

## **People with Intellectual Disabilities and Mental Health Problems**

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There has been a transformation of the care of people with intellectual disabilities (ID) over the last few decades. The most important changes include the movement towards integration, participation and choice for people with ID as a facet of larger disability, civil, and human rights movements internationally and within nations. Advances in a number of disciplines including the neurosciences, genetics, psychopharmacology, developmental neuropsychiatry, psychology, and education have also shown promises for improving the quality of life of people with ID. Epidemiological studies consistently show that people with ID have a higher frequency of mental health problems than the general population. Limited adaptive skills may result in the experiencing of fear, a lack of the ability to control possible stressful events, and a sense of uncertainty and insecurity. It is likely that there are a combination of biological, social and environmental factors, which interact with cognitive and adaptive deficits to make persons with ID vulnerable to mental health problems and behaviour disorders. We have witnessed, over the last few years, the emergence of advances in aetiology, diagnosis, treatment and models of service for people having both conditions of ID and mental health problems. The assessment and diagnosis of mental health problems in people with ID has improved with the development of specific diagnostic tools. Our understanding of the association between certain behavioural disorders and specific genetic syndromes has opened up the possibility of different treatment approaches. There is now a consensus of the need to respond more adequately to mental health needs in this population. A number of countries develop clinical services and specialist training, as well as devote significant resources to research in this field. This presentation will outline current issues relating to adults with ID and mental health problems supported by evidence based practice.