

Studies

[Autistic People's Experiences with Mental Health Services: an Umbrella Review](#)

Twice as many autistic people as non-autistic people are diagnosed with mental health conditions. However, there are significantly elevated unmet mental healthcare needs and an expanding need-treatment gap.

[Psychometric properties of the PANSS autism severity score \(PAUSS\) in young peoples at clinical high risk for psychosis: does it really measure autistic features?](#)

The PANSS Autism Severity Score (PAUSS) is a commonly used measure for autistic features in early psychosis, including in adolescents at Clinical High Risk (CHR). However, no research examining its psychometric properties in this at-risk population has been published to date.

[Co-occurring Symptoms of ADHD, Autism, Oppositional Defiant Disorder, and Academic Impairment in Referred and Community Children](#)

Our study is the first to compare in referred and population-based samples the co-occurrence of four common problems for which children are referred for psychological evaluations (ADHD, autism, oppositional defiant disorder/ODD, and academic impairment).

[The Autistic Experience of Missed, Misdiagnoses and Late Diagnoses of Autism Spectrum Condition: A Meta-Ethnography](#)

Many autistic individuals experience missed, misdiagnosed or late diagnoses of autism. This review and meta-ethnography aimed to explore autistic people's experiences of these diagnostic delays to synthesise and understand their impact.

[To What Extent Do Camouflaging, Self-Compassion and Self-Concept Clarity Predict Psychological Well-Being in Late-Recognised Neurodivergent Adults?](#)

Late recognition of autism and/or attention-deficit/hyperactivity disorder (ADHD) can prompt substantial shifts in well-being, self-understanding and identity. This study examined whether camouflaging, self-compassion and self-concept clarity predicted psychological well-being in late-recognised neurodivergent adults.

[Psychological and Emotional Well-being of Autistic Individuals with an Immigrant Background: Exploring Strengths and Challenges Through a Mixed-methods Systematic Review](#)

There is evidence of a high prevalence of autism within immigrant populations. However, the studies focusing on the lived experiences, well-being, and possible unique strengths in these groups, are relatively scarce.

[Age at Diagnosis and Clinical and Genetic Profiles Among Adults With Attention-Deficit/Hyperactivity Disorder](#)

Do demographic, clinical, and genetic profiles of adults diagnosed with attention-deficit/hyperactivity disorder (ADHD) in adulthood differ from adults diagnosed with ADHD in childhood or adolescence, and how do profiles of both groups compare with matched controls without ADHD?

Blogs

[Late-Diagnosed Neurodivergent Adults and the Mental Health Cost of "Catching Up"](#)

A 42-year-old getting an ADHD diagnosis for the first time often spends the following weeks re-reading her own childhood. It's like a book she'd only skimmed before. Report cards, old friendships, and jobs that fell apart for reasons she never understood all get pulled out and re-examined in a new light.

[People with Tourette syndrome, like Billie Eilish, use everything in their power to suppress tics – this exhausting process is key to treatment](#)

Imagine trying not to blink, resisting the urge to sneeze or refusing to scratch an intense itch. For a short time, you can probably succeed, but the effort becomes increasingly untenable until the urge eventually wins.

[Should you say 'autistic person' or 'person with autism'? Here's how language has changed](#)

Terminology should be respectful, apt and avoid carrying stigma. It's also important to listen to people's preferences about how they refer to their condition. But how much consensus is there and how has terminology changed?

[Using 'neurodivergent' as a catch-all term is problematic – here's why](#)

The term "neurodivergent" is being used more and more often in everyday conversation, on social media and even in scientific research.

[ADHD and Task Paralysis](#)

Symptoms of ADHD can be a struggle, and they can impact every area of an individual's life. It is imperative that we understand how our ADHD shows up in our daily functioning and what we can do to manage it better.

[Why I Wanted to Become an Adult Reading Coach: The Hidden Reality of Adult Literacy Needs](#)

Kay Vallely works for the Shropshire Hills group as a volunteer coach for national adult literacy charity Read Easy UK. She is also a Volunteer Referrals Networker on their management team.

["My ADHD Brain Can Manage a Trauma Bay. But Not a Tuesday."](#)

"The emergency department had given my brain exactly what it loved: urgency, novelty, movement, and demands for my full attention. But everyday life — with its delayed consequences, repetitive tasks, paperwork, calendars, mail, and a hundred small things competing for attention without any of them screaming, "Do this now!"— was far more difficult to manage."

[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.

News

[Mandatory training requirement on learning disability and autism](#)

One year on from the publication of the Oliver McGowan Code of Practice, we reflect on progress.

[Mind successfully intervenes in Court of Appeal case around Care Assessments](#)

Mind has successfully intervened in a recent Court of Appeal case that set out what responsibilities a local authority has when conducting Care Assessments for vulnerable adults.

[Autism is genetic](#)

Our charity has stated definitively, for the first time, that autism is genetic, after a robust and comprehensive review of high-quality research into this subject.

[Birmingham Live: NHS set to introduce change to formal ADHD diagnoses in major shake-up](#)

A UK government review, led by Peter Fonagy, is set to recommend that ADHD symptoms should not automatically lead to a formal diagnosis, instead prioritising a "holistic" support-based assessment over labels.

[Joint Statement on Learning Disabilities, Autism and Neurodivergence Bill](#)

We have been left deeply disheartened by the Scottish Government's decision not to proceed with the Learning Disabilities, Autism and Neurodivergence Bill.

[New research sheds light on the genetics of Tourette syndrome and OCD](#)

A Rutgers-led international study has identified 36 genes linked to an increased risk of obsessive-compulsive disorder (OCD) and chronic tic disorders, including Tourette syndrome.

[Trusted Voices: When televised debate risks harm](#)

How should trusted health information creators respond when media coverage could harm their users, and what could that response look like?

[New Research: Sex Differences Impact ADHD Symptoms, Treatment Efficacy](#)

A trio of new research studies reveals significant gender differences in ADHD symptoms, physical health risks, and efficacy of CBT.

[Nearly Half of Children with ADHD Have Sleep Apnea: New Study](#)

A new meta-analysis reveals relatively high rates of obstructive sleep apnea (OSA) among kids with ADHD and finds that adenoidectomy and pediatric CPAP can help both disorders.