

Welcome to the new Neurodiversity Bulletin!

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Studies

[Mortality in Autism: A Longitudinal Register-Based Study](#)

Purpose: To examine mortality and causes of death in a population-based cohort of adults with autism spectrum disorder (ASD), and to compare findings with a sample drawn from the general population.

[The Role of Self-Concept Clarity in the Relations Between Disordered Eating, Gender Diversity, and Autistic and ADHD Traits](#)

Self-concept clarity, the degree to which an individual has a well-defined and stable sense of self, is a well-documented factor in mental health conditions, particularly eating disorders.

[Grief, Relief, and Belief: A Social Media Study on Late Identification of Neurodivergence](#)

Little is known as to what drives feelings of grief and relief observed following the late identification of neurodivergence, and its significance as it relates to sense of self and self-understanding.

[Attachment-Based Interventions in Children with Autism Spectrum Disorders: A Systematic Review](#)

Autism spectrum disorders (ASD) significantly impact children's development, making early intervention necessary for improving social communication and reducing symptom severity.

[A systematic review and future research directions of sex differences in cognitive abilities of autistic children and adolescents](#)

Research on cognitive abilities, including cognitive profiles, language, and executive functioning, of autistic females is still scarce and results are contrasting.

[Environmental Exposures and Neuroimaging in Children with Neurodevelopmental Disorders: A Scoping Review](#)

Neurodevelopmental disorders (NDDs) such as autism spectrum disorder (ASD) and attention-deficit/hyperactivity disorder (ADHD) have been linked to environmental exposures, yet the underlying neurobiological mechanisms remain poorly understood.

[Defining dyslexia: 2025 revision](#)

In October 2025, the Board of Directors of the International Dyslexia Association approved a revised definition of dyslexia.

[A Relational Perspective on Neurodiverse Teams: Psychological Safety, Relationship Quality, and Identification](#)

This study presents a multilevel investigation of neurodivergence in relation to psychological safety, relationship quality, and team identification.

Study Summaries

[Scrolling for answers: how reliable is mental health and neurodivergence-related information on social media?](#)

Imagine the following scenario. You're lying in bed, phone in hand, scrolling through TikTok. A video pops up on your For You feed: "5 signs you have ADHD." Another video claims trauma rewires your brain in ways therapists won't tell you about. It feels relatable, perhaps even reassuring – but is it accurate, and can it be trusted?

Reports

[A new report on systemic change](#)

Rising autism diagnosis rates have been the subject of debate across policy and public affairs. The Government in England has commissioned an Independent Review to explore the factors behind rising diagnosis, across autism, ADHD, and mental health conditions. At a time of intense pressure on public resources, and with stigmatising narratives circulating about 'overdiagnosis', there is a risk that once again, policy fails autistic children, young people, and adults, and their families.

Blogs

[The Positive Aspects of ADHD](#)

ADHD is a condition that is often associated with difficulties related to maintaining attention or focus on activities. Such as having trouble with paying attention in school or the workplace. However, ADHD presents differently on a person by person basis and is not nearly as straightforward as most people suspect it to be.

[How to Remodel a Flexible Wellness Space for Neurodivergent Living](#)

For neurodivergent individuals, busy parents supporting sensory needs, and educators or advocates building routines at home, a single room often has to do everything: movement, recovery, focus, and rest.

[Reclaiming Autistic Identity](#)

The experience of growing up Autistic can often be shaped by the messages, silences, and lack of representation encountered along the way.

News

[Committee responds to SEND consultation](#)

Today the Education Committee has responded to the government's consultation on reforms to special educational needs and disabilities (SEND) support.

[The Donaldson Trust joins cross-sector working group to improve support for neurodivergent people](#)

As the National Body for Neurodiversity, The Donaldson Trust is committed to improving outcomes for neurodivergent people across Scotland. We are emphatic about the importance of working with politicians and policymakers to shape change.

[At 25, INSAR needs to bring autism scientists together more than ever](#)

As the International Society for Autism Research's annual meeting in Prague this week celebrates its quarter-century anniversary, its president reflects on the field's past successes, current challenges and needs for the future.

[We are the 2027 TCS London Marathon Official Charity of the Year!](#)

In addition to collaborating with the TCS London Marathon on some new initiatives to make the event the most inclusive yet, we are also encouraging participants to become part of a national movement through our 'It's Time to Show Up' London Marathon campaign.

[Tourette's Awareness Month 2026 - No Choice](#)

This year's campaign flips the focus away from tic behaviours and places it firmly on society's responses.

[Help Shape Better Access to Behavioural Therapy for Adults with Tics and Tourette syndrome](#)

Tourettes Action and Nottingham University is inviting adults with tics or Tourette syndrome to share their experiences of accessing behavioural therapy.

[The impact of interoception on tics, anxiety and quality of life in young people with Tourette syndrome/chronic tic disorders and functional tic like behaviours](#)

Researchers at the University of Southampton are interested in finding out more about 'interoception' and how this might affect people with tic disorders, especially functional tic-like behaviours.

[US 'drowning in misinformation' under RFK Jr, autism advocates say](#)

Health officials in Trump administration were accused of fueling 'crisis of public trust' over autism and vaccines.

[Why understanding autism means looking beyond spoken language – two autistic researchers of communication explain](#)

The idea of the "autism spectrum" is widely used in diagnosis, education and public discussion. First developed by the psychiatrist Lorna Wing in the 1980s, the term was intended to reflect the wide range of autistic experiences and needs.

[4 Big Insights About ADHD Brain Chemistry](#)

A crash course on the neurotransmitters implicated in ADHD and how new medications are targeting serotonin, a historically overlooked chemical in ADHD treatment.

[The Analog Antidote: Old-School Hobbies that Quiet ADHD Minds](#)

Doomscrolling doesn't help you relax, but throwback hobbies — from crochet to cross-stitch — absolutely can. Here, readers share the analog activities that help their ADHD brains find calm and gratification.

[This Girl Is on Fire: Women's Health Month 2026](#)

Click on each image below to explore the science, expert insight, lived experiences, and camaraderie that surrounds women with ADHD.

ADHD AUTISM
DYSLEXIA DYSCALCULIA
Neurodiversity
DYSGRAPHA O C D
DYSPRAXIA TOURETTE SYNDROME



NHS

Mersey Care
NHS Foundation Trust

7 May 2026

[Dyslexic thinking made me the scientist I am today. If we could harness its power, imagine what could be possible: Maggie Aderin](#)

Progress has always been made by people who think differently. Neurodiversity helps us think outside the box – and when we do, the sky's the limit.

['I was mortally offended': writers on the throwaway comments that changed their lives](#)

Can a sentence affect the course of your life? Five authors reveal the interactions that transformed the way they saw themselves – and the world.

