

Studies

[A Critical Need for Neuro-Affirming Maternity Care: Perinatal Experiences of Autistic, ADHD, and AuDHD Mothers](#)

Objectives: To understand the perinatal experiences of autistic, ADHD, and AuDHD mothers and identify recommendations for neuro-affirming maternity care.

[School Exclusion as a Partial Mediator Between Autism and Adolescent Mental Health](#)

This study investigated whether school exclusion during secondary school mediates the association between Autism Spectrum Conditions (ASC) and adolescent internalising and externalising mental health difficulties.

[Exploring the Perspectives of Siblings of Autistic Adults With Distressing Behavior: Perceptions of Positive and Negative Impacts](#)

Siblings of individuals with disabilities, including autism, often plan to assume future caregiving roles. Yet, most extant research relies on convenience samples wherein the autistic brother/sister does not have distressing behaviors. In the limited research about siblings of individuals with distressing behaviors, siblings often report negative and distant sibling relationships.

[Mediating Role of Emotion Regulation and Sibling Relationship Quality Among Young Adult Siblings of Individuals With and Without Autism Spectrum Disorder](#)

Siblings of autistic individuals (ASD-Sibs) report, on average, significantly less closeness and warmth in sibling relationships than siblings of non-disabled individuals (ND-Sibs). However, findings on other aspects of life satisfaction on well-being between ASD-Sibs and ND-sibs is more mixed.

[Rapid Review of the Brief Observation of Social Communication Change \(BOSCC\) Shows It Can Detect Behavioural Changes in Social Communication in Autism](#)

Reliable measurement of social communication change remains a major challenge in autism research. The Brief Observation of Social Communication Change (BOSCC) was developed to detect subtle changes in communication. This rapid review synthesised current evidence on the BOSCC's responsiveness, validity, and suitability as a clinical trial endpoint.

[Racial and Ethnic Differences in Maternal Health and Autism](#)

Do associations between maternal health conditions during pregnancy and offspring autism vary by maternal race and ethnicity?

[Cognitive Aging Patterns in Autism: Parallel, Accelerated, or Safeguarded?](#)

Research in autism has historically focused on childhood, leaving cognitive aging in autistic adults poorly understood. This study investigated whether cognitive aging in autism follows similar or distinct patterns compared to non-autistic adults.

[A Cross-Lagged Panel Model of Mental Health Amongst UK Undergraduates: The Role of Autism and Gender](#)

The aims of this study were to explore the bidirectional relationships between depression, anxiety, and suicidality among autistic and non-autistic undergraduates in the UK, and the impact of gender and autism diagnosis on these relationships, over time.

Reports

[2026 Neurodiversity Index report](#)

We are excited to be launching, for the fourth year in a row, the 2026 Neurodiversity Index Report in partnership with Do-IT Solutions – Understanding the power of different minds and creating environments for everyone to thrive.

Blogs

[4Q4: Autism and sexual violence: Understanding victim-blaming towards Autistic victim-survivors](#)

In this edition of 4Q4 (Four Questions For), we speak with Zoe Collier, a PhD student at Durham University researching victim-blaming towards Autistic people following sexual violence. Her research explores how Autism stigma influences and shapes Autistic victim-survivors' experiences of victim-blaming, helping to further our understanding of the experiences of Autistic victim-survivors when seeking criminal justice.

[Are autistic people more vulnerable to extremist content?](#)

Recent media reports have suggested neo-nazis in Australia may be actively trying to recruit autistic young men. Some research – including my own – suggests some autistic people may be more likely to engage with harmful content online, including conspiracy theories and extremist ideology.

[When an Accommodation Works, Why Are We So Quick to Remove It?](#)

A student finally starts doing well in a classroom. They are participating more. They are finishing their work. They seem less overwhelmed. Maybe the number of difficult days has dropped, and everyone involved is relieved to see it.

["The Thought Loop That Won't Close: On Neurodivergence and Perseveration"](#)

"This isn't occasional overthinking. It can go on for hours, days, sometimes years, and it feels involuntary once it starts."

