

Studies

[Eating Disorder Focused Family Therapy with Autistic Children and Young People: A Narrative Review of Recent Developments](#)

This review aims to report the recent advances for eating disorder focused family therapy (FT-ED) for Autistic children and young people, including outcomes, experiences, and suggested adaptations.

[Foetal Alcohol Spectrum Disorder \(FASD\): The Neurodivergent Elephant in the Room Within the Criminal Legal System and the Neurodiversity Paradigm](#)

Fetal Alcohol Spectrum Disorder (FASD), a lifelong neuro-disability, is more prevalent than many other neurodivergent identities. Yet, it is often not even mentioned in texts, reports or social media posts when discussing the overarching neurodiversity paradigm.

[The monthly spectrum: Premenstrual symptoms across ADHD and autism](#)

Women with ADHD and autism experience elevated rates of premenstrual problems, yet no direct comparisons between these conditions exist in adults.

[Are There Sex or Gender Differences in Autistic Characteristics? An Umbrella Systematic Review](#)

The aim of this umbrella systematic review was to synthesise evidence about sex/gender differences in autism across existing systematic reviews, meta-analyses, and scoping reviews.

[A Picture is Worth How Many Words? The Impact of Visual Cues on the Story Retelling of Children with and without ADHD](#)

Children with attention deficit hyperactivity disorder (ADHD) evidence poorer language skills than their neurotypical (NT) peers, including their narrative (storytelling) abilities.

[Multimodal Digital Therapeutics Enhanced by Task Design and AI for Attention-Deficit/Hyperactivity Disorder Core Symptoms and Executive Functions in Children and Adolescents: Systematic Review and Network Meta-Analysis of Randomized Controlled Trials](#)

Attention-deficit/hyperactivity disorder (ADHD) is a prevalent neurodevelopmental disorder in children and adolescents. Digital therapeutics (DTx) show promise as nonpharmacological interventions, but the comparative efficacy of different DTx modalities remains unclear.

Blogs

[ADHD: Your questions answered](#)

Few conditions attract as much commentary as ADHD, and it can be difficult to know what information is accurate or not.

[Connecting with UK ADHD Support Networks: A Guide to Finding Community and Care](#)

Living with ADHD or supporting someone who does can sometimes feel isolating. Yet, you are not alone. Across the UK, there are many dedicated ADHD support networks ready to offer understanding, practical advice, and a sense of belonging.

[Autistic people often struggle to tell when they're too hot. Here are five ways to help](#)

Our senses provide us with fundamental information about ourselves and our surroundings.

[ADHD Hasn't Rewired the Workplace. It Has Revealed Where Workplaces Are Too Rigid.](#)

ADHD didn't rewire the workplace. Rising awareness simply made barriers that were always there harder to ignore. Why lasting neuroinclusion means redesigning the system around your people, not the other way round.

News

[Autism assessment waiting times](#)

As of June 2026, there were 294,792 patients with an open referral for suspected autism, latest NHS data has revealed. This is a 15% increase from June 2025.

[Transitions out of school for autistic young people: what does the evidence tell us?](#)

Leaving school is one of the biggest transitions in a young person's life.

[Rising number of people seeking ADHD diagnosis without treatment, say experts](#)

People are increasingly seeking to obtain an ADHD diagnosis without pursuing treatment, according to experts who have called for more research to understand why.

[Turbocharge special needs internships to help tackle UK youth jobs crisis, says Milburn](#)

Specialist internships designed to secure work for young people with special educational needs should be put on "turbocharge" to help tackle the growing youth jobs crisis, a government review is to propose.

[There is nothing scientific about The Great ADHD Myth? 'documentary'](#)

Channel 4's programme wastes a chance to ask important questions about how ADHD is diagnosed and treated, instead indulging in unscientific methods and conspiracy theories.

['Biased' Channel 4 programme on ADHD misrepresented my views, says expert](#)

Prof Katya Rubia withdraws support for The Great ADHD Myth? as other leading figures voice criticisms.

[RCPsych statement on Channel 4 ADHD documentary](#)

Yesterday, Channel 4 broadcast a documentary titled 'The Great ADHD Myth?'. Responding to the documentary, Professor Subodh Dave, President of the Royal College of Psychiatrists.

[Why the Documentary programme, "The Great ADHD Myth" is a big disappointment](#)

Press Release statement from ADHD Embrace: Our response to the Channel 4 Documentary, "The Great ADHD Myth?"

[Our Response to Channel 4's "The Great ADHD Myth?"](#)

Last night, Channel 4 aired their documentary: "The Great ADHD Myth?"

[Research on the experiences of people from the UK seeking an assessment for autism and/or ADHD from 2014 onwards](#)

We are a neurodiverse team of researchers including autistic and non-autistic people, working in partnership with the charity Autism Action, and their community network. We invite you to take part in an online survey to gather vital data on the lived experiences, barriers, and support needs of people seeking an autism and/or ADHD assessment in the UK from 2014.

[Tourette syndrome and self-stigma](#)

Researchers at the University of Liverpool conducted a research project examining internalisation, social support, self-esteem, and quality of life, exploring how negative public stigma affects self-stigma in people living with Tourette syndrome.

[The relationship between parental stress, stigma, resilience, and social support](#)

Parents of children with Tourette syndrome (TS) often face unique challenges as they navigate their child's symptoms, healthcare needs, education, and social experiences.

[How to Tolerate Other People's Reactions and Feelings](#)

After learning to set boundaries, tolerating other people's reactions and feelings isn't easy. It can be difficult not to lose our confidence.

[Transport Committee Chair welcomes free bus travel for disabled people](#)

The Chair of the Transport Committee has welcomed Government plans to enable disabled people across England to travel by bus for free at any time of day.

[Our response to President Donald Trump's executive order on vaccines](#)

President Donald Trump has signed an executive order to reduce the number of childhood vaccines in America and separate the MMR vaccine.

[What's Next? Podcast launches to support autistic adults](#)

The first episode of the National Autistic Society Scotland's new podcast, What's Next? is out now on YouTube and Spotify.

[Exploring the ADHD-Inflammation Link](#)

"Does recognizing the role of immune inflammatory processes change the way we think about ADHD and having ADHD?"

[From Self-Doubt to Centre Stage: Finding Confidence Through Creativity](#)

Iain McKinnon, Creative Writing Tutor at Vibe, shares how creative writing and music can help young people rebuild confidence, rediscover their strengths and find their voice.