Integrated Care System
Nottingham & Nottinghamshire

Research updates

Nottingham
Neurodiversity
Network

Research update

Integrated Care System
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- Economic evaluation of undiagnosed ADHD/autism
- Waiting well, INTEND and EXPAND projects
- National and international links
  - French institutions
  - International organisations
  - Uk Institutions

ADHD review

French, B., Nalbant, G., Wright, H., Sayal, K., Daley, D., Groom, M. J.,& Hall, C. L. (2024). The impacts associated with having ADHD: an umbrella review. *Frontiers in psychiatry*, *15*, 1343314.

Impact of ADHD risks beyond the symptoms

Attention Deficit Hyperactivity Disorder (ADHD) affects up to 5% of the population and is characterised by symptoms of impulsivity, hyperactivity and inattention. These symptoms are significantly impairing and ADHD carry additional costs for children and adults, including negative mental health, physical health, and societal outcomes.

Physical health

Around **50% of people** **with ADHD** have increased risk of sleep and/or teeth issues

increased risk of:

- accidents or injury
- higher instances of eating disorders or obesity
- greater risk of drug or alcohol abuse (a means of self-medicating)

Mental health

Around **30% of people** **with ADHD** have risk of addiction to gaming or the internet

increased risk of:

- depression, anxiety, suicide
- low self-esteem and increased experience of gender dysphoria
- risk-taking behaviour

Other impacts

Around **44% of people in prison** **have undiagnosed ADHD** and are at a higher risk of criminal and violent behaviour

increased risk of:

- joblessness and unemployment
- relationship difficulties and divorce
- unwanted pregnancy
- difficult social skills with peers

Autism review

French B, Newell V, Nalbant G, Wright H, Daley D and Cassidy S (2026) Adverse outcomes for autistic people: an umbrella review of mental health, physical health, social and lifestyle domains. Front. Psychiatry 17:1702822. doi: 10.3389/fpsyt.2026.1702822

Outcomes of autistic people

Autism is a common condition that affects both children and adults. Being autistic can come with many challenges, including increased risk of poor mental health, physical health and social outcomes.

Our umbrella review identified the most extensively researched outcomes in autistic people, summarising over 130 reviews and 1,000 studies.

Physical health

55% more gut and digestive system problems compared to the general population

Higher rates of:

poor oral health

epilepsy (**12% compared to 1%** for general population)

asthma and diabetes

sleep issues

early death

Mental health

3x the odds of self-injurious behaviour and suicidality

Higher rates of:

mood disorders – depression, bipolar, schizophrenia, psychosis and paranoia

anxiety disorders – OCD, social anxiety

eating disorders particularly anorexia nervosa

Other impacts

Around **44% of autistic individuals experience victimisation** including bullying, interpersonal, and sexual

Higher rates of:

