

Studies

[Attention deficit hyperactivity disorder: transition to psychotic disorders](#)

It is well recognized that Attention-deficit/hyperactivity disorder (ADHD) is associated with heightened risk for common psychiatric disorders; early identification and treatment of ADHD may help reduce some of this risk.

[Body dysmorphic disorder in autistic youth: clinical characteristics, treatment outcomes, and clinical adaptations](#)

Body dysmorphic disorder (BDD) is a prevalent and often disabling condition with onset typically occurring during adolescence. To date, little is known about the presentation or treatment of BDD in autistic youth.

[Considering Autism in Binge-Type Eating Disorders: Broadening Beyond an Anorexia Nervosa-Focused Model](#)

Research on Autism in eating disorders (EDs) has historically focused on anorexia nervosa (AN), with comparatively limited attention given to binge-type EDs such as bulimia nervosa (BN) and binge eating disorder (BED).

[Differences in State vs. Trait Anxiety in Children and Adolescents with Autism Spectrum Disorder: A Systematic Review](#)

Anxiety is one of the most common co-occurring disorders in children with Autism Spectrum Disorder (ASD). The assessment of anxiety in children with ASD can be complex as the core symptoms of both disorders are related to social aspects of functioning.

[Disparities in Autism Spectrum Disorder and Perinatal Risk Factors](#)

When financial barriers to care are minimal, do disparities in autism spectrum disorder (ASD) diagnosis by socioeconomic and immigration characteristics persist, and do known perinatal risk factors for ASD show similar gradients that may help explain these disparities?

Study Summaries

[Psychoeducation before diagnosis: supporting neurodivergent children while they wait](#)

Imagine being an eight-year-old who knows they experience the world differently but has no words to explain why. School feels overwhelming, friendships are confusing, and everyday tasks seem harder than they do for everyone else. A parent notices these struggles and seeks help, only to discover they have to wait years for an assessment (NHS England, 2025).

[What parents need while waiting for an ADHD assessment](#)

It usually starts with a subtle shift in tone at school or a letter home about “disruptive behaviour”. Soon, family life is strained with confusion, and your child starts to internalise a devastating (and very wrong) idea that they are “broken”. You reach out to the Child and Adolescent Mental Health Service (CAMHS) to understand what's happening, only to be told: “You’re on the waitlist. We’ll be in touch.” Then: radio silence.

Reports

[Independent review into mental health conditions, ADHD and autism: final report](#)

Final report detailing the findings of the independent review into the prevalence and support for mental health conditions, ADHD and autism.

[Looking into mental health conditions, ADHD and autism: final report \(easy read\)](#)

This report explains the final results of a review about mental health conditions, ADHD and autism.

Briefings

[No wrong door? A review](#)

Progress towards the vision for mental health, autism and learning disability services in 2032.

Blogs

[What the new mental health, learning disability and autism dashboard tells us](#)

Last month, NHS England published a new 'dashboard' of statistics relating to NHS mental health, autism and learning disability services in England.

[How dyspraxia can exhaust children and exclude them from social activities](#)

Ask a parent of a child with dyspraxia what happens around 4pm, and many describe the same scene. Their child has spent a whole school day gripping pencils, fastening buttons and keeping up in the playground. By the time they get home, they are exhausted.

[Social media provides valued community spaces for autistic young people](#)

Autism is a neurodevelopmental condition which influences how people communicate and process information. A significant proportion of autistic children do not speak or only speak a few words. Many find it difficult to communicate face to face, especially when interaction is fast moving or dependent on interpreting bodily cues.

[Autism and ADHD: people need support before diagnosis, but getting one can change their lives](#)

"I hated myself so much...and now I love myself. I'm not perfect. But I've accepted myself now."

[If someone told their manager they had ADHD tomorrow, what would happen next?](#)

When someone tells their manager they have ADHD, the next ten minutes shape everything. Here's how to make support for ADHD in the workplace consistent.

[Benefits of ADHD Coaching Online: Practical ADHD Coaching Tips for Thriving](#)

Living with ADHD can feel like navigating a complex maze. Whether you are a young person, an adult, or a family member supporting someone with ADHD, finding the right guidance and support is essential. Over the years, I have witnessed how ADHD coaching can transform lives by offering tailored strategies, emotional support, and practical tools.

[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.

