BWRDD PARTNERIAETH RHANBARTHOL
GOGLEDD CYMRU
NORTH WALES
REGIONAL PARTNERSHIP BOARD

Neurodivergence – evidence summary

Contents

Overview 2

Challenges faced by people who are neurodivergent 3

Challenges faced by different groups of neurodivergent populations 4

Ethnic minorities 4

Challenges faced by autistic people 4

Women 6

Ethnic minorities 6

Older people 6

Challenges faced by people with ADHD 7

Women 8

Ethnic minorities 8

Challenges faced by people with Autism and ADHD (AuDHD) 9

Women 9

Challenges faced by people with developmental co-ordination disorder 10

Challenges faced by people with Tourette syndrome or tic disorder 10

Women 11

Search strategy 12

References 13

Disclaimer: This evidence summary includes relevant literature identified from searches on the above topic. It is not an exhaustive list, it presents key finding and not recommendations for practice.

Overview

Neurodivergence is defined as having a brain that works differently and **neurodivergent** is a term used to describe a person who has a brain that works differently. This report looks at the issues that are faced by people who are neurodivergent and the challenges they might face. It looks at the issues faced by those who have specific types of neurodivergence including those who are autistic, have attention deficit hyperactivity disorder (ADHD), developmental co-ordination disorder (dyspraxia), and Tourette syndrome or tic disorders. It then looks at additional issues that specific groups of people who are neurodivergent may experience, these include people who are from ethnic minorities, women, and older people.

The report focuses on research and reports based mainly on Wales or the UK. Research from elsewhere is only included when relevant.

Challenges faced by people who are neurodivergent

People who are neurodivergent may face challenges. These might include:

- Being more likely to experience significant distress and trauma [1]
- Their neurodivergence being viewed as negative by others [1]
- Being subjected to treatments to try and make them less neurodivergent [1]
- Their struggles not being supported / accommodated [1]
- Their strengths may not always be recognised [1]
- Having to mask, hide their true selves or behaviours [1]
- Reduced confidence and well-being, and mental health struggles [1]
- Struggling with some environments, for example visiting new places, changes to existing places, or sensory issues [1]
- Long delays in receiving a diagnosis and support [1–3]
- Gaps in support for some neurodivergent conditions [2]
- Those with co-occurring neurodivergent conditions or other co-occurring difficulties such as mental ill health, or alcohol and substance misuse may experience difficulties accessing services [3]
- Not meeting diagnostic thresholds but still experiencing difficulties [3]
- Difficulties accessing support while transitioning from child to adult services [3]
- Having to actively ask to access services in Welsh [3]

People who are neurodivergent are more likely to be out of employment than people who are neurotypical.[4] Barriers to being in and remaining in employment may include:

- Difficulties with social / communication issues, and workplace relationships [4]
- Lack of workplace adjustments [4]
- Mental health issues and / or anxiety [4]
- Sensory issues with things like lighting, smells, sounds, or temperature [4]
- Mental and physical exhaustion from masking their symptoms [4]
- Experiencing stigma, or fear of disclosure of their diagnosis [4]
- Not getting clear feedback about any issues [4]
- Recruitment and interview processes being difficult for them [4]

Challenges faced by different groups of neurodivergent populations

Ethnic minorities

Neurodivergent people from ethnic minorities may face additional challenges. These might include:

- Being less likely to go for assessment / diagnosis [3]
- Being underrepresented in post diagnostic support provided by neurodevelopmental services [3]
- Experiencing multiple forms of discrimination, inequality, and racism [5]
- Increased risk of coming into contact with the criminal justice system [5]
- Not getting the support they need for harmful behaviours, due to stereotypes of violence being a characteristic attributed to young black men [5]
- Assumptions that their behaviours are influenced by upbringing etc being more likely, rather than due to distress and trauma due to unmet needs [5]

Challenges faced by autistic people

> *"The saddest thing for me as a late diagnosed person is that I spent 35 years feeling like everything was my fault. I'm sad for the person I was as I should never have been made to feel like that for being different." Kris, an autistic adult* [6]

