**Supplementary Table 2. Sample characteristics by gender**

|  | Male (N=262) | Female (N=121) | Total (N=383) |
| --- | --- | --- | --- |
| **Age** |  |  |  |
|    Mean (SD) | 27.51 (11.24) | 29.30 (10.19) | 28.08 (10.93) |
|    Median | 25.00 | 29.00 | 26.00 |
|    Range | 7.00 - 65.00 | 18.00 - 57.00 | 17.00 - 65.00 |
| **Marital status** |  |  |  |
|    Single | 145 (84.3%) | 63 (70.8%) | 208 (79.7%) |
|    In a couple | 27 (15.7%) | 26 (29.2%) | 53 (20.3%) |
| **Parenting status** |  |  |  |
|    Non-parents | 151 (90.4%) | 70 (78.7%) | 221 (86.3%) |
|    Parents | 16 (9.6%) | 19 (21.3%) | 35 (13.7%) |
| **Vocational status** |  |  |  |
| Employed | 56 (26.3%) | 32 (29.9%) | 88 (27.5%) |
| Unemployed | 157 (73.7%) | 75 (70.1%) | 232 (72.5%) |
| **Highest education level at the time of admission** |  |  |  |
|  High school | 82 (39.2%) | 30 (28.6%) | 112 (35.7%) |
|    University  | 127 (60.8%) | 75 (71.4%) | 202 (64.3%) |
| **Global Assessment of Functioning (GAF)** |  |  |  |
|    Mean (SD) | 57.45 (9.62) | 57.88 (8.82) | 57.58 (9.36) |
|    Median | 59.00 | 58.00 | 59.00 |
|    Range | 45.00 - 74.00 | 46.00 - 76.00 | 45.00 - 75.00 |
| **Good adult outcome (GAF ≥61)** | 59 (34.1%) | 26 (32.5%) | 85 (33.6%) |
| **ADOS Total social communication** |  |  |  |
|    Mean (SD) | 11.07 (4.30) | 10.45 (4.88) | 10.89 (4.47) |
|    Median | 10.00 | 10.00 | 10.00 |
|    Range | 3.00 - 21.00 | 4.00 - 20.00 | 3.00 - 21.00 |
| **Social Responsiveness Scale (SRS)** |  |  |  |
|    Mean (SD) | 90.17 (30.89) | 101.81 (26.86) | 94.00 (30.04) |
|    Median | 92.50 | 98.50 | 94.00 |
|    Range | 25.00 - 183.00 | 17.00 - 150.00 | 17.00 - 183.00 |
| **EQ5D5L\_SCORE** |  |  |  |
|    Mean (SD) | 0.79 (0.18) | 0.64 (0.23) | 0.74 (0.21) |
|    Median | 0.82 | 0.66 | 0.80 |
|    Range | 0.08 - 1.00 | 0.00- 1.00 | 0.00 - 1.00 |
| **Empathy Quotient (EQ)** |  |  |  |
|    Mean (SD) | 26.50 (11.51) | 23.15 (10.07) | 25.32 (11.10) |
|    Median | 26.00 | 22.00 | 24.00 |
|    Range | 7.00 - 65.00 | 8.00 - 52.00 | 7.00 - 65.00 |
| **IQ total** |  |  |  |
|    Mean (SD) | 108.00 (19.66) | 109.17 (19.48) | 108.38 (19.57) |
|    Median | 110.00 | 109.50 | 110.00 |
|    Range | 79.00 - 153.00 | 83.00 - 154.00 | 79.00 - 154.00 |
| **Verbal IQ** |  |  |  |
|    Mean (SD) | 116.95 (17.83) | 117.63 (18.80) | 117.17 (18.14) |
|    Median | 120.00 | 120.00 | 120.00 |
|    Range | 81.00 - 150.00 | 82.00 - 150.00 | 82.00 - 150.00 |
| **Co-occurring mental health condition** |  |  |  |
|    Mean (SD) | 2.57 (2.26) | 3.60 (2.53) | 2.90 (2.39) |
|    Median | 2.00 | 3.00 | 3.00 |
|    Range | 0.00 - 10.00 | 0.00 - 9.00 | 0.00 - 10.00 |
| **Depression (current)** |  |  |  |
|   N (%) | 53 (27.0%) | 34 (33.7%) | 87 (29.3%) |
| **Self-harm** |  |  |  |
|   N (%) | 40 (21.7%) | 41 (44.6%) | 81 (29.3%) |
| **History of suicide attempt** |  |  |  |
|   N (%)    | 13 (7.1%) | 20 (21.7%) | 33 (12.0%) |
| **Anxiety disorder** |  |  |  |
|   N (%) | 141 (69.1%) | 86 (81.1%) | 227 (73.2%) |
| **ADHD** |  |  |  |
|   N (%)    | 37 (19.9%) | 6 (6.1%) | 43 (15.1%) |
| **Eating disorder** |  |  |  |
|   N (%)    | 6 (2.9%) | 21 (20.4%) | 27 (8.8%) |
| **Substance use disorders** |  |  |  |
|   N (%)    | 36 (17.8%) | 17 (15.9%) | 53 (17.2%) |
| **Sleep disorders** |  |  |  |
|    N (%)   | 94 (50.8%) | 54 (58.7%) | 148 (53.4%) |
| **Psychotic disorder** |  |  |  |
|    N (%)   | 17 (8.7%) | 8 (7.7%) | 25 (8.3%) |
| **Bipolar disorder** |  |  |  |
|   N (%)    | 2 (1.0%) | 3 (2.9%) | 5 (1.7%) |
| **Co-occurring physical health condition** |  |  |  |
|    Mean (SD) | 2.12 (1.61) | 3.45 (2.10) | 2.54 (1.88) |
|    Median | 2.00 | 4.00 | 2.00 |
|    Range | 0.00 - 9.00 | 0.00 - 9.00 | 0.00 - 9.00 |
| **Epilepsy** |  |  |  |
|    N (%)   | 7 (3.5%) | 5 (5.0%) | 12 (4.0%) |
| **Otorhinolaryngology /Ophthalmology** |  |  |  |
|   N (%)    | 157 (71.7%) | 81 (73.6%) | 238 (72.3%) |
| **Cardiovascular conditions** |  |  |  |
|    N (%)   | 29 (13.4%) | 22 (20.2%) | 51 (15.6%) |
| **Pneumology / Allergic conditions** |  |  |  |
|   N (%)    | 101 (46.3%) | 54 (49.1%) | 155 (47.3%) |
| **Rheumatology / Dermatology / Autoimmune conditions** |  |  |  |
|   N (%) | 86 (39.1%) | 51 (46.4%) | 137 (41.5%) |
| **Gastro-intestinal disorder** |  |  |  |
|   N (%) | 83 (37.9%) | 67 (61.5%) | 150 (45.7%) |
| **Neurology** |  |  |  |
|   N (%) | 32 (15.0%) | 38 (34.9%) | 70 (21.7%) |
| **Oncology** |  |  |  |
|   N (%) | 3 (1.4%) | 4 (3.7%) | 7 (2.1%) |
| **Genetic conditions** |  |  |  |
|   N (%) | 8 (3.9%) | 9 (9.0%) | 17 (5.6%) |