

Studies

['Get Healthy!' physical activity and healthy eating intervention for adults with intellectual disability: results from the feasibility pilot](#)

People with intellectual disabilities (ID) experience high rates of lifestyle related morbidities, in part due to lack of access to tailored health promotion programmes. This study aimed to assess the feasibility and preliminary efficacy of a tailored healthy lifestyle intervention, Get Healthy!

[A systematic review and meta-analysis of suicidality in autistic and possibly autistic people without co-occurring intellectual disability](#)

Suicidality is highly prevalent in autistic people without co-occurring intellectual disabilities, and high autistic traits are found in adults who have attempted suicide. However, prevalence rates for both autistic and possibly autistic people have not been synthesised meta-analytically.

[Needing More, Needing less: Unravelling why a Prompt Dependency Cycle Forms in Neurodiverse Relationships](#)

Social interaction is a fundamental component of relationships; however, the key features of Autism Spectrum Disorder (ASD) include marked and lifelong impairments in social interaction that adversely affects abilities to fulfil this essential relationship requirement. Despite the momentum of worldwide research on ASD, there is insufficient empirical study on adults with ASD and their relationships. This research examined the reported social interaction needs of adults when involved in neurodiverse relationships (relationships that include adults with ASD and neurotypical (NT) adults).

[The earlier the better: An RCT of treatment timing effects for toddlers on the autism spectrum](#)

Robust evidence supports the efficacy of early autism intervention. Despite broad consensus that earlier intervention leads to better outcomes, evidence for this has been limited to correlational studies. This study examined timing effects of the Early Social Interaction (ESI) model, a parent-implemented intervention, using a complete crossover randomized controlled trial (RCT). Effects of Individual-ESI were compared when initiated at 18 or 27 months of age, and also contrasted with effects of the less intensive Group-ESI as an active control condition.

[A national cohort study of spiritual and religious practices of older people with intellectual disability](#)

Spirituality and spiritual support for older people with intellectual disability are deemed important, however little is known about their specific needs. This paper reports for the first time on the religious and spiritual practices of older adults with intellectual disability.

[COVID-19 as a Crisis of Confinement: What We Can Learn From the Lived Experiences of People With Intellectual Disabilities in Care Institutions](#)

While the COVID-19 crisis has affected people all around the world, it has not affected everyone in the same way. Besides glaring international differences, disparities in personal and situational factors have resulted in strikingly dissimilar effects even on people within the same country. Special attention is required in this regard for people with intellectual disabilities (ID) who are vulnerable to marginalization and precarization during crises as concerns over safety and public health are likely to trump consideration for inclusion and care. This article explores the lived experiences during the pandemic of people with ID living in care institutions in the Netherlands. Particular attention is paid to the challenges involved in living through periods of confinement and separation in what may be called "vulnerable spaces."

[Factors influencing the mental health of autistic children and teenagers: Parents' observations and experiences](#)

The high prevalence of mental health and behaviour problems among autistic children and adults is an issue of concern to the autism community. Many studies have been undertaken to identify the factors that protect against/or increase the risk of such difficulties. However, this research is dominated by quantitative observational studies. In this study, we sought to investigate the same issue using a qualitative research approach, positioning parents as experts and eliciting their theories as to what influenced their child's mental health from diagnosis to the late teenage years.

Reports

[Autism and the draft mental health bill in England and Wales: Unintended consequences?](#)

The Draft Mental Health Bill for England and Wales proposes a range of changes to the Mental Health Act 1983. Among these is a proposal to amend the definition of 'Mental Disorder', which would mean that people with a primary diagnosis of autism or learning disability would be excluded from most of the civil sections of the Act. If enacted, this will be the first occasion in English and Welsh law where a legal definition of autism is created. While we argue that there are inherent difficulties in creating legal definitions of clinical problems, this 'legal Autism' appears to be substantially disconnected from a clinical understanding of autism, and its breadth could potentially encompass conditions beyond those currently identified as autism.

News

[New report on reducing the gender pay gap for women with a learning disability](#)

Autistic women and women with a learning disability often have lower employment rates and work fewer hours per week in transition-to-work programmes, according to a new report.

[121,000 people waiting for NHS autism assessment](#)

NICE guidance is clear – no one should be waiting longer than three months between being referred for an autism assessment and being seen, yet some have been waiting for more than a year.

[World Autism Acceptance Week 2023 – new developments](#)

For World Autism Acceptance week I would like to update you about the latest work the Royal College of Psychiatrists is doing on autism.

['Children put at risk' as NHS autism assessments are cut back](#)

NHS managers in south-west England have imposed new rules that could deny autism assessments to thousands of children in a move that parents say "puts children at genuine risk".

[Number of autistic people in mental health hospitals: latest data](#)

The latest monthly Assuring Transformation NHS Digital data shows that in February 2023:

- In total 2,045 autistic people and people with learning disabilities are in inpatient mental health hospitals in England
- 1,290 (63%) of these people are autistic
- There are 200 under 18s in inpatient units that are autistic or have a learning disability. Of these, 95% are autistic.