

Studies

[Child and Family Characteristics as Predictors of the Severity of Self-injurious Behaviours in Autistic Children and Adolescents](#)

Autistic children demonstrate an increased likelihood of self-injurious behaviours (SIB). To support autistic individuals who exhibit SIB and understand the factors that contribute to SIB, we examined several child and family characteristics associated with the severity of SIB.

[Symptom change in depression and anxiety during psychological therapy for autistic adults](#)

Autistic people are less likely to benefit from currently recommended mental health treatments, but little is known about how outcomes vary across individuals. This gap makes it difficult to adapt therapies (or develop new ones) to meet diverse needs among autistic people.

[Influence of posture during mastication on body composition and nutritional intake in individuals with Down syndrome](#)

Down syndrome is associated with muscular hypotonia and feeding problems. The aim was to assess whether postural alterations during mastication had an impact on body composition, food intake and consumption.

[Associations Between Features of Employment and Job Satisfaction Among Autistic Adults](#)

Many adults on the autism spectrum face challenges securing and maintaining employment. While research has focused on ways to improve employment rates, less is known about the employment experiences of autistic adults who obtain jobs and the factors that contribute to their job satisfaction.

[A qualitative study on the experience of stigma of family caregivers of children with autism from the perspective of family empowerment](#)

This qualitative study investigates the experiences of stigma among caregivers of children with autism, from the viewpoint of family empowerment. The goal is to offer insights that can inform the development of personalized and effective family intervention strategies.

['I fit the category of the box, it just doesn't describe me well.' Exploring the perspectives of autistic women and gender-diverse individuals on self-report autism measures](#)

Psychological assessments play a significant role in both clinical decision-making and the interpretation of research findings, with the quality of these inferences depending on the validity of the measures used. Recent evidence suggests there are gender differences in the presentation of autism, raising concerns about the validity of existing autism tools to measure autistic traits in women and the subsequent implications for clinical inferences and research.

Policies

[Autism Act: government response to Lords Select Committee report](#)

A response by the government to the House of Lords Autism Act 2009 Committee report 'Time to deliver: The Autism Act 2009 and the new autism strategy'.

Blogs

[Listening to learn: what a residential service visit reminded me about personalisation, power and possibility](#)

Time spent in care services has a way of cutting through assumptions. It brings you back to what matters, challenges your thinking, and sharpens your sense of what good care and support really looks like.

News

[NSPCC produces new resources on puberty and learning disabilities](#)

The NSPCC has produced a set of resources on puberty and sexual development for parents and carers of children and young adults with a learning disability.

[Demand for occupational therapy mounts due to multiple and complex long-term conditions](#)

There has been a surge in demand for occupational therapy, driven by an increase in people with multiple and complex health conditions, according to new research from the Royal College of Occupational Therapists (RCOT).

[Charity sector calls out Government on 'unacceptable' autism policy](#)

Today the Government has responded to the House of Lords' report, 'Time to deliver: the Autism Act and the new autism strategy'. As the autism charity sector, we stand together with Ambitious About Autism, Autistica, Autism Action and Autism Alliance UK, to say the Government's response is unacceptable.

[People with learning disabilities to benefit from Disabled Facilities Grant funding boost](#)

People with learning disabilities are amongst those who could benefit from a £50 million funding boost to the Disabled Facilities Grant (DFG), allowing them to live independently at home.

[Family and Group Conferencing for Adults](#)

These resources explain what a Family and Group Conference is and how it empowers people to create their own plan for support. It also provides guidance and learning resources for professionals who are commissioning and delivering Family and Group Conference services.

[Written Statement: Learning Disability Policy, priorities, achievements and plans](#)

I am pleased to provide Members with an update about the work the Welsh Government is undertaking to improve services and support for people with learning disabilities.

[Study now recruiting: Inclusive Talk](#)

An important project launched last year exploring experiences of Talking Therapies (formerly IAPT) and how these can be more inclusive. Our Evidence and Research team are supporting this project, Inclusive Talk, which is now in search of participants.

[Foundation Programme Update - Mental Capacity Act](#)

The Mental Capacity Act (MCA) and Deprivation of Liberty (DoLs) are central to inpatient care. The MCA protects the rights of vulnerable people and this group of sessions cover topics such as assessing capacity, consent, patient autonomy and safeguarding.

[BPS welcomes new paracetamol and autism research](#)

Taking paracetamol while pregnant is safe and there's no evidence it raises the risk of autism, ADHD and developmental issues in children, according to a new review.

[Study debunks Trump claim that paracetamol causes autism](#)

Taking paracetamol in pregnancy does not increase the chance that the child will be autistic, or have ADHD or an intellectual disability, a "gold standard" review of the evidence has found.

[Leaders' Awards: Time for our self advocates to shine](#)

Learning Disability Today is pleased to sponsor the 2026 Leaders' Awards, which celebrate the achievements of people with a learning disability and autistic people whose leadership, creativity, and determination are making a difference.

['I was bullied in school for being different. At 16, I hit a crashing point': the awkward kid who became the world's strongest man](#)

As a boy, Tom Stoltman was diagnosed with autism and bullied at school. When he became depressed in his teens, his older brother, a bodybuilder, suggested a trip to the gym.

[Michael Baron obituary](#)

The London solicitor Michael Baron, who has died aged 96, was instrumental in changing the lives of autistic people for the better. At a time when autism was little known or understood, in 1962 he co-founded the UK's leading autistic charity. As its first chair, he was the driving force in publicising the condition and raising funds.