Quite often discussions around autism lean heavily around the difficulties, but it is equally vital to recognise the unique strengths and talents that autistic individuals have. [1,6] However, autistic individuals do face challenges and we do need to be mindful of these in order to support them more effectively, these challenges might include:

- Difficulties with communication [1]
- Struggling to understand and communicate their feelings [1,6]
- Finding it hard to cope with change [1]
- Sensory issues (lights, sounds, smells, tactile) [1,6]
- Being at increased risk of premature and avoidable deaths [7,8]
- Experiencing poorer healthcare [8]
- Being more likely to have co-occurring health conditions [6,8]
- Long waits for assessment [7,9]

- Lack of post diagnostic support [10]
- Reaching crisis before getting the help and support they need [7]
- Some people being inappropriately detained in mental health hospitals [7,8,11]
- Experiencing inappropriate treatments such as overmedication, unnecessary restraint, and solitary confinement in mental health hospitals [7,11]
- Diagnostic overshadowing, assuming symptoms are due to autism meaning a health condition goes undiagnosed [7]
- Being at increased risk of mental health issues and suicide [6–8,10]
- Developing mental health issues due to masking, lack of suitable support, and / or struggling to fit in [6–8]
- Mental health support not meeting the needs of autistic people [3]
- Masking their autistic traits to fit in which can be exhausting [6]
- Their voices often being missed from consultations and decision making [7]
- Experiencing stigma, discrimination, or a lack of understanding [6,12]
- Struggling with executive functions such as planning, meeting goals, organising and controlling unwanted impulses [6]
- Issues when transitioning from children to adult services [3]

Autistic people may experience barriers to accessing healthcare including:

- Staff lacking understanding of autism [8,13–15]
- Communication differences, difficulties in processing information given to them and in describing symptoms [8,13–15]
- Sensory issues meaning the environment is overwhelming [8,13–15]
- Reluctance to seek help due to previous bad experiences [13]

Many autistic people face issues with employment these might include:

- Being more likely to be unemployed, finding it hard to get a job [6,7,10,16]
- Job application processes not being inclusive and accessible [6,7,10,12]
- Work environments often lacking reasonable adjustments [7,10,16]
- Strong focus on social skills in many jobs being off putting [12]
- Feeling like they have to mask in the workplace [12]
- A lack of clarity over what to expect [12]

Undiagnosed autism can cause additional challenges. These might include:

- Increased risk of mental health issues [17]
- Having social and relationship concerns [17]

Women

Women who are autistic may face additional challenges. These might include:

- Being more likely to be misdiagnosed with mental health disorders [7]
- Lack of understanding in how autism can present in many females [7]
- Increased risk of delayed diagnosis [7]
- Being better able to mask their difficulties [3]
- Being more likely to be labelled as less competent [18]

Ethnic minorities

People from ethnic minorities who are autistic can experience further challenges. These might include:

- Experiencing racial discrimination and abuse [18]
- Their diagnosis not being believed or accepted by their community [18]
- Difficulties fitting into the expected cultural norms [18]

Older people

Autistic older people can face additional challenges. These might include:

- Concerns over who will care for them in the future [19]
- Being more likely to worry about ageing and their physical health [20]
- Age-related decline, and worrying about still being able to articulate their difficulties [19]
- Being more likely to become even more socially isolated [19,20]
- Ageing support being designed for neurotypical people [20]

It is important to remember each autistic person is unique, they will have different strengths and challenges, so we need to take the time to get to know the individual to determine what support they need or would like.[6,16]

Challenges faced by people with ADHD

Many people think of ADHD as a childhood condition, however, it is a lifelong difference that can cause difficulties into adulthood.[21] Some of the challenges people with ADHD can face include:

