

**TITLE:** Mental Health Interventions for Adults with Neurodevelopmental Disabilities: A Narrative Review

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**STUDENT SUBMISSION:** Yes

**TOPIC/TARGET AUDIENCE:** Public health researchers and practitioners, mental health practitioners, neurodevelopmental disability community

**ABSTRACT:** Background: Existing mental health interventions for adults do not address specific needs among adults with neurodevelopmental disabilities (NDD), underscoring the need for adapted or tailored approaches (Sapiets, 2021). Purpose: We reviewed the current evidence base for mental health interventions for adults with NDD, with a specific aim to identify programs that involved the NDD community in their development. Methods: We conducted a narrative review using PubMed. Search strings were modeled after the list of NDDs in the DSM-5-TR and those previously used in a related systematic review focused on autism spectrum disorder (Dickson et al., 2021). Results: The initial search identified 512 articles; abstract review narrowed the search to 79 articles for full text review. Currently 54 articles have been reviewed, 18 of which have met inclusion criteria. The most common types of interventions were cognitive behavioral therapy (CBT), combined therapies, and mindfulness. Most studies did not describe any form of NDD community involvement and 8 were pilot or exploratory studies. Implications: The current evidence base indicates that we are still early in the process of tailoring interventions to adults with NDD and suggests a need for future studies to include the NDD community in the development process.

**OBJECTIVE(S):** Describe the current evidence base for mental health interventions tailored for adults with NDD.

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