

Studies

[Relationships between neurodivergence status and adverse childhood experiences, and impacts on health, wellbeing, and criminal justice outcomes: findings from a regional household survey study in England](#)

Evidence indicates that neurodivergent (ND) populations may be more at risk of experiencing adverse childhood experiences (ACEs), compared to neurotypical (NT) populations. However, this evidence has typically not examined a comprehensive set of ACEs and has only included ND individuals on the basis that they have a diagnosis. Very little research has examined the impacts of ACEs on negative adulthood outcomes for ND populations.

[Pharmacological treatment in autism: a proposal for guidelines on common co-occurring psychiatric symptoms](#)

The prevalence of autism spectrum disorder (ASD) has surged, with an estimated 1 in 36 eight-year-olds in the United States meeting criteria for ASD in 2020. Autistic individuals face elevated rates of co-occurring medical, psychiatric, and behavioral conditions compared to non-autistic individuals. The rising ASD-patient demand is increasingly outpacing the capacity of ASD-specialty clinics, resulting in urgent need for autism-competent providers in general practice settings.

[Mental health care use of autistic adults: Identifying longitudinal patterns using sequence analysis](#)

To improve mental health care for autistic adults, a better understanding of their real-world intervention use is required. The aim of this study is to investigate individual differences in the intervention trajectories of autistic adults, by examining longitudinal patterns of therapy, counseling, and medication use.

[Suitability of the DSM-5 social anxiety disorder severity scale for autistic adults](#)

In autistic adults, measurement tools may not adequately differentiate between autistic characteristics and features of anxiety. This may be particularly evident in the case of social anxiety disorder; however, few measures of social anxiety disorder have been validated for autistic adults. Instead, assessments are often made using measures designed and validated for non-autistic adults.

[Tracking the long-term outcomes of a supported employment internship programme for autistic adults without a learning disability](#)

Supported employment initiatives with work experience (e.g. internships) can increase employment rates for autistic people. However, such initiatives (a) are often not evidence-based, (b) focus on quantitative outcomes such as employment rates and (c) examine group-level changes without considering individual variability. Considering the effects that (un)employment can have on autistic people's well-being, it is important to examine the wider impact of supported employment initiatives.

[The intersection of autistic traits, ADHD traits, and gender diversity in disordered eating and drive for muscularity within the general population](#)

Neurodivergent and gender diverse people are overrepresented among individuals with eating disorders. There also appears to be an epidemiological overlap between autism, ADHD, and gender diversity, making it difficult to disentangle their possible contributions to eating behaviours and body image, including restrictive eating and muscle-building behaviours.

["Creating a socially acceptable version of myself": A qualitative thematic analysis of the female and nonbinary experience of navigating the autism diagnostic system](#)

Early diagnosis for autistic youth is critical in improving quality of life. However, diagnosis is typically delayed for assigned females at birth (AFAB) and gender-diverse individuals, with their autism-related struggles being overlooked.

[Non-pharmacological interventions targeting motor difficulties in neurodivergent children: A systematic review](#)

Motor interventions are commonplace for children with neurodevelopmental disabilities, as motor skills such as walking, balancing and using one's hands functionally are instrumental for early exploration and developing a sense of agency and independence in later life.

[A non-systematic overview review of self-focused emotion regulation in autistic individuals through the lens of the extended process model](#)

Difficulties regulating emotions have been coined as inherent to autism, possibly even presenting a core difficulty of autism. While several models of emotion regulation have been proposed in the past, in this targeted review article, we aim to map emotion regulation difficulties in autistic individuals within the framework of the extended process model of emotion regulation.

[Beyond self-regulation: Autistic experiences and perceptions of stimming](#)

Repetitive, self-stimulatory behaviors ("stimming") are a hallmark characteristic of autism. Stimming is thought to aid in self-regulation, but autistic perspectives of stimming are underrepresented in the literature.

[Self-perceived physical fitness and occurrences of individual levels of autistic traits in adolescents: a cluster association study](#)

The association between physical fitness and autistic traits in adolescents remains under explored, especially in adolescents. Understanding this relationship can provide strategies to improve the quality of life of these people.

[Precision Medicine for Treating Alzheimer's Disease in Down Syndrome](#)

Individuals with Down Syndrome (DS) exhibit a genetic form of Alzheimer's disease (AD). In this study, we leveraged biobanked plasma samples from a completed clinical trial focused on anti-inflammatory treatment, Vitamin E, for DS.

[Autism at 30: Conceptualizations for Adult Research and Clinical Practice](#)

Autism spectrum disorder is one of the most common neurodevelopmental conditions diagnosed in children. Most autism research, intervention, and policy focus exclusively on this condition in childhood, but autism often persists across the life course.

[The global epidemiology and health burden of the autism spectrum: findings from the Global Burden of Disease Study 2021](#)

High-quality estimates of the epidemiology of the autism spectrum and the health needs of autistic people are necessary for service planners and resource allocators. Here we present the global prevalence and health burden of autism spectrum disorder from the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2021 following improvements to the epidemiological data and burden estimation methods.