- Long waits for a diagnosis [9,22]
- Long waits for treatments resulting in accidents/unintentional injuries, comorbidity, increased mortality, and suicide [22]
- Going undetected if they don't present as hyperactive or disruptive [23]
- Difficulties with organisation and managing their time [1,3,21]
- Struggling to focus, especially on tasks / topics they have little interest in, so they may miss instructions or important details [1,3,21]
- Having issues with sleep [3]
- Fidgeting or feeling restless or unable to sit still [21]
- Losing important items [21]
- Forgetting to do important things like attend appointments or pay bills [21]
- Having issues with and need support with relationships [3]
- Variation in whether support services for adults are available [3,9,22,23]
- Limited support beyond medication [3,24]
- Being at increased risk of mental illness [23]
- Being at increased risk of substance misuse [3]
- Being likely to have co-occurring conditions [23]
- Diagnostic overshadowing meaning co-occurring conditions can result in ADHD being missed [23]
- Experiencing blame for their symptoms / dismissal of ADHD [23]
- Issues transitioning from child to adult services [23]
- Treatment being denied due to issues with shared care [23]

Undiagnosed ADHD can cause additional challenges. These might include:

- Higher rates of mental health problems and suicide [17]
- Being more likely to be an inpatient as a result of their mental health [17]
- Increased risk of sleep related issues [17]
- Being more likely to access healthcare including an increased number of GP appointments and hospitalisations [17]
- Being more likely to have had contact with the justice system [17]
- Increased risk of substance abuse [17]

- Higher rates of functional impairments (such as relationships, self-care, money management, social interactions) [17]

Women

Women with ADHD can face additional challenges. These might include:

- Being less likely to be diagnosed or receive a late diagnosis [23–26]
- Being misunderstood and / or dismissed by professionals [24,27]
- Prejudice due to male stereotypes of what ADHD looks like [26,27]
- Diagnostic overshadowing, difficulties put down to existing, and often misdiagnosed mental health issues [24,26]
- Being more likely to go undetected due to a more subtle presentation [23]
- Isolating themselves socially due to negative attitudes [24]
- Being more likely to have low self-esteem [27]
- Being more likely to have emotional dysregulation [27]
- Choosing not to disclose their diagnosis due to stigma [27]
- Traits compounding the stresses of motherhood [24,26]
- Hormones exacerbating symptoms for example following perimenopause and menopause [24,26]

Women are more likely to have a delayed diagnosis and this can mean worse outcomes for them. Some of the issues women face due to delayed diagnosis include:

- Increased risk of mental health issues [25,26]
- Increased use of healthcare services [25]
- Increased risk of reduced educational outcomes [25]
- Increased risk of having a teenage pregnancy [25,26]

Ethnic minorities

People from ethnic minorities with ADHD may face additional challenges. These may include:

- Increased stigma from their communities [24]
- Questioning the validity of their diagnosis [24]

Challenges faced by people with Autism and ADHD (AuDHD)

Autism and ADHD often occur together, this is often referred to as AuDHD for short. People who are AuDHD face the challenges outlined above for autistic people and those with ADHD, but they may also face additional challenges. These might include:

- Delayed diagnosis or diagnosis being more difficult due to conflicting traits [28]
- Having to go through two diagnoses, and the time and stress that can take [28]
- Experiencing difficulties linked with both autism and ADHD [29,30]
- Their traits may conflict with each other, for example being overstimulated by socialising but craving social interaction [29,30]

Women

Women who are AuDHD can also face further challenges. These might include:

- Not wanting to disclose their diagnosis for fear of not being believed [31,32]
- Being more likely to mask to fit in and meet gender expectations [32]
- Being more likely to experience struggles internally making it hard for people to realise that they need support [32]
- Their difficulties being dismissed, due to gendered stereotypes [31,32]
- Often being diagnosed later [31]
- Late diagnosis impacting the formation of their identity and how they make sense of their lives [31]
- Being more likely to be wrongly diagnosed with a mental health issue, like bipolar, instead of autism and ADHD [32]
- Being more vulnerable to sexual assault and abusive relationships, particularly when undiagnosed [32]
- Psychological and physical symptoms from the trauma of living with undiagnosed neurodivergence [32]
- Female hormones (menstruation, pregnancy, after birth, perimenopause, and menopause) exacerbating any struggles [32]
- Being at increased risk of self-harm and suicidal behaviour [32]
- Being more likely to have neurodivergent children which can bring additional parenting challenges [32]
- Expectations of what a good mother looks like leading to low self-esteem, shame, and poor mental health [32]