loneliness

challenges forming and maintaining friendships

lower quality of life outcomes

transgender or gender non-conforming identities

The power of words: respectful language in ADHD research

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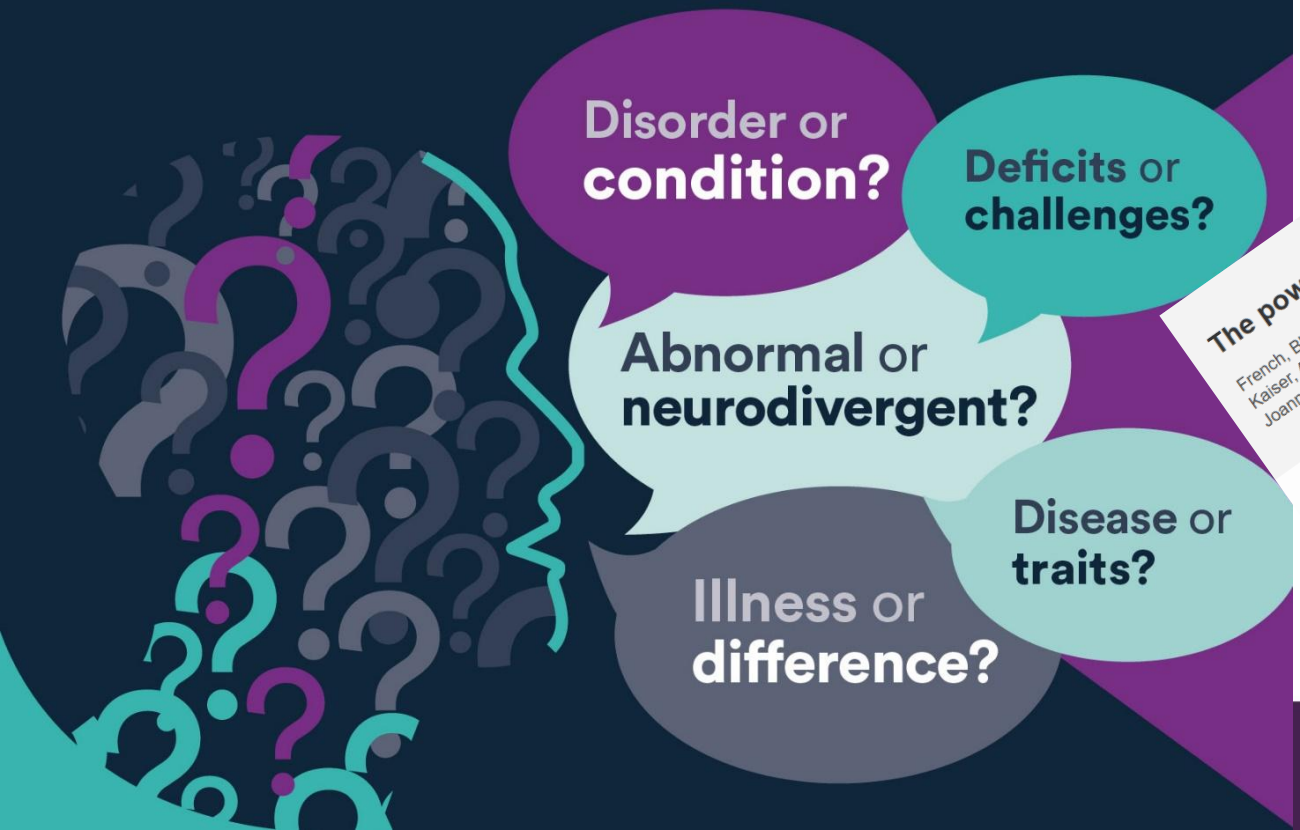
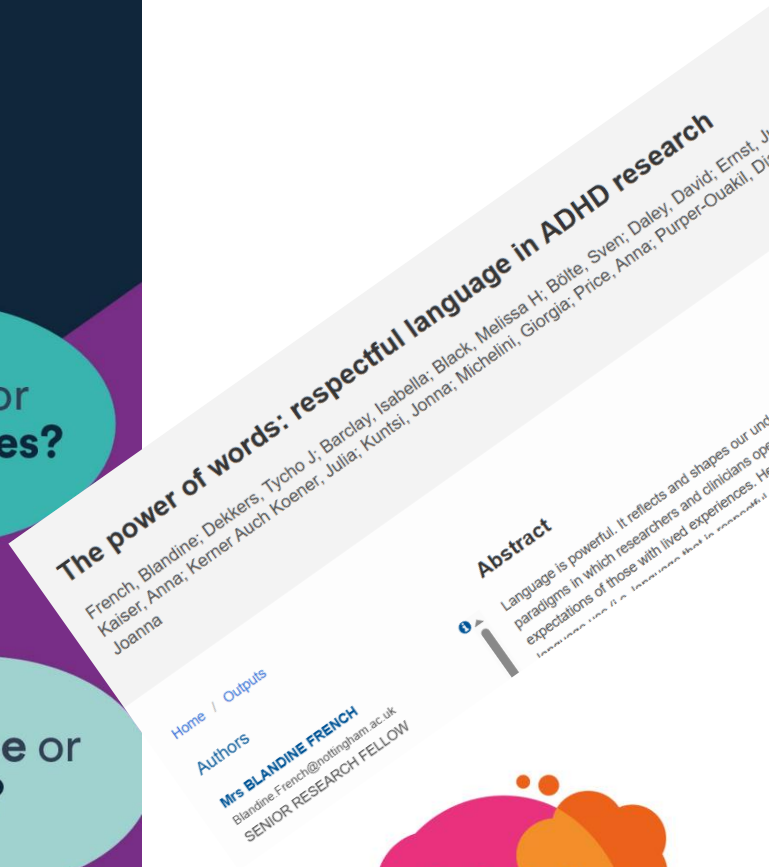
Greater social awareness of ADHD is stimulating a much-needed shift towards the use of compassionate and respectful language. This has positive impact on individuals with lived experience of ADHD. It strengthens our clinical practice and research outcomes. The language we use affects and shapes our understanding of the difficulties people face and the paradigms in which researchers and clinicians operate.





