

## Studies

### [Exploring good mental health for people with intellectual disabilities: a qualitative interview study with mental health experts](#)

Most mental health research focuses on mental disorders, with a paucity of studies exploring good mental health. Widely used definitions of good mental health (e.g., WHO's) include several aspects of positive human functioning as predisposing to mental health. According to diagnostic criteria, people with intellectual disabilities (ID) are impaired in their functioning levels (e.g., intellectual functioning, adaptive skills). Existing definitions of good mental health may therefore not be applicable to an ID population.

### [Predictors of Depression and Anxiety Among Self-Medicating Autistic Adults](#)

We aimed to investigate self-medication prevalence, mental health problems, and their relationship among autistic adults. We also sought to identify key factors associated with anxiety and depression in this population.

### [The Views of People With Intellectual Disabilities About What Contributes Towards Optimal End-of-Life Care: A Qualitative Evidence Synthesis](#)

People with intellectual disabilities face inequities in access to end-of-life care and inequalities in its quality and delivery. This review aimed to synthesise qualitative evidence to understand their own perspectives about what contributes to optimal end-of-life care.

### [Advancing care priorities for health and quality of life among older adults in the autism and/or intellectual disabilities communities: proceedings of an international Think Tank](#)

As the number of older autistic adults and adults with intellectual disabilities grows, expanding capacity to meet their needs is crucial. On November 23-25, 2023, a Think Tank on aging in autism and/or intellectual disabilities was convened, with national and international delegates within this field.

### [Successful Online Exercise Intervention Studies for Individuals With Intellectual Disabilities Including Down Syndrome: Best Practices and Recommendations](#)

Online exercise interventions can improve access to tailored programmes for individuals with intellectual disabilities (including Down syndrome). This paper aimed to describe best practices and provide recommendations for online physical activity or exercise programmes for this population.

### [Intellectual and Developmental Disabilities and Cancer Symptom Severity: A Matched Retrospective Cohort Study](#)

Individuals with intellectual or developmental disabilities (IDD) face increased cancer risks and disparities in cancer care accessibility and quality. Despite these concerns, there is limited research on cancer symptomology among individuals with IDD.

### [Narrative Practice in Investigative Interviews of Individuals With Intellectual Disability](#)

Individuals with intellectual disabilities are amongst the groups most vulnerable to sexual crimes. However, their limited cognitive abilities can make it challenging to obtain detailed statements from victims during investigative interviews. This study examined whether practising answering open-ended questions early in the interview increases the accuracy and abundance of incident-related information provided by individuals with intellectual disability.

[Using Grief for Good: The Transformative Effect of Participatory Action Research for Parents With Intellectual Disability Who Have Experienced Child Removal](#)

Parents with intellectual disability experience high rates of child removal, which affects their well-being.

[Autism, Diagnostics, and Dementia: A Consensus Report From the 2nd International Summit on Intellectual Disabilities and Dementia](#)

The second International Summit on Intellectual Disability and Dementia, held in 2023, highlighted the unique challenges of diagnosing dementia in older autistic adults, particularly those with intellectual disabilities, due to the complex interplay of cognitive, communicative, and behavioral factors. This article addresses key diagnostic issues and post-diagnostic considerations for this population.

[The history of Down syndrome–associated Alzheimer's disease; past, present, and future](#)

The landscape of Down syndrome–associated Alzheimer's disease (DSAD) research reflects decades of scientific endeavor and collaborative effort, charting a remarkable journey from initial observations to the elucidation of complex genetic and molecular mechanisms. This perspective article chronicles key milestones and breakthroughs, paying homage to the pioneering scientists and advancements that have shaped the field.

[Relation between executive functioning, sensory processing, and motor performance in children with autism](#)

The neurological model of autism proposes that higher-order processing disturbances underpin the condition's behavioral features, although emerging evidence attributes these executive functioning issues to lower-order processing disturbances influenced by sensory and motor development. This raises an important question concerning the directionality and development trajectories of neurological disturbances in autism.

[Adolescent scoliosis in autism spectrum disorder: is it idiopathic or syndromic??](#)

Minimal data exists on whether adolescents with both autism spectrum disorder (ASD) and scoliosis exhibit distinct curve types or require varying surgical management compared to neurotypical adolescents. Our study at a high-volume scoliosis center compares patterns of scoliosis in ASD patients with those of neurotypical patients. We hypothesized adolescents with ASD would present with atypical scoliosis curve characteristics compared to neurotypical adolescents.

[Subgrouping autism and ADHD based on structural MRI population modelling centiles](#)

Autism and attention deficit hyperactivity disorder (ADHD) are two highly heterogeneous neurodevelopmental conditions with variable underlying neurobiology. Imaging studies have yielded varied results, and it is now clear that there is unlikely to be one characteristic neuroanatomical profile of either condition.

