

**Welcome to the new Neurodiversity Bulletin!**

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## Studies

[Exploring the relationship between ADHD symptoms and suicide risk through the lens of the Integrated Motivational-Volitional Model of suicidal behaviour](#)

Attention Deficit-Hyperactivity Disorder (ADHD) is associated with increased vulnerability to suicide. However, understanding of the psychological factors associated with increased risk is limited.

[ADHD symptoms and problematic digital media use in emerging adults: Investigating the role of cognitive deficits as mediators](#)

This study examined the relationship between ADHD symptoms and problematic social media use (PSMU) and problematic gaming (PG) in a community sample of emerging adults.

[A Digital Tool for Assessing the Distinct Effects of Depression, Anxiety, and Attention-Deficit/Hyperactivity Disorder \(ADHD\) on Children's Emotional Cognitive Bias: Cross-Sectional Study](#)

Emotional wellness and healthy neurocognitive development are crucial from early childhood. An imbalance in attentional and emotional regulation system is associated with an increased risk of depression, anxiety, and attention-deficit/hyperactivity disorder (ADHD). Early assessment of these risks is essential, but it is difficult to conduct cognitive tests that are both child-friendly and able to dissociate different behavioral biases.

[Understanding health services and puberty for autistic adolescents and those with disability: A scoping review to inform occupational therapy practice](#)

Puberty is a transitional period presenting challenges for autistic adolescents, adolescents with disabilities and their families. There are opportunities for occupational therapy to provide support to this cohort as adolescents navigate the complexity of puberty transition.

[Associations of autistic traits, sleep/circadian factors, and mental health in a community-based survey study](#)

Autistic individuals experience a heightened risk of depression and lower quality of life; however, the biological underpinnings for this increased risk remain to be fully established. We assessed whether disruption of self-reported sleep and circadian factors mediates the associations of autistic traits with depression symptom severity and quality of life in a community-based survey study.

[A systematic review on the association between executive function and emotional regulation in autism, ADHD, and autism/ADHD](#)

Executive function (EF) and emotion regulation (ER) have been proposed as transdiagnostic factors that contribute to the socio-emotional and behavioural difficulties observed in neurodevelopmental disorders, particularly autism and attention deficit/hyperactivity disorder (ADHD).

[Gut-brain axis in Attention Deficit Hyperactivity Disorder \(ADHD\): A narrative review of the links between gut microbiota and ADHD pathophysiology](#)

Characterized by developmentally inappropriate levels of inattention, hyperactivity, and impulsivity, Attention-Deficit Hyperactivity Disorder (ADHD) is the most prevalent neurodevelopmental disorder, posing a significant public health concern.

[Postural control anomalies and gait dysfunction in Tourette's syndrome: a systematic review and meta-analysis](#)

Alongside typical manifestations such as motor and vocal tics, recent research has unveiled abnormalities in postural control and gait in patients with Tourette's syndrome (TS).

## Podcasts

[Podcast with Laura from Thisisdyslexia](#)

This podcast explores dyslexia, neurodivergent learning experiences, and the importance of dyslexia awareness in education and everyday life.

## Blogs

[The Real Cost of Stigma Around Neurodiversity \(and Why It Matters for Young People\)](#)

When you ask most people what stigma looks like, they picture bullying or discrimination. But stigmas aren't always that obvious. Too often, it sounds more like "You're just lazy", "Everyone's a little autistic", "You don't look autistic/ADHD/dyslexic/neurodivergent", "You're so dramatic", or "You just need to try harder".

[Reasonable adjustments: it all starts with a conversation](#)

I am concerned that with increasing tribunals being cited relating to neurodiversity we will have a back lash by employers willing to see the skills and talents of someone who shares information about themselves and adjustments they may need to do their job optimally.

[Autism: Changing the Recipe – and What Comes Next](#)

For decades, the way we've defined autism has been shaped by what I think of as an evolving recipe — a mix of ingredients, methods, and assumptions about what autism "looks like." This is the case also for other neurodevelopmental conditions.

[I Unmasked in Front of the Wrong Person, and Here's How It Affected Me](#)

As a neurodivergent person, masking is often my first language.

[What are the first signs of Tourette's Syndrome? Early Symptoms to Look Out For](#)

Tourette's syndrome seems to be gaining prominence in the national media, with producer Kirk Jones's brilliant, powerful biographical film 'I Swear' shining a cinematic lens on the condition just this year. In spite of this, many people still don't know what Tourette's syndrome is, or how it presents, which can lead to many false assumptions and misconceptions.

["Alysa Liu Is the ADHD Role Model We Desperately Needed"](#)

"The biggest lessons we can learn from Liu: Be yourself. Do what you need to do for you. Follow your interests, because that's where your success lies."

## News

[ADHD underdiagnosed in the UK as complex symptoms like emotional dysregulation often get overlooked](#)

ADHD is being missed in millions of people across the UK with many living without diagnosis or support, despite rising awareness of the condition.

[Labour's SEND reforms get this right: disabled children in mainstream schools is transformative for everyone](#)

It doesn't fit neatly on a Treasury spreadsheet, but there is huge value in disabled and non-disabled pupils learning together.

[SEND reforms left unanswered questions on home-to-school transport and council deficits](#)

New plans designed to help local authorities struggling to finance support for children with special educational needs and disabilities (SEND) fail to take into account burgeoning home-to-school transport costs.

[It's Not People-Pleasing. It's Self-Abandonment.](#)

People pleasing is not a virtue. It's not altruistic and selfless to prioritize others' needs over our own. It's an insidious and self-sabotaging habit, especially for those of us living with ADHD who feel like we're constantly letting people down and, therefore, must do more, more, more.

[How do autistic people age — and what does it mean for their health?](#)

Most research on autism focuses on younger people, but some studies suggest older adults face increased risks — and perhaps benefits.

[Statement from CEO Emma McNally following Saturday Night Live](#)

Over recent weeks, our community has faced an unprecedented wave of online trolling, misinformation, and targeted mockery. Following the extremely difficult events surrounding the BAFTAs, many people with Tourette's have been struggling with fear, shame, isolation and a HUGE need to defend a condition they cannot control.

[Investigating the Tic Signal in those with Chronic Tic Disorders and Autism](#)

Researchers are focusing on the premonitory urge (i.e. the sensation that precedes and leads to tics) in this project because of its importance in tic disorders. The premonitory urge is often uncomfortable and has been described in a number of ways by individuals with tics (i.e. an itch, pressure, feeling something is not right). The premonitory urge has been reported to feel more stressful than the tics themselves by many individuals.

[To Stop Procrastinating, Interrupt Your Avoidant Thoughts](#)

Changing your procrastination patterns won't happen overnight, and most of the work is in noticing the thoughts that lead to procrastination, even if those thoughts seem benign.

[Dyscalculia Day 2026](#)

Dyscalculia Day: why understanding Maths difficulties matters.

[How ADHD diagnosis helped my mental health](#)

I spent my life pre-diagnosis suffering from depression and low self-esteem, writes Francesca Finch-Andrews.



ADHD AUTISM  
DYSLEXIA DYSCALCULIA  
**Neurodiversity**  
DYSGRAPHIA OCD  
DYSPRAXIA TOURETTE SYNDROME



**NHS**

Mersey Care  
NHS Foundation Trust

11 March 2026

[Share for better care: your feedback helps to improve health and care services](#)

Your feedback is important to us and is a vital part of helping health and social care services to improve. We want to hear from you, whether your experience was good or bad, big or small.

[The Autistic Experience, Illustrated](#)

What does autism look like to you? If you had to illustrate your experience of neurodivergence, what would it look like?