SIGHT: RESEARCH AND CLINICAL UPDATE ON ADHD IN GIRLS & WOMEN

Conference for academics and clinicians

Hosted by Dr Blandine French and Dr Jessica Agnew-Blais

25th of March 2026
9.30AM-3PM

In person at The University of Nottingham Jubilee Conference Centre

International speakers from a wide range of clinical & research backgrounds

UKAAN
UK ADULT ADHD NETWORK

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UK research group

Ongoing communication with local researchers

Collaboration opportunities

Ongoing exchange of good practice, implementation etc.

Link with international network

intend

improviNg Tic services in EnglaND

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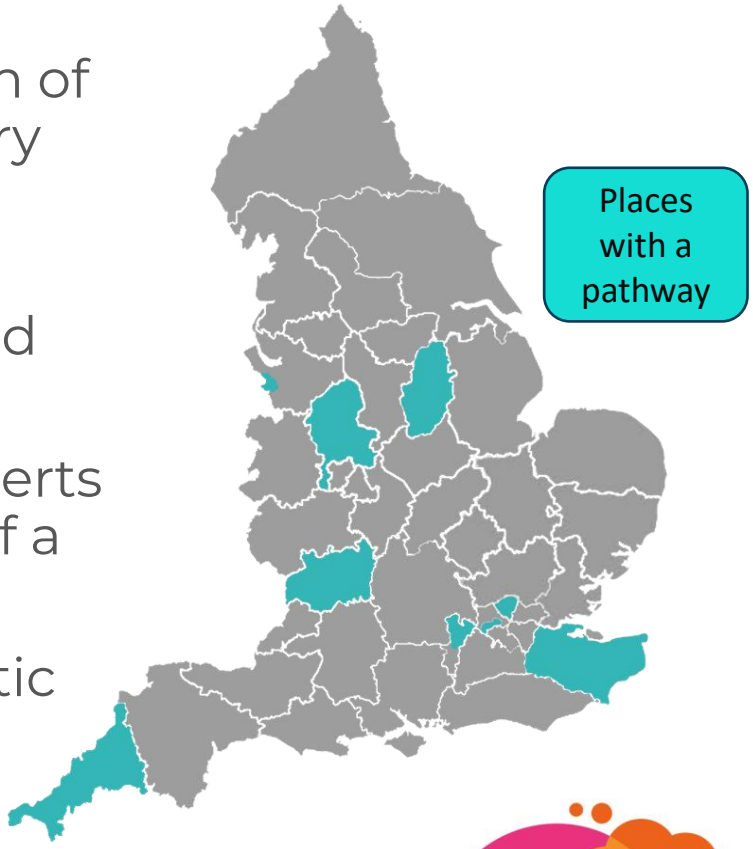
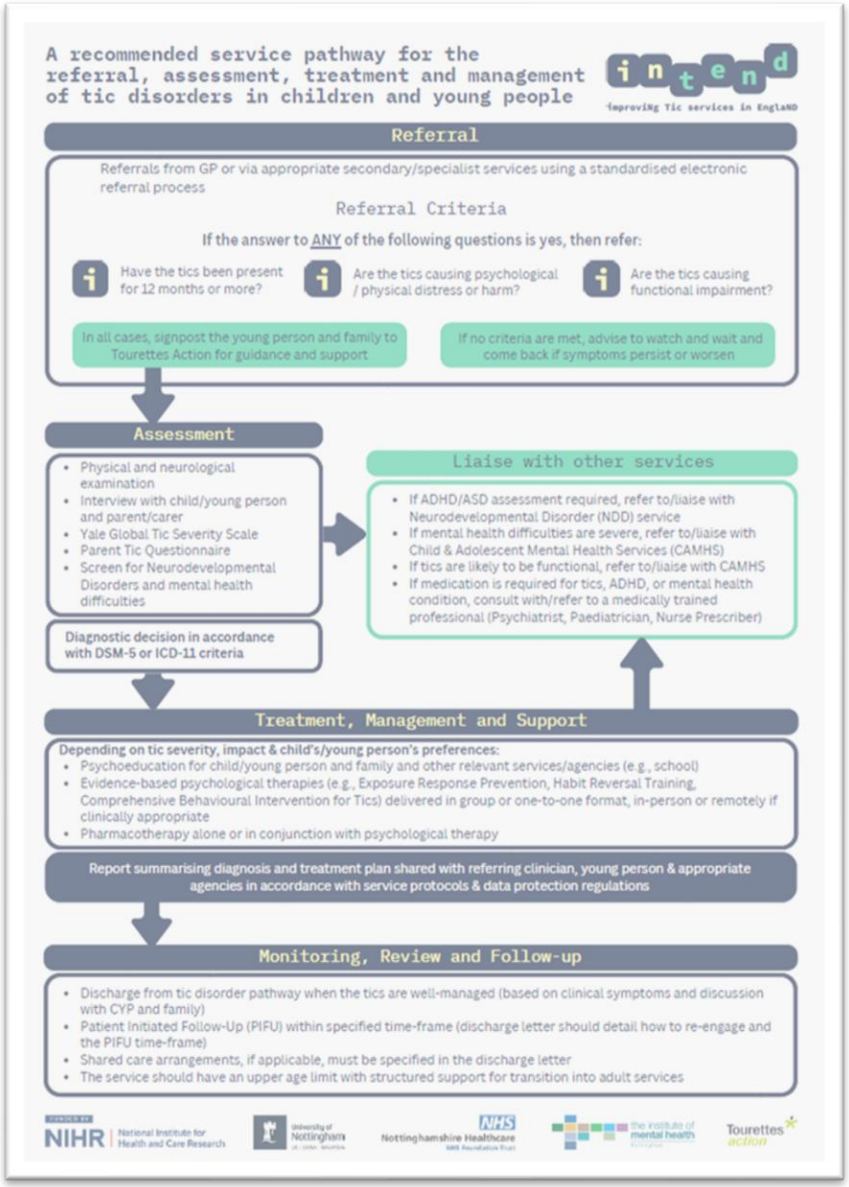
- Evidence gathered from freedom of information requests showed very few pathways for tics in England
- Surveys and workshops with professionals showed barriers and facilitators to change
- Delphi (consensus) survey of experts identified the key components of a care pathway for tics
- -> **Integrated Care Protocol** for tic disorders in children and young people in England





