

## Studies

### [Exploring recovery from anorexia in autistic adults: a qualitative study](#)

Objectives: To examine the barriers and facilitators of anorexia nervosa (AN) recovery in adults with autism.

### [Eating Disorders and Autistic Traits Camouflaging: Insights from the EAT Study](#)

Feeding and eating disorders (FEDs) often present in comorbidity with other psychiatric conditions, with a growing body of evidence underscoring their association with autism spectrum disorder (ASD). Individuals with ASD or significant autistic traits (ATs), especially females, often engage in camouflaging strategies to mask their symptoms. However, empirical research on the role of camouflaging within this association is still emerging.

### [Person-Centered: The Impact of People with IDD Choosing Their Goals on Their Quality of Life Outcomes](#)

Person-centered planning is a process used to guide service delivery to ensure services and supports focus on the wants, needs, and interests of the individual person receiving those services. One critical component of person-centered planning is personal goals.

### [Narrative systematic review for autism spectrum disorders screening tools in school settings](#)

Early screening for autism spectrum disorder (ASD) can enhance educational and health outcomes for affected children. This narrative systematic review explores school-based screening tools used around the world to identify children with ASD and explore the differences across socio-demographic groups.

### [Review of early development in children with Down syndrome: family and clinician partnership](#)

This article reviews current literature on early child development in Down syndrome (DS) to provide a summary for clinicians who deliver developmental care.

### [Increased Dementia Risk in Higher-Functioning Adults with Autism Spectrum Disorder: Insights from 21,648 Adults with Autism Spectrum Disorder](#)

While intellectual disability (ID), which often co-occurs with autism, is a known risk factor for dementia, the risk of dementia in higher-functioning adults with ASD remains understudied.

### [Examining Dementia Subtypes in a National Sample of Autistic Medicaid and Medicare Enrollees](#)

Small sample sizes have constrained the examination of dementia subtypes in Autism Spectrum Disorder (ASD) compared to other groups. Data from Medicaid and Medicare, which enroll tens of millions of Americans, can address this limitation and support identification of system-level improvements to address needs of those with ASD and co-occurring dementia.

### [Different Definitions of Developmental Disability and Implications for Outcomes](#)

What are the implications of varying approaches to defining developmental disabilities (DDs) on population prevalence, service utilization, and other related outcomes?

### [Acceptance and Commitment Training for Parents of Children With Autism Spectrum Disorder : A Randomized Clinical Trial](#)

What is the effect of an acceptance and commitment therapy (ACT)-based parenting program on parental stress among parents of children with autism spectrum disorder (ASD)?

### [The Role of Social Adversity in the Association Between Autistic Traits and Borderline Personality Disorder Symptoms](#)

Autism and personality disorders, including borderline personality disorder (BPD), demonstrate high levels of co-occurrence. Autistic individuals are more likely to experience social adversity and exhibit heightened reactivity to stressors, while social adversity is a well-established precursor to BPD.

### [A thematic analysis of the views of neurodivergent women with a personality disorder diagnosis on clinical pathways within mental health services](#)

Adults with a personality disorder diagnosis have a high prevalence of co-occurring autism and attention deficit hyperactivity disorder (ADHD). However, there is often no defined pathway within mental health services to meet the needs of this population, and a lack of evidence or consensus on the optimal approaches to identification, treatment and support for neurodivergent people with a personality disorder diagnosis.

### [Individual Placement and Support and Participatory Workplace Intervention for people with work disabilities – experiences of job coaches](#)

This study investigates the experiences and satisfaction of job coaches with Individual Placement and Support (IPS) and Participatory Workplace Intervention (PWI) for enhancing work participation of people with work disabilities.

### [Trends Over Time in the Prevalence of Autism by Adaptive and Intellectual Functioning Levels](#)

The autistic community is a large, growing, and heterogeneous population, and there is a need for improved methods to describe their diverse needs. Measures of adaptive functioning collected through public health surveillance may provide valuable information on functioning and support needs at a population level.

