Mental Health Prevalence Among Individuals with Intellectual/Developmental Disabilities (IDD)

Intellectual and developmental disabilities (IDD) affect how people think, learn, and interact with others (University of Rochester Medicine, 2024). Like all people, individuals with IDD may experience mental health conditions. Research shows that **mental health conditions occur at higher rates among people with IDD** than in the general population (Hogg Foundation for Mental Health, 2024).



1 in 2 individuals with IDD experience a co-occurring mental health condition.

(Cooper et al., 2007; Fletcher & Behn, 2017; Osuna et al., 2026)

Survey findings from **91 individuals with IDD in Utah** found:

- **78%** received a formal mental health diagnosis
- **22%** reported experiencing thoughts of suicide or death
- **72%** said their mental health concerns began or worsened during COVID-19

(Institute for Disability Research, Policy & Practice, 2023)

Why Understanding Prevalence Matters:



Recognize mental health as part of holistic health



Identify gaps in research, services, and support systems



Develop more inclusive and accessible mental health care



Involve those with lived experience in decision-making

Key Takeaway

Mental health concerns are common among individuals with IDD. Recognizing their prevalence is a critical step toward reducing disparities and ensuring people with IDD receive accessible and appropriate mental health care.

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MENTAL HEALTH
& INTELLECTUAL/DEVELOPMENTAL DISABILITIES

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Suggested Citation:

Adams, B. (2026). *Mental health prevalence among individuals with intellectual/developmental disabilities (IDD)* [Fact sheet]. Institute for Disability Research, Policy & Practice.