [Video]. YouTube. <https://www.youtube.com/watch?v=o6NFgyOVG-4>

### Books

- Bargiela, S. (2019). *Camouflage: The hidden lives of autistic women*. Jessica Kingsley Publishers.
- Castellon, S. (2020). *The spectrum girl's survival guide: How to grow up awesome and autistic*. Jessica Kingsley Publishers.
- Cook, B., & Garnett, M. (2018). *Spectrum women: Walking to the beat of autism*. Jessica Kingsley Publishers.
- Hendrickx, S. (2015). *Women and girls with autism spectrum disorder: Understanding life experiences from early childhood to old age*. Jessica Kingsley Publishers.

James, L. (2018). *Odd girl out: My extraordinary autistic life*. Seal Press.

Lucas, R. (2018). *The state of grace*. Feiwel & Friends.

Nerenberg, J. (2020). *Divergent mind: Thriving in a world that wasn't designed for you*. HarperOne.

Nichols, S. (2009). *Girls growing up on the autism spectrum: What parents and professionals should know about the pre-teen and teenage years*. Jessica Kingsley Publishers.

O'Toole, J. C. (2015). *Sisterhood of the spectrum: An Asperger chick's guide to life*. Jessica Kingsley Publishers.

Simone, R. (2010). *Aspergirls: Empowering females with Asperger syndrome*. Jessica Kingsley Publishers.

### Articles

Borgman, S. (2010, July 29). *How to find your career on the autism spectrum*. Psychology Today.  
<https://www.psychologytoday.com/us/blog/spectrum-solutions/201007/how-find-your-career-the-autism-spectrum>

Cazalis, F. (2017, July 19). *The women who don't know they're autistic*. The Conversation.  
<https://theconversation.com/the-women-who-dont-know-theyre-autistic-80991>

Hill, A. (2019, May 7). *Different for girls: understanding autism*. The Guardian (Online),  
<https://www.theguardian.com/lifeandstyle/2019/apr/28/girls-women-autism-diagnosis-aspergers>

Joel, D., & Fine, C. (2018, December 3). *Can we finally stop talking about 'male' and 'female' brains?*. The New York Times.  
<https://www.nytimes.com/2018/12/03/opinion/male-female-brains-mosaic.html>

Szalavitz, M. (2016, March 1). *Autism—It's different in girls*. Scientific American,  
<https://www.scientificamerican.com/article/autism-it-s-different-in-girls/>

### Research Papers

Baldwin, S., & Costley, D. (2015). The experiences and needs of female adults with high-functioning autism spectrum disorder. *Autism*, 20(4), 483-495. <https://doi.org/10.1177/1362361315590805>

Bargiela, S., Steward, R., & Mandy, W. (2016). The experiences of late-diagnosed women with autism spectrum conditions: An investigation of the female autism phenotype. *Journal of Autism and Developmental Disorders*, 46(10), 3281-3294. <https://doi.org/10.1007/s10803-016-2872-8>

Cola, M. L., Plate, S., Yankowitz, L., Petrulla, V., Bateman, L., Zampella, C. J., De Marchena, A., Pandey, J.,

- Schultz, R. T., & Parish-Morris, J. (2020). Sex differences in the first impressions made by girls and boys with autism. *Molecular Autism*, 11(1). <https://doi.org/10.1186/s13229-020-00336-3>
- Dean, M., Kasari, C., Shih, W., Frankel, F., Whitney, R., Landa, R., Lord, C., Orlich, F., King, B., & Harwood, R. (2014). The peer relationships of girls with ASD at school: Comparison to boys and girls with and without ASD. *Journal of Child Psychology and Psychiatry*, 55(11), 1218-1225. <https://doi.org/10.1111/jcpp.12242>
- Dean, M., Harwood, R., & Kasari, C. (2016). The art of camouflage: Gender differences in the social behaviors of girls and boys with autism spectrum disorder. *Autism*, 21(6), 678-689. <https://doi.org/10.1177/1362361316671845>
- Graham Holmes, L., Zampella, C. J., Clements, C., McCleery, J. P., Maddox, B. B., Parish-Morris, J., Udhani, M. D., Schultz, R. T., & Miller, J. S. (2020). A lifespan approach to patient-reported outcomes and quality of life for people on the autism spectrum. *Autism Research*, 13(6), 970-987. <https://doi.org/10.1002/aur.2275>
- Green, R. M., Travers, A. M., Howe, Y., & McDougall, C. J. (2019). Women and autism spectrum disorder: Diagnosis and implications for treatment of adolescents and adults. *Current Psychiatry Reports*, 21(4). <https://doi.org/10.1007/s11920-019-1006-3>
- Harrop, C., Jones, D., Zheng, S., Nowell, S., Schultz, R., & Parish-Morris, J. (2019). Visual attention to faces in children with autism spectrum disorder: Are there sex differences?. *Molecular Autism*, 10(1). <https://doi.org/10.1186/s13229-019-0276-2>
- Kanfischer, L., Davies, F., & Collins, S. (2017). 'I was just so different': The experiences of women diagnosed with an autism spectrum disorder in adulthood in relation to gender and social relationships. *Autism*, 21(6), 661-669. <https://doi.org/10.1177/1362361316687987>
- Leedham, A., Thompson, A. R., Smith, R., & Freeth, M. (2020). 'I was exhausted trying to figure it out': The experiences of females receiving an autism diagnosis in middle to late adulthood. *Autism*, 24(1), 135-146. <https://doi.org/10.1177/1362361319853442>
- Loomes, R., Hull, L., & Mandy, W. P. (2017). What is the male-to-Female ratio in autism spectrum disorder? A systematic review and meta-analysis. *Journal of the American Academy of Child & Adolescent Psychiatry*, 56(6), 466-474. <https://doi.org/10.1016/j.jaac.2017.03.013>
- Milner, V., McIntosh, H., Colvert, E., & Happé, F. (2019). A qualitative exploration of the female experience of autism spectrum disorder (ASD). *Journal of Autism and Developmental Disorders*, 49(6), 2389-2402. <https://doi.org/10.1007/s10803-019-03906-4>
- Ormond, S., Brownlow, C., Garnett, M. S., Rynkiewicz, A., & Attwood, T. (2017). Profiling Autism Symptomatology: An Exploration of the Q-ASC Parental Report Scale in Capturing Sex Differences in Autism. *Journal of Autism and Developmental Disorders*, 48(2), 389-403.