## Study Summaries

[Does low-intensity CBT help improve anxiety or depression in adults with autism?](#)

'Is it more challenging to treat mental illnesses in autistic individuals than those without autism?' This might be a common difficulty that many therapists encounter while treating autistic clients with comorbidity.

## Blogs

### ["I want Learning Disability Pride to grow and thrive on its own"](#)

In this blog, Gary Bourlet—long time advocate of Learning Disability Pride—shares why it matters and what he hopes to see in the future.

### [Do you see me? Improving health for people with learning disabilities](#)

People with learning disabilities make up 2.5% of the population. Unfortunately, they often face poorer health outcomes, reduced life expectancy, and multimorbidity, with many dying more than 20 years younger than the general population. Common health issues like epilepsy or constipation are part of daily practice in primary care, but do we really 'see' people with learning disabilities? Or are these conditions only managed by clinicians with a special interest?

### [How accessible is your healthcare?](#)

People who have a sensory impairment or a learning disability continue to face difficulty communicating with services. Read our latest blog.

### [Learning Disability Week 2025](#)

It's Learning Disability Week 2025! This is an opportunity to uplift the voices of people with learning disabilities and celebrate the progress we have made towards a more inclusive society.

## News

### [Ofsted criticised over training manual linking autistic children to extremism](#)

National Autistic Society says guidance risks stigmatising traits amid concern over number of autistic children referred to Prevent.

### [Mental Capacity Act and learning disabilities: new guidance from NHS England](#)

NHS England has published guidance to support the implementation of the Mental Capacity Act in acute trusts for adults with learning disabilities.

### ["I feel like a drug dealer": the parents using black-market melatonin to help their children sleep](#)

Desperate dads meet in car parks to exchange packets; exhausted parents slip it into their kids' drinks; families waiting months for prescriptions buy it 'off label'. But is it worth the risk?

### [New video on importance of eye tests for people with a learning disability](#)

For Learning Disability Week, SeeAbility has launched a new awareness video to help remove the barriers to eye tests for people with learning disabilities, who are 10 times more likely to have a sight problem.

### [New sex education toolkit for people with learning disabilities](#)

A Brighton University student has created a tactile, easy-to-use sex education toolkit for people with learning disabilities to help them understand relationships, consent, and bodily autonomy.

### [Empowering parents with learning disabilities in the children's social care system](#)

Parents with learning difficulties or disabilities are disproportionately represented in child protection processes and are more likely than other parents to have their children permanently removed (Booth et al, 2005).



### [Championing parental support for people with learning disabilities](#)

Learning Disability Awareness Week is a powerful moment to celebrate progress, amplify voices, and shine a spotlight on the tools and communities driving change.

### [BPS welcomes Partnership for Inclusion of Neurodiversity in Schools programme](#)

"Although a step in the right direction, this must be part of a broader, long-term strategy," says BPS.

### [The power of advocacy in safeguarding](#)

We all have a right to make choices, to try new things, to take risks, and to speak up when we think we've been treated unfairly. But what happens when people aren't being heard, or when the process they must follow isn't accessible?

### [MPs to hold a debate on Down Syndrome Regression Disorder](#)

On Thursday 12 June in Westminster Hall, MPs will hold a debate on Down Syndrome Regression Disorder.

### [Link between autism and Parkinson's disease](#)

Autistic people are four times more likely to develop Parkinson's disease than people without autism, according to a new study.

### [Almost half of carers have developed a mental or physical health condition](#)

Almost half of UK carers have had a mental or physical health condition develop or become worse since taking on caring responsibilities, which is an estimated 10.7 million people.

### [New project launch: Extended Reality for Autistic Drivers \(XRAD\)](#)

We are very pleased to be supporting a new research project led by the University of Exeter. The aim of the work is to develop new extended reality (XR) support tools for autistic people that can help overcome some of the barriers and difficulties faced when driving a car. This includes people who have not yet passed their tests, plus those who drive but perhaps lack confidence.

### [Spending Review: key points for disabled people](#)

Chancellor of the Exchequer Rachel Reeves has delivered her Spending Review, which sets out the day-to-day budgets of government departments and public services over the next three years. So, what are the key points for people with learning disabilities and autistic people?

### [I thought it was being gay that made my life so difficult. Then, at 50, I got an eye-opening diagnosis ...](#)

I spent far too many years lonely and angry, thanks to schoolmates who called me 'weird' and bosses who dismissed me as 'hysterical'. But was it my sexuality that put their backs up – or the autism I am still coming to terms with?

### [NIH autism database announcement raises concerns among researchers](#)

The U.S. National Institutes of Health announced a plan to pour \$50 million into data science projects intended to investigate the condition's causes, but the initiative's short timeline and other atypicalities have prompted questions.