["How Did They Not Notice? Confronting My Parents After My Late ADHD Diagnosis."](#)

"This is where the real ADHD burnout hits. It's the constant second-guessing, the masking. It's the outbursts I'd have as a child toward my parents, after acting perfect all day at school."

[How Parents of Special Needs Kids Can Balance Career and Caregiving](#)

Parents of disabled children and kids with complex needs often carry two full-time roles at once: employee and caregiver. The core tension is constant, meeting professional expectations while managing special needs caregiving challenges that don't fit neatly into calendars, sick days, or school hours.

News

[CQC to regulate autism and ADHD diagnostic assessments](#)

The Department for Health and Social Care (DHSC) have asked us to regulate all diagnostic assessments for autism and ADHD, once new regulations are in place.

[Government pledges earlier support to tackle mental health crises](#)

Independent review into prevalence and support for mental health conditions, ADHD and autism published.

[Minister McGovern speech on mental health, ADHD and autism](#)

Minister for Social Care and Mental Health, Alison McGovern, delivered a speech at the Fonagy review launch event hosted by Rethink Mental Illness.

[NHS England mental health services review: what has it found and what does it recommend?](#)

Prof Peter Fonagy's 607-page report is categorical that mental distress has increased substantially and 'cannot be explained by greater awareness alone'.

[Prevalence review should drive renewed focus on mental health in England, says RCPsych](#)

The UK Government has published the findings of the Independent Review into prevalence and support for mental health conditions, ADHD and autism in England.

[RCGP responds to the independent review into ADHD and autism](#)

In response to Professor Fonagy's independent review into mental health conditions, ADHD and autism, which highlights an increase in mental distress among young people and the need to adopt a society-wide approach to support, Professor Victoria Tzortziou Brown, President of the Royal College of GPs.

[Autism charities' joint response to final report of the independent review into mental health conditions, ADHD and autism](#)

Our charity has joined Ambitious About Autism, Autistica, Autism Action and Autism Alliance UK to respond to the Government's final report of the independent review into mental health conditions, ADHD and autism.

[NHS at risk of 'system failures' as demand for ADHD and autism care soars, inquiry finds](#)

England-focused mental health review returns stark warning and calls for shift to 'needs-led' system.

[Stopping Pip for ADHD or autism would not make big savings, says thinktank](#)

Resolution Foundation says 'crude changes' to benefits system would probably make it harder for people to work.

[English councils warn of 'catastrophic' SEND debts forecast to hit £10bn by 2028](#)

Surge in EHCP applications poses risk to public finances and may lead to deteriorating levels of support.

[Your experience is valid: Understanding neurodivergence without a diagnosis](#)

For many people, getting a formal diagnosis of ADHD, autism, or another neurodivergent condition can be a long and difficult process.

[Dyslexia Awareness Week 2026: Looking back on a week of raising awareness](#)

From sharing personal stories to celebrating workplaces getting it right, Dyslexia Awareness Week 2026 brought people together to explore what dyslexia means in real life and how we can make work better for everyone.

[The workplace through a dyslexic and dyspraxic lens](#)

For many of us, the working day is made up of tasks we barely think twice about: reading emails, taking notes in meetings, managing deadlines, following instructions and switching between different tasks.

[When a learner struggles to access learning, where do we look first?](#)

One of the most thought-provoking questions following my recent presentation at Holyrood Insight's Additional Support for Learning Scotland Conference was about how the practice I described might influence approaches more widely across Scotland.

[IBS, Stomach Pain, and Other GI Symptoms Strongly Tied to ADHD: New Review](#)

People with ADHD are up to four times more likely to experience certain gastrointestinal symptoms, according to a large-scale meta-analysis that offers possible explanations for the link.

[When Hormones Push ADHD Symptoms Over the Edge](#)

As research draws a stronger link between hormonal fluctuations and intensified ADHD symptoms for women, ADDitude readers share their experiences and reflections on this hormone-ADHD connection.

["Rejection Immobilizes Me:" RSD Survey Results](#)

Rejection sensitive dysphoria was called the most impairing aspect of ADHD's emotional dysregulation by ADDitude readers in a recent survey.

[Amélie allowed me to embrace my neurodivergence](#)

Watching a DVD of the French film alone in my room, I saw for the first time a character who moved through the world like I do.