<https://doi.org/10.1007/s10803-017-3324-9>

Ratto, A. B. (2020). Commentary: What's so special about girls on the autism spectrum? – a commentary on Kaat et al. (2020). *Journal of Child Psychology and Psychiatry*, 62(1), 107-109.

<https://doi.org/10.1111/jcpp.13284>

Ratto, A. B., Kenworthy, L., Yerys, B. E., Bascom, J., Wieckowski, A. T., White, S. W., Wallace, G. L., Pugliese, C., Schultz, R. T., Ollendick, T. H., Scarpa, A., Seese, S., Register-Brown, K., Martin, A., & Anthony, L. G. (2017). What About the Girls? Sex-Based Differences in Autistic Traits and Adaptive Skills. *Journal of Autism and Developmental Disorders*, 48(5), 1698–1711.

<https://doi.org/10.1007/s10803-017-3413-9>

Ros-Demarize, R., Bradley, C., Kanne, S. M., Warren, Z., Boan, A., Lajonchere, C., Park, J., & Carpenter, L. A. (2019). ASD symptoms in toddlers and preschoolers: An examination of sex differences.

*Autism Research*, 13(1), 157–166. <https://doi.org/10.1002/aur.2241>

Sedgewick, F., Hill, V., Yates, R., Pickering, L., & Pellicano, E. (2015). Gender Differences in the Social Motivation and Friendship Experiences of Autistic and Non-autistic Adolescents. *Journal of Autism and Developmental Disorders*, 46(4), 1297–1306.

<https://doi.org/10.1007/s10803-015-2669-1>

Sedgewick, F., Hill, V., Yates, R., Pickering, L., & Pellicano, E. (2015). Gender Differences in the Social Motivation and Friendship Experiences of Autistic and Non-autistic Adolescents. *Journal of Autism and Developmental Disorders*, 46(4), 1297–1306.

<https://doi.org/10.1007/s10803-015-2669-1>

Supekar, K., & Menon, V. (2015). Sex differences in structural organization of motor systems and their dissociable links with repetitive/restricted behaviors in children with autism. *Molecular Autism*, 6(1). <https://doi.org/10.1186/s13229-015-0042-z>

Sutherland, R., Hodge, A., Bruck, S., Costley, D., & Klieve, H. (2017). Parent-reported differences between school-aged girls and boys on the autism spectrum. *Autism*, 21(6), 785–794.

<https://doi.org/10.1177/1362361316668653>

Whitlock, A., Fulton, K., Lai, M., Pellicano, E., & Mandy, W. (2020). Recognition of girls on the autism spectrum by primary school educators: An experimental study. *Autism Research*, 13(8), 1358-1372. <https://doi.org/10.1002/aur.2316>

## Conference Presentations

Gould, J. (2011). *Missed diagnosis or misdiagnosis: Girls and women in the autism spectrum* [Conference session]. National Autistic Society.

<https://www.slideshare.net/NationalAutisticSociety/plenary-session-1-judith-gould>

Gould, J., & Smith, J. A. (2017, November). *Missed or mis-diagnosis...Girls and women on the autism spectrum* [Conference session]. Women and Girls on the Autism Spectrum Conference 2017 of the National Autistic Society, Manchester.  
[https://network.autism.org.uk/sites/default/files/ckfinder/files/Missed%20or%20misdiagnosis%2C%20girls%20and%20women%20on%20the%20autism%20spectrum%2C%20diagnosis%2C%20education%20and%20support\\_%20Dr%20Judith%20Gould%20and%20Jacqui%20Ashton%20Smith.pdf](https://network.autism.org.uk/sites/default/files/ckfinder/files/Missed%20or%20misdiagnosis%2C%20girls%20and%20women%20on%20the%20autism%20spectrum%2C%20diagnosis%2C%20education%20and%20support_%20Dr%20Judith%20Gould%20and%20Jacqui%20Ashton%20Smith.pdf)