[Psychometric evaluation of the Autism Symptom Dimensions Questionnaire](#)

Aim: To replicate and extend previous psychometric findings for the Autism Symptom Dimensions Questionnaire (ASDQ).

[Exploring the potential of the ketogenic diet in autism spectrum disorder: metabolic, genetic, and therapeutic insights](#)

Current treatment approaches for Autism spectrum disorder (ASD) primarily focus on symptom management rather than addressing underlying dysfunctions. The ketogenic diet (KD), a high-fat, low-carbohydrate diet inducing nutritional ketosis, has shown promise in treating epilepsy and may offer therapeutic benefits for ASD by modulating metabolic and neuroprotective pathways.

[The therapeutic effects of probiotics on core and associated behavioral symptoms of autism spectrum disorders: a systematic review and meta-analysis](#)

We aimed at investigating the efficacies of probiotics in alleviating the core and associated symptoms of autism spectrum disorder (ASD).

[Early detection of autism spectrum disorder: gait deviations and machine learning](#)

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder diagnosed by clinicians and experts through questionnaires, observations, and interviews. Current diagnostic practices focus on social and communication impairments, which often emerge later in life. This delay in detection results in missed opportunities for early intervention. Gait, a motor behavior, has been previously shown to be aberrant in children with ASD and may be a biomarker for early detection and diagnosis of ASD.

[Prevalence of Dementia Among US Adults With Autism Spectrum Disorder](#)

Studies on the prevalence of dementia in individuals diagnosed with autism spectrum disorder (ASD) have yielded mixed findings, with small sample sizes precluding conclusive inference. One strategy to circumvent this issue is the examination of the nationwide prevalence of dementia among enrollees in public insurance, relied upon by diverse groups of more than 25 million (Medicaid enrollees) and 65 million (Medicare enrollees) older Americans in 2021.

[Effects of mini-basketball training on improving the motor coordination of children with intellectual disabilities and developmental coordination disorders: a randomized controlled trial](#)

Motor coordination (MC) is one of the main components of motor competence. Children with Intellectual disabilities (ID) usually have weaknesses in MC and related components. Therefore, the aim of study was to investigate the effect of mini-basketball training (MBT) versus general physical education programs on improving the motor coordination of children with intellectual disabilities (ID).

Consultation Outcomes

[Changes to rules - the Care Quality Commission \(easy read\)](#)

There was general support for our proposal to replace the end date in the rules with a review date. The Department of Health and Social Care will take steps to replace the end date with a 5-year review date in the rules.



News

[Global prevalence of autism hits over 60 million](#)

New data shows that the global prevalence of autism in 2021 was over 60 million people, and autism was one of the top ten causes of non-fatal health burden for people aged under 20 years.

[New human rights guide for young people with a learning disability](#)

A new guide has been published to help practitioners consider how human rights can be used to support decision-making and enable positive outcomes for young autistic people and young people with a learning disability.

[Education Committee launches major enquiry into SEND system](#)

The Education Committee has announced a new major inquiry which will focus on finding solutions to the crisis in special educational needs and disabilities (SEND) provision.

[Autistica launches new free autism 'Tips Hub' app](#)

A new free app has been launched by autism research charity Autistica to offer helpful tips to autistic people, their families and professionals who work with autistic people.

[Yorkshire NHS Trust leads way in reducing waiting lists for people with a learning disability](#)

An NHS Trust in Yorkshire has been praised by NHS England for leading the way in work to clear the elective care waiting lists for people with a learning disability.

[New government research on tackling loneliness in young disabled people](#)

Stigmatising attitudes to disabilities and accessibility barriers were among the reasons why young disabled people have restricted opportunities to build social connections and reduce loneliness, according to new research from the Department for Culture, Media and Sport.

[UK banks' trust account exodus cuts lifeline for disabled people, says charity](#)

Customers face 'severe consequences' as banks and building societies close accounts typically set up to help vulnerable people.

[Could psychedelic drugs improve the mental health of autistic people?](#)

A brace of new studies probes benefits and risks for an understudied group.

[Embrace Autism celebrates success with report launch](#)

Today, Autistic Knowledge Development (AKD) and the National Autistic Society Scotland (NAS Scotland) have launched a report celebrating the success of Embrace Autism.

[Learning disability nursing crisis leaving gaps in care, RCN says](#)

We're calling on the UK government to act with unparalleled ambition to invest in and reimagine the nursing specialty, as course-acceptances and staff numbers are shown to be falling at an alarming rate.

[National Observatory needed to manage staff burnout in learning disability settings](#)

The quality of provision for people with a learning disability is directly impacted by the psychological wellbeing and burnout levels of staff who provide support for them, according to new research.





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["No family with children and young people in the SEND system should be forced to take legal action," says BPS](#)

The Guardian has revealed that £100m has been spent in England on failed efforts to block children's SEND support in the last year.

[Ex-pupil wins damages over face-down restraint at Oxfordshire special school](#)

Boy was restrained face down by staff and others placed a towel around the door of his room to stop him leaving.

[Autism Alliance contributes to Government consultations](#)

Following the Budget 2024, the Autism Alliance UK has responded to Government consultations on areas of policy which are important for autistic children, young people and adults, and their families.

