ADHD AUTISM DYSLEXIA DYSCALCULIA Neurodiversity DYSGRAPHIA OCD DYSPRAXIA TOURETTE SYNDROME

NHS Mersey Care NHS Foundation Trust

4 November 2026

Studies

Mortality Among People With Attention-Deficit/Hyperactivity Disorder: A Systematic Review and Meta-Analysis

Is there an association between attention-deficit/hyperactivity disorder (ADHD) and ADHD medication and all-cause and cause-specific mortality (suicide, unintentional injury, and natural cause)?

Differences in Reporting Suicidality Among Autistic Girls: Comparing Parent-, Child Self-, and Clinician-Rated Child Self-Reports Between Distinct Measures

Suicidality in autistic girls is an emerging albeit understudied concern, driven by elevated internalizing symptoms, socio-emotional challenges, and limited autism-sensitive assessments.

Understanding Healthcare Access for Autistic Children in the UK: Perspectives From Parents and Healthcare Professionals

Access to healthcare for autistic children remains challenging, with previous qualitative and quantitative research identifying barriers across individual, provider, and system levels. This study used qualitative interviews to explore parents'/carers' and healthcare professionals' perspectives on healthcare accessibility for autistic children in the UK, with particular attention to barriers, facilitators, and areas of convergence and divergence between the two groups.

Factors associated with the use of UK emergency services in children and young people with intellectual developmental disabilities

Children and young people (CYP) with intellectual developmental disabilities (IDD) experience substantial health needs and higher healthcare utilisation compared with the general paediatric population. However, factors affecting the emergency healthcare use among children with IDD of genetic aetiology remain poorly understood.

Unintentional suffocation emergencies associated with autism and common Co-occurring diagnoses

People with autism are at heightened risk of specific injuries and injury-related death. As autism prevalence rises, epidemiologic data describing specific injuries, such as suffocation, across the lifespan are essential for prevention efforts.

Same Food as Self Care: A Community Perspective on Autistic People's Relationships with Same Foods

Autistic people often have strong, enduring preferences for specific 'same foods'. These foods are eaten repeatedly due to sensory, emotional, or practical benefits. While such eating patterns have been discussed in research, they are frequently framed through a deficit lens and rarely centre Autistic perspectives.

Correlates of Anxiety in Children and Adults With Moderate to Profound Intellectual Disability

Identifying potential risk markers implicated in the development and maintenance of anxiety will inform theoretical models and intervention development. However, there is an identified gap in the literature exploring this in individuals with moderate-profound intellectual disability (ID).

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Sibling Outcomes Among Probands with Autism Spectrum Disorder: A Population-wide Longitudinal Cohort Study
Living with an Autistic sibling presents unique challenges for their siblings. Previous literature reports increased psychiatric problems in siblings of autistic probands, but other areas of functioning remain underexplored at the population-level.

A Family Systems Perspective on Mind–Body Interventions in Families with Autistic Children: A Systematic Review and Meta-Analysis
Autism spectrum disorder poses substantial challenges to autistic children and their families, yet existing reviews of mind–body interventions rarely adopt a family systems perspective encompassing outcomes of multiple family members and relationships.

Potential for Life Skills Growth in Adults With Profound Autism
Research on autistic adults has expanded rapidly in recent years. However, few studies focus on adults with profound autism, despite this subgroup having substantial support needs across the life course.

A comprehensive mapping review of participatory autism research over a 22-year period
Participatory research, which involves community members as partners rather than merely research subjects, has gained prominence in autism research. However, the extent and nature of participatory approaches across the field remain unclear.

Blogs

Autistic children come to A&E in mental health crisis from as young as eight
Research consistently shows that autistic people face higher risks of mental health difficulties and are more likely to think about or attempt suicide than the general population.

Autism and ADHD in eating disorder services: time to ask
In my previous blog, Autism and Restrictive Eating Disorders: A Battle of the Senses, I looked at Loomes et al.'s (2025) review of autistic experiences of restrictive eating disorders. That review, like most research in this area, treated autism on its own. In my work at an eating disorder charity, though, the neurodivergent people I meet rarely fit into one category.

Four reports. Four perspectives. One direction of travel?
Are we finally moving from talking about neurodiversity to changing the systems that shape people's lives? Over the past 16 months I have been living and breathing this…., four important independent reports have been published in England. They examine ADHD, autism, neurodiversity, mental health, education and employment. They don't examine DCD, DLD, Dyslexia, Dyscalculia, Tic Disorders or acquired conditions…

Supporting children with dyslexia starts with preparing their teachers
A child pauses at a word, tries it, then looks to the teacher for help. Telling the word to the child can get the sentence moving. Working out what to teach so the child can read similar words independently takes a different kind of expertise.



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[Perimenopause Begins Earlier and Hits Harder for Women with ADHD]
Women with ADHD may experience more severe perimenopause symptoms, and at younger ages. Learn how to recognize the signs and find relief.

[My mental health journey as a late-diagnosed autistic person]
Hi, I'm Charlie (they/them), a 24-year-old autistic and ADHD non-binary person. I love music, gaming and anything fantasy or sci-fi related. In this blog, I'll be sharing my lived experience of my own mental health struggles, as well as advice to anyone else who might be struggling right now.

[“What Your Child's Lack of Effort Is Really About”]
“When I speak with kids directly about their parents' observations about procrastinating on homework or studying, quitting an activity, fighting about effort… What they tell me is simply that, when something gets hard or boring, staying with it is genuinely difficult. It's not that they are unwilling or disinterested; it's that they are struggling.”

[“When Your Child's Chronological and Developmental Ages Are Out of Sync”]
“ADHD, like autism or a learning disability, is a neurodevelopmental disorder. In plain terms, it means that your child may not always 'act their age.'”

[ADHD and the Social Processing Gap]
“There's a difference between having social skills and being able to use them consistently in the moment. This is the fundamental challenge for people living with ADHD.”

[Neurodiversity in the Workplace: Understanding Your Cognitive Style]
Neurodiversity recognises that people think, learn, communicate and process information in different ways. In the workplace, understanding your cognitive style can help you identify the conditions that allow you to perform at your best, whether that involves clearer written instructions, additional processing time, sensory adjustments, flexible routines or support with planning and prioritisation.

[Preparing for a job interview as an autistic young person]
My name is Joshua and I will be going to my final year at my university in September. I was diagnosed with autism when I was three years old. I love playing badminton and watching anime.

News

[Rising misinformation leaves autistic people afraid to speak openly]
Our charity has published the results of a new survey which shows autistic people are experiencing discrimination in public due to the increase in harmful and untruthful conversations about autism in the media and by politicians.

['The term is becoming unrecognisable': have the experts who believed in a single autism spectrum changed their minds?]
There has been a steep rise in the number of people labelled autistic over the last 20 years. Is that down to greater understanding – or overdiagnosis?



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[Oxford experts help shape major review calling for reform of ADHD, autism and mental health support]
The independent review for the Department of Health and Social Care (DHSC) has called for significant changes to how people access support for mental health conditions, ADHD and autism.

[New Research Strengthens the Case for Emotional Dysregulation in ADHD Criteria]
The new "severe-combined" ADHD subtype identified in a landmark study is marked by emotional dysregulation, a symptom the DSM-5 doesn't include in its diagnostic criteria.