Challenges faced by people with developmental co-ordination disorder

People with developmental co-ordination disorder can have a range of difficulties. It is important to recognise that these difficulties can present and impact people differently, so we need to take an individualised approach when providing support.[33] Some of the challenges people with developmental co-ordination disorder may face include:

- A lack of awareness of the condition [33,34]
- Impact on their self-esteem and mental health [34]
- Difficulties with everyday tasks [33]
- Taking longer to learn new skills [33]
- A lack of appropriate support, usually tailored to other conditions [33]
- Issues with navigation, time management, and organisation [33]
- Fatigue because completing day to day tasks can be exhausting [33]

Challenges faced by people with Tourette syndrome or tic disorder

People with Tourette syndrome or tic disorder may face challenges. These might include:

- Variation in whether services can diagnose and treat them [3,9]
- Variation in whether support services for adults are available [9]
- Lack of specialist services [35,36]
- Not receiving appropriate treatments / therapies [36,37]
- Lack of understanding of conditions by healthcare professionals [37]
- Experiencing stigma, discrimination, and exclusion [36,38,39]
- Self-stigma, feeling inferior due to their condition [39]
- Their condition being trivialised or made a joke of [36,39]
- A lack of reasonable adjustments limiting their opportunities in work, education, and training [36]
- Suppressing tics, leading to mental and physical exhaustion [36,39]
- Having co-occurring conditions such as mood disorders, OCD, and ADHD [40]
- Concealing their condition to avoid stigma / discrimination [39]
- Being refused employment, or denied development opportunities [39]

Women

Women with Tourette syndrome or tic disorders may experience additional challenges. These might include:

- Self-stigma, not feeling normal, impacting on their well-being [41]
- Feeling like their tics go against gender stereotypes [41]
- Feeling they have to hide their true self [41]
- Loneliness and isolation, often feeling rejected socially [41]

Search strategy

Basic searches of Senedd Research, Gov.wales, Insight Collective, and Google were completed. A detailed search of Scopus was also completed.

Scopus

autistic OR autism OR ADHD OR “attention deficit” OR dyspraxia* OR “developmental co-ordination” OR Tourette* OR “tic disorder*” OR tics OR neurodiver* (abstract)
AND
need* OR requirement* OR demand* OR support* OR assistance OR help OR barrier* OR challenge* OR obstacle* OR issue* OR problem* OR difficult* OR concern* OR risk* (abstract)
AND
england OR scotland OR wales OR "united kingdom" OR UK OR Britain (affiliation country)
AND NOT
child OR children OR youth OR adolescen* OR teen* OR infant* OR toddler* OR school* (article title, abstract, keywords)
Limit: 2021-2026

References

(1) *Supporting neurodivergent people and their families*. Social Care Wales - Research, Data & Innovation. https://insightcollective.socialcare.wales/evidence-summaries/supporting-neurodivergent-people-and-their-families (accessed 2026-03-20).

(2) *Neurodevelopmental services in Wales*. https://research.senedd.wales/research-articles/neurodevelopmental-services-in-wales/ (accessed 2026-03-20).

(3) *Review of Neurodevelopmental Services | GOV.WALES*. https://www.gov.wales/review-neurodevelopmental-services (accessed 2026-03-23).

(4) Koldas, M.; Dounavi, K.; MacCarthaigh, M.; Dillenburger, K. Facilitators and Barriers to Employment of Neurodivergent Individuals: A Systematic Literature Review of Employee and Employer Experiences. *J. Autism Dev. Disord.* **2025**. https://doi.org/10.1007/s10803-025-07139-6.

(5) Udonsi, P. Young, Gifted and Black: The Intersectionality of Race, Intellectual Disability and Neurodivergence. *Crit. Radic. Soc. Work* **2022**, *10* (2), 226–241. https://doi.org/10.1332/204986021X16530492120870.

(6) *Challenges autistic people face*. Autistica. https://www.autistica.org.uk/what-is-autism/challenges-autistic-people-face (accessed 2026-03-23).