[Dyslexia does not stop when school does](#)

When we talk about dyslexia, much of the conversation often focuses on children and young people. That is right. Getting the right support in place at school matters.

["When Perimenopause, Puberty, and Neurodivergence Clash"](#)

"If another mother is reading this after a sleepless night, after an evening that felt heavier than it had any right to be, I want her to know she isn't failing. She might just be standing in the middle of two enormous transitions at once."

[The invisible performance of 'masking' ADHD symptoms is exhausting](#)

Attention-deficit/hyperactivity disorder (ADHD) is often discussed in terms of visible traits: fidgeting, distractibility, forgetfulness or restlessness. But those are just the traits we can see.

[The Ideal Office – Does that Exist? 5th City & Guilds ND Index: Progress not Perfection](#)

In this week in which we are launching the 5th City and Guilds Neurodiversity Index in partnership with the City and Guilds Foundation and I have been thinking a lot about what we have learned across the last few years and what work there is to do.

[Learning to Read in My 30s: How My Daughter Inspired My Reading Journey](#)

Across England, an estimated 2.4 million working-age adults either cannot read, or struggle to do so. For many, the weight of keeping this a secret creates decades of shame and low self-esteem.

['For 25 years I pretended to read: Now I can, thanks to Read Easy'](#)

Paula Randall has dyslexia and slipped through the net at school, being diagnosed a matter of weeks before her GCSEs. It was only in her early 40s that she learned to read, with the help of national adult reading charity Read Easy.

[How Understanding Screen Reading Can Help Dyslexic Boys Engage with Books](#)

Screen reading is often thought to be the reason for shorter attention spans and poorer reading skills in children and teens. Yet, while print reading is associated with deeper comprehension than screen reading in many contexts, its superiority over screen reading is not absolute.

[Misophonia: when everyday sounds become unbearable](#)

Most people find some sounds unpleasant, such as a baby crying or a siren, because of features such as their pitch/frequency or loudness. However, for some people, very ordinary sounds, such as chewing, sniffing, breathing, swallowing, finger tapping or clicking a pen, can cause an immediate, intense reaction that is difficult to control, a condition known as misophonia.

News

[NHS bodies in England impose two-year minimum wait for ADHD and autism assessments](#)

Patient groups decry 'scandalous' delays as four integrated care boards take step due to soaring demand for diagnoses.

[Charity threatens legal action over two-year NHS wait for ADHD and autism assessments](#)

Exclusive: ADHD UK may seek judicial review of West Yorkshire NHS integrated care board's 'unlawful' policy.

[Our response to autism assessment restrictions](#)

Today there has been news reports about some NHS Integrated Care Boards (ICBs) in England imposing two-year minimum waits on autism and ADHD assessments due to a struggle to meet demand.

['Her mental health deteriorated': family forced to wait years for autism diagnosis](#)

For Rosalyn, the battle for an official autism diagnosis for her 14-year-old daughter, Imogen, has been intense, deeply frustrating and has lasted five and a half years.

[OCD-UK Statement on the proposed NICE Guideline review](#)

In recent years we have continued to see too many patients' seeking treatment for Obsessive-Compulsive Disorder (OCD) and offered a poor, low-quality treatment through far too many NHS services across both England and Wales.

ADHD AUTISM
DYSLEXIA DYSCALCULIA
Neurodiversity
DYSGRAPHIA OCD
DYSPRAXIA TOURETTE SYNDROME



NHS
Mersey Care
NHS Foundation Trust

7 October 2026

[Young people's Pip claims for ADHD and autism 'rising fastest in affluent areas'](#)

Experts say trend across England probably reflects swifter access to diagnoses as wealthier families go private.

[New report backs government action to help neurodivergent people succeed at work](#)

Neurodivergent people can thrive in the workplace when they are given tailored employment support an independent report has found.

[Our response to the Expert Academic Panel on Neurodiversity Report](#)

The Government has today published the Expert Academic Panel on Neurodiversity's Report and Recommendations, which set out how best to support neurodivergent employees to succeed at work.

[4 Week Psychoeducation Course for Families](#)

Has your child recently been diagnosed with Tourette syndrome?

