

Relevant Meta-Analyses

- **Psychological therapies for people with intellectual disabilities: A systematic review and meta-analysis- Research in developmental disabilities 34(11):4085-4102, September 2013**

Adults with IDs and concurrent mental health problems appear to benefit from psychological therapies. Cognitive-behavior therapy (CBT) was efficacious for both anger and depression, while interventions aimed at improving interpersonal functioning were not effectual. However, clinical trials need to make use of improved reporting standards and larger samples.

- **Effectiveness of interventions for adults with mild to moderate intellectual disabilities and mental health problems: Systematic review and meta-analysis- The British Journal of Psychiatry, 209(6), May 2016**

There is a lack of available evidence in relation to the effectiveness of interventions for adults with mild to moderate intellectual disability and mental health problems. There is no compelling evidence supporting interventions aiming at improving mental health problems in people with mild to moderate intellectual disability. The number of available trials is too low for definite conclusions.

Physical activity levels in adults with intellectual disabilities: A systematic review

Despite evidence that inactivity is a major factor causing ill health in people with intellectual disabilities (pwID) there are gaps in our knowledge of their physical activity (PA). To date, there is no published systematic review of their PA levels. Fifteen studies were included consisting of 3159 awID, aged 16–81 years, 54% male and 46% female. Only 9% of participants achieved minimum PA guidelines. To inform measurement and intervention design for improved PA, we recommend that there is an urgent need for future PA studies in awID population to include all disability severity levels.

Understanding low levels of physical activity in people with intellectual disabilities: A systematic review to identify barriers and facilitators.

In all, 24 studies were retrieved, describing 14 personal and 23 environmental barriers and/or facilitators. The quality of the studies varied, particularly for qualitative studies. Only two studies included people with severe or profound ID. Results reveal a broad range of barriers and facilitators, but not for people with more severe ID.

Functional Technology for Individuals with Intellectual Disabilities: Meta-Analysis of Mobile Device-Based Interventions-Jemma Kim California State University, San Bernardino
Christina H. Kimm California State University, Los Angeles

This study employs a meta-analysis of single-subject design research to investigate the efficacy of mobile device-based interventions for individuals with intellectual disabilities (ID). The results showed that interventions with mobile devices for individuals with ID were very effective to acquire, maintain, and generalize the target skills. New versions of Smartphones and Tablet PCs are being introduced. Researchers and practitioners should proactively use FT such as mobile devices in the daily activities of people with ID in various settings in order to improve their independence and integration on and off the cyber communities.

Multiple physical and mental health comorbidity in adults with intellectual disabilities: population-based cross-sectional analysis-*BMC Family Practice* volume 16, Article number: 110 (2015)

Adults with intellectual disabilities have increased early mortality compared with the general population. However, their extent of multi-morbidity (two or more additional conditions) compared with the general population is unknown. We analyzed primary health-care data on 1,424,378 adults. We found that multi-morbidity burden is greater, occurs at much earlier age, and the profile of health conditions differs, for adults with intellectual disabilities compared with the general population. There is no association with neighborhood deprivation; people with intellectual disabilities need focused services irrespective of where they live, and at a much earlier age than the general population. They require specific initiatives to reduce inequalities.