(7) *Inequalities in healthcare and employment for people with a learning disability and autistic people - Women and Equalities Committee*. https://publications.parliament.uk/pa/cm5804/cmselect/cmwomeq/134/report.html (accessed 2026-03-20).

(8) *RCN position on the health inequalities autistic people face in accessing health and social care services and the potential role of the nursing workforce in addressing these | Royal College of Nursing*. The Royal College of Nursing. https://www.rcn.org.uk/About-us/Our-Influencing-work/Position-statements/rcn-position-on-the-health-inequalities-autistic-people-face (accessed 2026-03-20).

(9) *The growing demand for ADHD and autism assessments in Wales*. https://research.senedd.wales/research-articles/the-growing-demand-for-adhd-and-autism-assessments-in-wales/ (accessed 2026-03-23).

(10) Wigham, S.; Ingham, B.; Le Couteur, A.; Wilson, C.; Ensum, I.; Parr, J. R. Consensus Statements on Optimal Adult Post-Autism Diagnosis Support and Services: Delphi Process Following a UK Survey of Autistic Adults, Relatives and Clinicians. *Autism* **2023**, *27* (2), 344–355. https://doi.org/10.1177/13623613221097502.

(11) *National Autistic Society Cymru urges end to detaining autistic people in mental health hospitals*. https://www.autism.org.uk/what-we-do/news/nas-cymru-urges-end-to-autism-hospital-detention-in-wales (accessed 2026-03-20).

(12) Davies, J.; Heasman, B.; Livesey, A.; Walker, A.; Pellicano, E.; Remington, A. Access to Employment: A Comparison of Autistic, Neurodivergent and Neurotypical Adults' Experiences of Hiring Processes in the United Kingdom. *Autism* **2023**, *27* (6), 1746–1763. https://doi.org/10.1177/13623613221145377.

(13) Haydon, C.; Doherty, M.; Davidson, I. A.; Haydon, C.; Doherty, M.; Davidson, I. A. Autism: Making Reasonable Adjustments in Healthcare. *Br. J. Hosp. Med.* **2021**, *82* (12), 1–11. https://doi.org/10.12968/hmed.2021.0314.

(14) Mason, D.; Ingham, B.; Birtles, H.; Michael, C.; Scarlett, C.; James, I. A.; Brown, T.; Woodbury-Smith, M.; Wilson, C.; Finch, T.; Parr, J. R. How to Improve Healthcare for Autistic People: A Qualitative Study of the Views of Autistic People and Clinicians. *Autism* **2021**, *25* (3), 774–785. https://doi.org/10.1177/1362361321993709.

(15) Radev, S.; Freeth, M.; Thompson, A. R. How Healthcare Systems Are Experienced by Autistic Adults in the United Kingdom: A Meta-Ethnography. *Autism* **2024**, *28* (9), 2166–2178. https://doi.org/10.1177/13623613241235531.

(16) Tromans, S.; Stewart, Z.; Brugha, T. Autism: Social Care, Reasonable Adjustments and the Personal Passport. *BJPsych Adv.* **2023**, *29* (5), 354–357. https://doi.org/10.1192/bja.2023.2.

(17) French, B.; Daley, D.; Groom, M.; Cassidy, S. Risks Associated With Undiagnosed ADHD and/or Autism: A Mixed-Method Systematic Review. *J. Atten. Disord.* **2023**, *27* (12), 1393–1410. https://doi.org/10.1177/10870547231176862.

(18) Jones, D. R.; Botha, M.; Sasson, N. J. "I'm Kind of Stuck in the Middle. I Don't Know Where to Go": Race, Autism, and Intersectional Stigma Among Black and

White Autistic Adults. *Autism Adulthood* **2025**, 25739581251374440. https://doi.org/10.1177/25739581251374440.

(19) Mansour, H.; Gillions, A.; Brown, J.; Pattenden, A.; Hartley, S.; Patel, S.; James, S.; Styles, M.; Mandy, W.; Stott, J.; O'Nions, E. 'It's Designed for Someone Who Is Not Me': A Reflexive Thematic Analysis of the Unmet Healthcare Support Needs in UK Autistic Adults Aged 65 Years and Over. *Autism* **2025**, *29* (3), 754–765. https://doi.org/10.1177/13623613241291081.

