

Systematic Reviews

[Cognitive behavioural therapy for anxiety in children and young people on the autism spectrum: a systematic review and meta-analysis](#)

The efficacy of CBT for anxiety in autistic youth was supported in the immediate intervention period. However, substantial inconsistency emerged in the magnitude of benefit depending upon who was rating symptoms (clinician, parent or child). Follow-up analyses failed to reveal sustained benefits, though few studies have included this data.

[Randomised controlled trials of antidepressant and anti-anxiety medications for people with autism spectrum disorder: systematic review and meta-analysis](#)

Given the methodological flaws in the most included studies and contradictory findings, it is difficult to draw any definitive conclusion about the effectiveness of either antidepressant or anti-anxiety medications to treat either ASD core symptoms or associated behaviours. Robust, large-scale, randomised controlled trials are needed to address this issue.

Studies

[Alcohol misuse among autistic adults is associated with poorer mental health, study finds](#)

Autistic adults who misuse alcohol are more likely to suffer with poorer mental health and wellbeing, according to a UK study.

The [study](#) surveyed 237 'high-functioning' autistic adults aged 18-75 and explored the demographic and psychological predictors of alcohol use and misuse among the group.

[Precocious neurons may stunt brain growth in rare form of autism](#)

The first animal model of MYT1L syndrome suggests that fast-maturing neurons lead to the unusually small brains, social deficits and other traits seen in people with the condition.

[Cancer drug alters autism-like traits in mice](#)

A drug that helps promote gene expression reduces repetitive behaviours and improves memory and sociability in a mouse model of autism.

[How traits relate to brain activity may differ between autistic boys, girls](#)

Autistic children show a distinct pattern of resting-state brain activity, and how that pattern relates to behaviour differs between autistic boys and girls, according to a new study.

[Missed check-ups, delayed autism diagnoses among low-income children](#)

Autistic children from low-income families are diagnosed about eight months later than their wealthier peers, a new analysis of insurance claims in Virginia shows.

[Intranasal oxytocin ineffective for autism in large trial](#)

An intranasal form of the hormone oxytocin is no more effective than placebo at increasing social behaviours in autistic children, according to what may be the largest clinical trial of the treatment to date.

[Misdiagnosis or missed diagnosis? What are the potential implications for undiagnosed autistic people?](#)

Review of a recent Italian study which finds that autism spectrum disorder is still commonly undiagnosed and misdiagnosed in adults.

Conference recordings

[BILD International Positive Behaviour Conference Recordings now available](#)

Bringing together renowned Positive Behaviour Support (PBS) speakers from across the globe, Bild's conference explored the theme 'The evolving world of PBS: moving forward together'.

Podcast

[New podcast to explore the history of people with learning disabilities](#)

A new project which aims to ensure people with learning disabilities are not forgotten from history, has recently launched its first podcast episode. The [first episode of the podcast](#) – “Disabled? How far have people with learning disabilities been included in the societies they lived in?” – examines the inclusion and exclusion of people with learning disabilities in society from the prehistoric period up to the present day, and has been adapted and read by people with lived experience.

News

[New Facebook support group is launched: CBF Family Forum](#)

The Challenging Behaviour Foundation (CBF) is delighted to announce the launch of its new private Facebook group, The CBF Family Forum, which is open to family carers of children and adults with severe learning disabilities whose behaviour challenges. The purpose of the group is to connect fellow family carers.

[Animation raises awareness and understanding of behaviour in the early years and use of restrictive practices](#)

A new animation for health, education and social care professionals aims to raise awareness and understanding of behaviour in the early years, what restrictive practice looks like in the under 5s, and the importance of respectful, behavioural support strategies that safeguard the rights of young children with disabilities.

[New domestic abuse information card designed for people with learning disabilities](#)

Sarah Atkinson, a primary care learning disability nurse, has designed a new easy-to-read domestic abuse information card for people with learning disabilities. Sarah said she created the card after realising that although people with learning disabilities are increasingly becoming victims of domestic abuse, they are often unable to access and understand generic domestic abuse information cards. The card is wallet-sized with a “discreet black cover” which folds out, providing national agency phone numbers and other useful easy-read information.

[Online disability hate crime increases by more than 50% in a year](#)

Online disability hate crime rates are up by 52% compared to this time last year, according to the latest police data gathered by disability charities Leonard Cheshire and United Response. In total, there were more than 9,200 online and in-person disability hate crime reports to the police in 2020/21.