

MODULE: INTRODUCTION TO RESEARCH (BMHP5005)

ASSESSMENT 2: VIVA VOCE



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INTRODUCTION

Title of the systematic literature review: ***The impact of Covid-19 on adults with intellectual disability and autism in UK.***

The *aim* of the review is to explore the way the individuals who are suffering from intellectual disability or Autism understood and responded to various changes introduced due to the pandemic.

Objectives:

- ✓ Analyse existing research on the mental, physical and social impacts COVID-19 had on adults diagnosed with autism or intellectual disabilities during the pandemic.
- ✓ Provide easy to access vital information for care providers and policy makers.

This is a systematic literature review.

Keywords: The following search keywords were used in combination in the title or the abstract of papers: “Covid-19“, “pandemic“, “lockdown“, “adults“, “autism“, “intellectual disability“, “wellbeing“, “mental health“, “health“, “England“, “UK“.

Used databases: The literature search was conducted using:

- ✓ PubMed;
- ✓ EBSCO information services;
- ✓ UWTSD library;
- ✓ Google Scholar; ***all of which are available online.***

Inclusion criteria (Nowell et al., 2017):

- ✓ Academic journal articles published in English between January 2020 and March 2022;
- ✓ Research based in the UK;
- ✓ Research on individuals over 18 years old.

Exclusion criteria:

- ✓ Research based out of the UK;
- ✓ Research on children with autism or intellectual disabilities.

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristic	Summary of main findings
Authors: D. Oomen,A. Nijhof, J. Wiersema Title: The psychological impact of the COVID-19 pandemic on adults with autism: a survey study across three countries Year of publication: 2021	Mental health changes resulting from COVID-19, impact on social activity and access to the services (Oomen, Nijhof and Wiersema, 2021).	Methods: Mixed-methods, quantitative and qualitative Characteristics: Adults with autism and those without it in Belgium, the Netherlands, and the United Kingdom Sample size: 1044	The outbreak of Covid-19 lead to increased rates of depression and anxiety among all groups, but this was more severe for the adults with autism.
Authors: R. Bundy ,W. Mandy, L. Crane , H. Belcher , L. Bourne, J. Brede , L. Hull, J. Brinkert, J.Cook Title: The Impact of Early Stages of COVID-19 on the Mental Health of Autistic Adults in the United Kingdom. Year of publication: 2022	Examination of the patterns and reasons for increased mental health problems (Bundy et al., 2022).	Methods: Mixed methods Characteristics: Adults with ASD (Autistic spectrum disorder) Sample size: Qualitative analysis-133 participants. Quantitative analysis-70 participants.	The findings indicate that autistic people's mental health responses to the early phases of the pandemic differed and that there was a segment that reported increased despair, anxiety, and stress.

LITERATURE REVIEW

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristic	Summary of main findings
Authors: S.Tromans, M. Kinney, V. Chester, R.Alexander,A. Roy, J. Sander, H. Dudson, R. Shankar Title: Priority concerns for people with intellectual and developmental disabilities during the COVID-19 pandemic Year of publication: 2020	Providing structured, scientific evidence about COVID-19 pandemic's key problems for individuals with autism/ intellectual disabilities (Tromans et al., 2020).	Methods: Cross sectional study Characteristics: Leader representatives from professional bodies and service-user organisations in the UK Sample size: 32	Young adults with ASD were among the groups which were affected the most by the outbreak of the pandemic and these findings are presented in various key themes.

RESULTS

The observed impacts were categorised into four themes:

- (1) Impacts on mental health and challenging behaviours;**
- (2) Impacts on physical health;**
- (3) Impacts on social life;**
- (4) Positive impacts.**

DISCUSSION

The pandemic has led to increased mental health issues including anxiety and stress, behavioral difficulties and difficulties in understanding and responding to the measures put in place to curb the virus. (Courtenay and Perera, 2020).

The individuals with Autism and Intellectual disabilities faced difficulties due to their condition which makes them vulnerable to a range of social, physical and mental implications of the pandemic (Bundy et al., 2022).

The research highlights some benefits of the restrictions such as lowered social stress among individuals with ASD especially using positive behavioural support (McKenzie et al., 2021).

Limitation: The secondary data collected were majorly UK based and therefore does not provide the overall experiences of individuals with ASD across the world.

CONCLUSION

The Covid-19 pandemic has significantly changed the lives of many people, and even more so of individuals with autism and intellectual disabilities.

Carefully reviewing and categorising the impacts identified by scientific research can help recognise problems and vulnerabilities for the affected.

Therefore, more appropriate solutions can be implied, improving people's mental, physical and social wellbeing.

It is recommended that employed carers and policy makers consider this person-centred approach while providing professional support.

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