(20) Aitken, R.; Berry, K.; Gowen, E.; Brown, L. J. How Do Autistic Adults Experience Ageing? A Qualitative Interview Study. *Autism* **2026**, *30* (4), 1047–1061. https://doi.org/10.1177/13623613261422937.

(21) *ADHD across the lifespan: What it looks like in adults*. NIH MedlinePlus Magazine. https://magazine.medlineplus.gov/article/adhd-across-the-lifespan-what-it-looks-like-in-adults (accessed 2026-03-24).

(22) Smith, M. C. F.; Mukherjee, R. A. S.; Müller-Sedgwick, U.; Hank, D.; Carpenter, P.; Adamou, M. UK Adult ADHD Services in Crisis. *BJPsych Bull.* **2024**, *48* (1), 1–5. https://doi.org/10.1192/bjb.2023.88.

(23) Young, S.; Asherson, P.; Lloyd, T.; Absoud, M.; Arif, M.; Colley, W. A.; Cortese, S.; Cubbin, S.; Doyle, N.; Morua, S. D.; Ferreira-Lay, P.; Gudjonsson, G.; Ivens, V.; Jarvis, C.; Lewis, A.; Mason, P.; Newlove-Delgado, T.; Pitts, M.; Read, H.; van Rensburg, K.; Zoritch, B.; Skirrow, C. Failure of Healthcare Provision for Attention-Deficit/Hyperactivity Disorder in the United Kingdom: A Consensus Statement. *Front. Psychiatry* **2021**, *12*, 649399. https://doi.org/10.3389/fpsyt.2021.649399.

(24) Baig, S. K.; Kahya, H. H. 'I Felt like a Broken Person': The Experiences of Women Navigating a Late ADHD Diagnosis in the UK. *Adv. Ment. Health* **2025**, *0* (0), 1–25. https://doi.org/10.1080/18387357.2025.2524513.

(25) Martin, J.; Rouquette, O. Y.; Langley, K.; Cooper, M.; Sayal, K.; Ford, T. J.; John, A.; Thapar, A. Antecedents and Outcomes of a Later Attention–Deficit Hyperactivity Disorder (ADHD) Diagnosis in Females. *Br. J. Psychiatry* **2026**, 1–8. https://doi.org/10.1192/bjp.2026.10556.

(26) Kooij, J. J. S.; de Jong, M.; Agnew-Blais, J.; Amoretti, S.; Bang Madsen, K.; Barclay, I.; Bölte, S.; Borg Skoglund, C.; Broughton, T.; Carucci, S.; van Dijken, D. K.

E.; Ernst, J.; French, B.; Frick, M. A.; Galera, C.; Groenman, A. P.; Kopp Kallner, H.; Kerner auch Koerner, J.; Kittel-Schneider, S.; Manor, I.; Martin, J.; Matera, E.; Parlatini, V.; Philipsen, A.; Ramos-Quiroga, J. A.; Rapoport, I. L.; Remnélius, K. L.; Sénéquier, A.; Thorell, L.; Wittekoek, J. M. E.; Wynchank, D. Research Advances and Future Directions in Female ADHD: The Lifelong Interplay of Hormonal Fluctuations with Mood, Cognition, and Disease. *Front. Glob. Womens Health* **2025**, *6*. https://doi.org/10.3389/fgwh.2025.1613628.

(27) Morley, E.; Tyrrell, A. Exploring Female Students' Experiences of ADHD and Its Impact on Social, Academic, and Psychological Functioning. *J. Atten. Disord.* **2023**, *27* (10), 1129–1155. https://doi.org/10.1177/10870547231168432.

(28) July 2025, B.-31. *The impact of having ADHD and Autism | Healthwatch North Northamptonshire*. https://www.healthwatchnn.org.uk/blog/2025-07-31/impact-having-adhd-and-autism (accessed 2026-03-27).

