



Understanding the Wider Mental Health Landscape for Autistic Individuals

Presented by: Fiona Gullon-Scott, PhD

Delivery method: On-Demand

Instruction level: Intermediate

Sponsored by: NCS Pearson, Inc.

Course Description

This session will focus on mental health issues commonly experienced by autistic people that sit beyond the core features of autism. It will explore depression, anxiety, suicide risk, hoarding behaviors, and eating differences, including restricted eating. Dr. Gullon-Scott will review current knowledge about prevalence, including important differences across gender and age, and examine how these conditions may present differently in autistic individuals' daily lives at home, school, work, and in the community. By the end of the presentation, participants will be better equipped to recognize co-existing mental health conditions in autistic individuals and apply more informed, compassionate, and practical approaches to assessment and intervention.

Learner Outcomes

After completing this learning track, the participants will be able to:

1. Describe at least three mental health conditions that commonly co-occur with autism
2. Express how often these conditions occur in autistic people and what we know about differences across gender and age
3. Explain how these conditions may present in autistic individuals' daily lives
4. Articulate at least three important considerations when addressing co-existing mental health issues in autistic individuals

Time-Ordered Agenda

2 minutes	Introduction to topic and learning objectives
10 minutes	Depression, anxiety, and suicide in autism—prevalence and presentation
5 minutes	Supporting mental health—the need for adaptations
10 minutes	Hoarding in autism—prevalence and presentation
5 minutes	Role of cognitive and social differences and implications for intervention
10 minutes	Eating differences and disorders in autism—prevalence and presentation
5 minutes	How sensory processing and RRBs impact eating
5 minutes	Summary
8 minutes	Questions

About the Presenter

Dr. Fiona Gullon-Scott is a Consultant Chartered Psychologist with 30 years' experience in autism and neurodevelopmental practice. Through Spectrum Specialist Consultancy Ltd, she provides specialist autism and ADHD assessments across the lifespan and psychological support to individuals and families. She has extensive NHS experience, training clinicians in over 30 UK Trusts, and is an accredited International ADOS and ADI-R Trainer. Dr. Gullon-Scott has held senior academic roles and continues collaborative autism research.

Disclosure

Financial: Dr. Gullon-Scott will be receiving an honorarium for this presentation.

Non-financial disclosure: There is no relevant non-financial relationship to disclose.

NCS Pearson, Inc., the sponsor of this learning track, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists.

References

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The Continuing Education certificate requires 75% to pass the knowledge check questions.

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