People with Down syndrome (DS) have lower rates of psychiatric disorders when compared to people with IDD without DS, but may show a different pattern of disorders (Dykens, Tasse, et al., 2016).

Most research looks at Alzheimer’s, not MH conditions (Capone, et al., 2013).

More investigation may inform improved mental health care for people with DS.

The aim of the current exploratory study was to contrast mental and physical health conditions and behavioral health needs of people with IDD with and without DS.

### Background

- People with Down syndrome (DS) have lower rates of psychiatric disorders when compared to people with IDD without DS, but may show a different pattern of disorders (Dykens, Tasse, et al., 2016).
- Most research looks at Alzheimer’s, not MH conditions (Capone, et al., 2013).
- Conflicting findings re: MH among those done (e.g., Capone, et al., 2013).
- More investigation may inform improved mental health care for people with DS.

### Methods

**Study Sample**

De-identified, routinely collected START intake data reviewed

- START, an acronym for Systemic, Therapeutic, Assessment, Resources and Treatment
- START provides outreach, training, consultation, crisis services to individuals with IDD with behavioral health needs.

101 individuals with DS (mean age 32)

4,365 people with IDD and no DS (mean age 30)

Data in more detail reported for an additional n = 45 open ended cases with DS.

**Statistical Analysis**

Chi-squared or t-tests for association between DS and

- Psychiatric and medical disorders
- Aberrant Behavior Checklist subscale scores
- Demographic/services variables

For significantly associated health variables, logistic or linear regression models applied

- Adjusted for age, gender, and level of ID

### Findings

Relative to individuals with ID and no DS, and adjusting for age, sex, and level of ID, people with DS were less likely (OR between 0.3-0.5, all p<0.05) to be diagnosed with:

- ADHD
- ASD
- Bipolar and related disorders
- Disruptive/impulse control disorders
- Schizophrenia spectrum disorders

### Conclusions

- Limitations: retrospective review, some gaps in details, however, a relatively low rates of bipolar disorder and ADHD, as well as lower hyperactivity scores on ABC might point to something in the DS phenotype that protects against certain forms of psychopathology

### References