### [Could She Be Autistic? Exploring Gender Differences in Camouflaging and Pragmatics in Autism and Borderline Personality Disorder](#)

This study explores the relationship between social camouflaging and pragmatic competence in adults diagnosed with autism spectrum disorder (ASD) and borderline personality disorder (BPD), with a particular focus on gender. It is based on the hypothesis that camouflaging contributes to under or misdiagnosis, especially in women and gender-diverse individuals.

### [Irritability in autism examined through network analysis of phenotypic and physiological correlates](#)

Symptoms of irritability are commonly reported in autism, yet correlates of this domain remain poorly understood. While prevalence estimates in the literature vary considerably, they range up to 80%. Irritability can interfere with daily functioning, social relationships, and academic performance.

### [Distinct Drinking Patterns, Help Seeking, and Alcohol-Related Regret in ADHD, Autism, and AuDHD](#)

ADHD is associated with higher alcohol use, while autism is linked to lower use, but little is known about patterns among individuals with both conditions (AuDHD), particularly when accounting for mental health. This study examined whether alcohol consumption, drunkenness, regret, and help-seeking differ across ADHD, autism, AuDHD, and controls, and whether regret predicts intentions to reduce drinking.

[Sex/gender differences in autistic traits, intelligence and executive functions of school-aged autistic children without intellectual disability](#)

ASD has been more often diagnosed and researched in men than women, shaping diagnostic criteria which may not adequately capture the female presentation. Examining differences between girls and boys with ASD could enhance diagnostic accuracy and help reduce gender-related biases in research and clinical practice.

## Statistics

[Safeguarding adults, England, 2024 to 2025](#)

Official statistics on adult safeguarding concerns that were raised and where enquiries took place during 2024 to 2025 in England.

## Policies

[Mental Health Act 2025: easy read](#)

Changes to the law that tells people what to do if they need to stay in hospital after a mental health crisis.

## Call for Evidence Outcomes

[Down Syndrome Act 2022 guidance: call for evidence \(easy read and BSL\)](#)

We asked lots of people what they think we should put in the guidance about Down syndrome. Guidance is like rules that organisations should follow.

## Guidance

[Easy read resources for 2025/26 COVID-19 vaccinations](#)

Easy read resources giving information on COVID-19 vaccinations across 2025/26.

## Blogs

[Autism Champion blog: Reflections on the last four years \(December 2025\)](#)

As it comes to a close, RCPsych Autism Champion Dr Conor Davidson reflects on the achievements and successes of his four-year term.

## News

[Mental Health Bill receives Royal Assent, revolutionising care](#)

The Mental Health Bill has received Royal Assent to modernise outdated mental health laws and improve care for seriously ill patients.

[Mental Health Act gains Royal Assent offering better protection to people with learning disabilities](#)

The Mental Health Act has received Royal Assent and includes reforms to the inappropriate detention of people with learning disabilities and autistic people.

### [The Mental Health Act 2025 summarised](#)

Specialist lawyer Tim Spencer-Lane sets out how the Mental Health Act 2025 reforms the law on the detention and compulsory treatment of people with mental health needs who are considered a risk to themselves or others.

### [Revised guidance on restrictive interventions in schools - CBF Statement](#)

Challenging Behaviour Foundation urges the Department for Education to introduce national training standards following the publication of updated guidance on restrictive interventions.

### [Learning Delayed Is Learning Denied: Why the LeDeR Report Withdrawal Matters](#)

NHS England has announced that the 2023 LeDeR report is being withdrawn and will be republished in January 2026.

### [Mentoring impact report published](#)

We are really excited to publish an impact report summarising the findings from the Mentoring Autistic Adults Project which ran from 2022-25 in Glasgow.

### [SEND: Keir Starmer urged to protect children's legal rights](#)

A powerful new video from the Save Our Children's Rights campaign group is urging Prime Minister Keir Starmer not to remove the legal rights of children with special educational needs and disabilities (SEND).

### [The Government's £3 billion funding for SEND is met with mixed views](#)

The Government recently announced that it is investing an additional £3 billion to create tens of thousands of new specialist places in mainstream schools for children with special educational needs and disabilities (SEND).

### [Mattel launches its first autistic Barbie](#)

Company says doll is the latest expansion of its commitment to representation and inclusion.