

Studies

[Why are the youngest in class more often prescribed pharmacological treatment for ADHD?](#)

Children who start school at a younger age are more likely to receive pharmacological treatment for attention deficit hyperactivity disorder (ADHD).

[The Efficacy of Mentalization-Based Interventions Among Autistic Individuals and Their Families: A Systematic Review](#)

Autistic individuals often experience differences in social-cognitive processing, including mentalization, the capacity to understand one's own and others' mental states, which may influence social and emotional functioning.

[Sleep in Autism Spectrum Disorder: A Systematic Update](#)

Sleep disturbances are a common, heterogeneous comorbidity of autism spectrum disorder (ASD). This systematic review updates the field on sleep in ASD over 2022–2026, with attention to how the evidence has evolved.

[Reproductive health and healthcare experiences in autistic and non-autistic individuals assigned female at birth](#)

Despite increased recognition of autism in women and girls, their reproductive health remains underexplored. Understanding reproductive health burden and healthcare experiences is essential to identifying barriers and improving support for conditions that can impact quality of life.

[Computerized Adaptive Tests for Rapid and Accurate Assessment of Autism](#)

Can computerized adaptive tests (CAT) be developed to rapidly and accurately assess for autism spectrum disorder in children and adolescents?

[Problematic Social Media Use and Attention-Deficit/Hyperactivity Disorder Symptoms in Adolescents](#)

Are within-person changes in problematic social media use (PSMU) among youths associated with attention-deficit/hyperactivity disorder (ADHD) symptoms across 5 annual study waves, and do these associations differ by sex?

[Stress Factors in Parents of Autistic Children: An Umbrella Review](#)

Parents of autistic children are more prone to high levels of stress in their daily lives.

[Music Therapy as a Resource for ASD in Educational, Health and Family Settings: A Systematic Review](#)

Autism spectrum disorder (ASD) is a developmental disorder that primarily affects communication and social behaviour. It is an increasingly prevalent issue in today's society.

[Predictors of Academic Achievement in Children and Young People with Attention Deficit Hyperactivity Disorder: A Systematic Review](#)

Lower academic achievement is common among neurodivergent children. Yet, research is inconclusive about the exact predictors of academic achievement in children and young people (CYP) with attention deficit hyperactivity disorder (ADHD) and CYP with ADHD traits.

[Understanding vulnerability through variability: A longitudinal twin study linking sex differences in neurodiversity, neurodevelopment and X-linked genetic mechanisms](#)

There are marked sex differences in the prevalence and expression of neurodiverse conditions, including autism and ADHD. Yet, it is unclear how sex-related mechanisms may affect differences in the expression of symptoms.

[Consensus Statement on Digital Health and Attention-Deficit/Hyperactivity Disorder by the European Network for ADHD \(EUNETHYDIS\): Modified Delphi Study](#)

Digital technologies are becoming an important part of health care, including for individuals with attention-deficit/hyperactivity disorder (ADHD). Digital health innovations present valuable opportunities to provide flexible and tailored support for their diverse needs, along with significant challenges.

[Existing interventions for the management of different types of dysgraphia or specific learning disorder in written expression: a scoping review](#)

Dysgraphia is a specific learning disorder characterised by difficulties in written expression. Identifying and finding remedies for children with this disorder is challenging due to the diverse interventions used in different contexts. Different interventions are used to rehabilitate children with this disorder.

[ADHD and cardiometabolic risk profile in adults with type 2 diabetes: a longitudinal register-based study](#)

To investigate the association between attention-deficit/hyperactivity disorder (ADHD) and cardiometabolic risk profile at the time of type 2 diabetes (T2D) diagnosis and examine longitudinal changes in cardiometabolic measures following T2D diagnosis.

[Effects of Virtual Reality-Based Physical Exercise Interventions on Behavioral, Executive Function, and Motor Outcomes in Children and Adolescents With Autism Spectrum Disorder: Systematic Review and Meta-Analysis](#)

In addition to core behavioral symptoms, children and adolescents with autism spectrum disorder (ASD) frequently exhibit impairments in executive function and motor performance. Although virtual reality (VR)-based physical exercise interventions are increasingly used in ASD rehabilitation, evidence regarding their multidimensional effects remains limited.

[A Telerehabilitation-Based Fine Motor Training Program for Children With Inattentive Attention-Deficit/Hyperactivity Disorder: Randomized Controlled Trial](#)

Children with inattentive attention-deficit/hyperactivity disorder (ADHD) often present with impairments in executive functions and fine motor skills in addition to core inattentive symptoms. However, evidence remains limited regarding structured telerehabilitation-based fine motor training for these outcomes.

