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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

Read the Autism risk report online:
frontiersin.org/journals/psychiatry/articles/10.3389/fpsyt.2026.1702822/abstract

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