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Read more about the INTEND study and download the care protocol here:

Developing digital psychoeducation for adults referred for ADHD

Aim: to work with a range of stakeholders to create an initial design for a digital psychoeducation tool aimed at adults referred for ADHD assessment

Progress so far:

- Created advisory panel of lived experience, clinical, research, and digital health experts

- Completed a systematic review of published evidence on psychoeducation for ADHD

- Completed interviews with people with lived experience of the ADHD waitlist, and clinical specialists in ADHD services

Developing digital psychoeducation for adults referred for ADHD

Emerging findings – systematic review of the literature:

- Mixed evidence on psychoeducation for ADHD with most studies evaluating group interventions or psychoeducation as part of a broader package
- Wide variation in content and delivery of psychoeducation interventions, small proportion are digitalised
- Measured outcomes are rarely those that matter to people with lived experience

Developing digital psychoeducation for adults referred for ADHD

Emerging findings – stakeholder interviews:

- Emergent themes from the interview data centre around complexity
  - Complexity of presentation
  - Complexity of knowledge/information
  - Complexity of support
  - Complexity of systems

Next steps:

- Guide design of initial wireframe
- Prepare funding application to develop and evaluate the digital intervention in clinical practice

EXPAND

Exploring the EXPeriences of Accessing services and understanding Neurodevelopmental Disorders for ethnic minorities in England

Led by Dr Charlotte Hall, Dr Camilla Babbage, and Dr Shireen Patel

Funded by the NIHR