Study Summaries

[The Goldilocks zone: getting ADHD medication 'just right'](#)

Neurodivergence, including Attention Deficit-Hyperactivity Disorder (ADHD), remains an area of great interest across social media, with high levels of misinformation being spread on different online platforms (Carter et al., 2026), as blogged recently by Higson-Sweeney (2026).

[Autism and restrictive eating disorders: a battle of the senses](#)

For many autistic people I've met while working in an eating disorder charity, food restriction is less about appearance and more about survival.

Guidance

[Supporting autistic people and people with a learning disability to live well in their communities](#)

This publication sets out the essential components that help autistic people and people with a learning disability to live good, meaningful lives in their communities. It is designed to support local systems plan and deliver this support across all ages.

Reports

["A way out": CQC-led reviews support autistic people and people with a learning disability out of long-term segregation](#)

The Care Quality Commission (CQC) has published its report Learning from Independent Care (Education) and Treatment Reviews in 2024 and 2025. It shows that 40% (35 out of 88) of people with a learning disability or autism diagnosis whose care was reviewed, were supported to be able to leave long-term segregation (LTS) through the review process and access more appropriate care.

[GCSE attainment gap for dyslexic pupils unchanged after more than a decade](#)

A decade of education reforms has failed to narrow the GCSE attainment gap for pupils with dyslexia, according to our new report published today.

Blogs

[What do autistic people want from health services?](#)

As the Government develops a new mental health strategy, the experiences of autistic people show change is needed.

[Why Early Screening for Dyslexia Must Be Standard in UK Schools](#)

Early dyslexia screening could help schools identify literacy needs sooner, before children spend years being described as careless, disruptive or not trying hard enough.

[Why Do ADHD and Mood Disorders So Often Overlap?](#)

Shared neurobiological underpinnings help explain why mood disorders such as anxiety and depression so often co-occur with ADHD — and why distinguishing among them remains a clinical challenge.

[No, Stimulants Don't Cause Substance Use Problems](#)

ADHD medication does not cause later substance use problems, research shows. On the contrary, ADHD medication appears to reduce risk for severe outcomes.

[Exposure and Response Prevention for OCD: How ERP Therapy Works](#)

Exposure and response prevention for OCD, often shortened to ERP, is a structured form of cognitive behavioural therapy used to help people step out of the cycle of obsessions, anxiety and compulsions.

[How Does Dyslexia Affect Social Skills?](#)

Dyslexia does not automatically affect someone's social skills. Many dyslexic people are thoughtful communicators, highly sociable and strong at building relationships.

[Culture Eats Policy for Breakfast: Why Neuroinclusive Workplace Culture Needs More Than a Checklist](#)

Policies matter, but employees experience inclusion through everyday culture: how meetings are run, how managers communicate, how adjustments are discussed, and how safe people feel asking for what they need.

[Autism Workplace Adjustments That Improve Retention](#)

Creating an inclusive workplace involves more than raising awareness of autism. Practical workplace adjustments can remove unnecessary barriers, helping autistic employees contribute their skills while improving wellbeing, productivity and retention.

[Interviewing Autistic Candidates: Inclusive Tips for Recruiters](#)

Interviewing autistic candidates inclusively requires more than allowing extra time or providing questions in advance. The questions themselves must make it clear what experience, decision or behaviour the panel wants the candidate to evidence.

[Common adult dyslexic challenges no one talks about \(from someone who lives them too\)](#)

In 2019, I was on the train into work, the morning after my boss had screamed at me for a mistake I had made in my emails. He shouted, "what is wrong with you? Are you lazy or are you stupid?"

[What Is Double Deficit Dyslexia?](#)

Dyslexia affects people in different ways. Double deficit dyslexia is a research term describing a reading profile involving difficulties with both phonological awareness and rapid automatized naming.

[From Struggle to Strength: Stories from Dyslexic Professionals](#)

Many dyslexic professionals spend years believing they simply need to work harder before they discover that they learn, communicate and process information differently.

[What Causes Many Autistic Individuals to Overthink \(And What to do About It\)](#)

Has this ever happened to you: You decide to watch a movie but can't seem to pick one. Every time you come close to picking what you'll watch, you reconsider and go for a different option. It takes so long to decide on a movie that you do not watch anything at all.

["Is Your Teen Stuck in ADHD Waiting Mode?"](#)

Waiting mode, panic mode, and messy transitions are just some ways that ADHD time blindness manifests in teens. Here's how to help a neurodivergent adolescent see and feel time.

["Are You Guilty of Ableism Toward Your ADHD Loved Ones?"](#)

"Ableism inevitably leads to frustration, as neurotypical people attempt to make sense of the behaviors of their partners or children with ADHD that do not match their expectations. Worst of all, ableism often causes us to view symptoms and different ways of functioning as character flaws."