(29) Elkin, R. *The Overlap Between ADHD and Autism (AuDHD)*. Psych-UK Limited. https://psychiatry-uk.com/the-overlap-between-adhd-and-autism-audhd/ (accessed 2026-03-27).

(30) *Autistic and ADHD life as a paradox: a personal perspective*. https://www.autism.org.uk/learn/knowledge-hub/professional-practice/autism-adhd (accessed 2026-03-27).

(31) Craddock, E. Navigating Residual Diagnostic Categories: The Lived Experiences of Women Diagnosed with Autism and ADHD in Adulthood - Emma Craddock, 2026. *Health (N. Y.)* **2025**.

(32) Craddock, E. Being a Woman Is 100% Significant to My Experiences of Attention Deficit Hyperactivity Disorder and Autism: Exploring the Gendered Implications of an Adulthood Combined Autism and Attention Deficit Hyperactivity Disorder Diagnosis. *Qual. Health Res.* **2024**, *34* (14), 1442–1455. https://doi.org/10.1177/10497323241253412.

(33) Gentle, J.; Ivanova, M.; Martel, M.; Glover, S.; Hosein, A. A Qualitative Investigation into the Experiences of Students with Developmental Coordination Disorder (DCD/Dyspraxia) in Higher Education. *Eur. J. Investig. Health Psychol. Educ.* **2024**, *14* (12), 3099–3122. https://doi.org/10.3390/ejihpe14120203.

(34) Sinani, C.; J. Williams; Licari, M.; Mierzwinski, M.; Wood, G.; Purcell, C.; Hudson, S.; Gentle, J.; Wilmut, K. “The Impact of Developmental Coordination Disorder in the UK: Brief Report. York St John University”. **2025**. https://doi.org/10.25421/yorksj.29314178.v4.

(35) *Welsh Senedd debate highlights urgent need for improved tics and Tourette Syndrome services for young people - Institute of Mental Health*. https://institutemh.org.uk/news/news/2012-welsh-senedd-debate-highlights-urgent-need-for-improved-tics-and-tourette-syndrome-services-for-young-people (accessed 2026-03-24).

(36) Malli, M. A.; Forrester-Jones, R. Stigma and Adults with Tourette’s Syndrome: “Never Laugh at Other People’s Disabilities, Unless They Have Tourette’s—Because How Can You Not?” *J. Dev. Phys. Disabil.* **2022**, *34* (5), 871–897. https://doi.org/10.1007/s10882-021-09829-2.

(37) Babbage, C. M.; Davies, E. B.; Jones, D. P.; Stevenson, P.; Salvage, J.; Anderson, S.; McNally, E.; Groom, M. J. ‘For the Love of God, Just Refer Me’: A Co-Produced Qualitative Study of the Experiences of People with Tourette Syndrome and Tic Disorders Accessing Healthcare Services in the UK. **2025**. https://doi.org/10.1136/bmjopen-2024-098306.

(38) *Tourette’s: why it’s time to end the stigma and discrimination at work*. British Safety Council. https://www.britsafe.org/safety-management/2025/tourette-s-why-it-s-time-to-end-the-stigma-and-discrimination-at-work (accessed 2026-03-25).

(39) Malli, M. A.; Forrester-Jones, R. Stigma and Adults with Tourette’s Syndrome: “Never Laugh at Other People’s Disabilities, Unless They Have Tourette’s—Because How Can You Not?” *J. Dev. Phys. Disabil.* **2022**, *34* (5), 871–897. https://doi.org/10.1007/s10882-021-09829-2.

(40) *What Do We Currently Know About Functional Tic-Like Behaviors: A Topical Review - ClinicalKey*. https://www.pedneur.com/article/S0887-8994(26)00051-2/fulltext (accessed 2026-03-30).

(41) Coleman, J.; Melia, Y. Me, My Tics and I: An Exploration of Self-Identity and Its Implications for Psychological Wellbeing in Young Women with Tourette’s Syndrome. *J. Dev. Phys. Disabil.* **2024**, *36* (2), 367–389. https://doi.org/10.1007/s10882-023-09911-x.