[My experience of the Ambitious Youth Network](#)

I first found out about the Ambitious Youth Network in 2020 through a teacher at my school and officially joined in January 2021.

[Writing a book to help neurotypical children understand their autistic peers](#)

Hi, my name is Suki, I'm 17 and studying for my A Levels. When I was 10 years old, I was diagnosed with autism.

News

[Publication of 'Learning from lives and deaths – People with a learning disability and autistic people' \(LeDeR\) report](#)

Today I acknowledge the publication of the ninth annual - Learning from Lives and Deaths of people with a learning disability and autistic people (LeDeR) report, which looks at deaths reviewed in 2024.

[Ofsted drops 'clumsy' and 'offensive' guidance linking autism and extremism](#)

Ofsted, the body responsible for safeguarding in education in England, has dropped guidance for inspectors that linked autism and extremism after an outcry from campaigners.

[Autistic children drown at alarming rates - swim lessons and water safety strategies can save their lives](#)

During roasting-hot summer days, more and more people make their way to swimming pools, lakes, rivers and other spots where they can access water to stay cool.

[Study questions DSM-5's combining of autism traits](#)

Sensory traits and restricted and repetitive behaviors are best understood as distinct but related characteristics, the new work suggests.

[How does parent-child interaction therapy work? And who can use it?](#)

Children thrive when parents are warm and responsive to their needs, while also providing clear guidance and setting limits. This is known as authoritative parenting.

[Rise in tics is caused by a known condition – and its not all due to TikTok](#)

A recent Channel 4 TV programme, Britain's Tourette Mystery – Scarlett Moffatt Investigates, promised to explain why there has been an increase in the number of people, mainly teenage girls, who have developed tics since the start of the pandemic.

[From diagnosis to dynamic profiling – how digital tools can drive equity](#)

For decades, we've organised neurodevelopmental differences into categories — autism, ADHD, dyslexia, developmental coordination disorder, and others — as though each existed in isolation.

[Building confidence, resilience and connection through outdoor activity](#)

Many of the neurodivergent young people supported by Vibe have faced challenges in mainstream education and may have been out of learning for some time. This can affect confidence, connection and sense of belonging. Vibe offers a supportive environment where young people can rebuild trust in themselves, reconnect with others and develop the resilience and coping strategies they need to move forward.

[Assistance Dog Programme for People with ADHD](#)

After many years of supporting autistic clients who also have ADHD, the Autism Assistance Dogs Charity is opening a special programme for people with a formal ADHD diagnosis.

[Study to Understand Neurodivergent Experiences](#)

Take part in a study about masking, authenticity, loneliness, and wellbeing across different neurotypes.

[Study into Masking and ADHD](#)

Take part in a new study about masking in ADHD.

[Gastrointestinal Symptoms and Mental Wellbeing in Neurodivergent and Neurotypical Adults](#)

Many neurodivergent people, including those with Tourette syndrome, ADHD, autism, dyslexia, and dyspraxia, experience tummy and digestive problems such as bloating, stomach pain, constipation, or diarrhoea more often than the general population. At the same time, neurodivergent people are more likely to experience low mood, anxiety, and other mental health difficulties.

[Am I a 'person with Tourette syndrome' or a 'Touretter'? An online survey exploring language preferences for people with tic disorders](#)

Researchers at the University of Nottingham are looking for people with Tourette syndrome or tic disorders to take part in a study exploring the language individuals prefer to use when describing themselves and others.

[Moving Forward with CashBack annual report published](#)

We are delighted to publish our latest annual impact report for the Moving Forward with CashBack programme, highlighting the achievements during 2025–26 and across the full Phase 6 period from 2023–2026.

[University gets £25.8m donation for autism research](#)

The University of Cambridge has received \$34.5m (£25.8m) for research to help improve the health and wellbeing of people with autism and their families.

[Watch our BBC Lifeline Appeal](#)

We are thrilled to announce that TA Patron and award winning actor Eddie Marsan is presenting this month's BBC Lifeline appeal on behalf of Tourettes Action.

[MotionInput Football Practice kicks off on the Microsoft Store](#)

A new accessible sports game developed through the ongoing collaboration between our charity's Sybil Elgar School, University College London (UCL) Computer Science and MotionInput Games, and is now available to download for free from the Microsoft Store.

ADHD AUTISM
DYSLEXIA DYSCALCULIA
Neurodiversity
DYSGRAPHIA OCD
DYSPRAXIA TOURETTE SYNDROME



NHS

Mersey Care
NHS Foundation Trust

29 July 2026

[Festival season: What does a truly neuroinclusive festival look like?](#)

Festival season is one of the highlights of the summer. Whether you're heading to a music festival, community event or family celebration, these experiences are about bringing people together. But for many neurodivergent people, festivals can be exciting and overwhelming in equal measure.

