

Hove, Oddbjørn and Havik, Odd E. (2008) 'Mental Disorders and Problem Behavior in a Community Sample of Adults with Intellectual Disability: Three-Month Prevalence and Comorbidity', *Journal of Mental Health Research in Intellectual Disabilities*, 1:4, 223 — 237

The known prevalence of mental disorders within a community sample of individuals with intellectual disability is an integral component to planning and advocating for mental health services. The aim of this study was to gain a comprehensive profile of the epidemiology of individuals with a dual diagnosis: intellectual disability and a mental disorder, in a community-based sample in Norway. The sample consisted of 901 individuals with intellectual disability who were receiving community services.

Results:

1 Overall

- Dual diagnosis is more common within the mental disorders compared with problem behavior
- 34.9% of the population had indices of mental disorder
- 43% showed indices of either a mental disorder or a problem behavior
 - anxiety disorders were the most prevalent mental disorder [15.9%]
 - affective disorders, including schizophrenia spectrum disorder and affective psychosis, were present in 4.6% of the population
- 20.2% of the population showed problem behavior of which physical aggression was the most common behavior, followed by verbal aggression.

2 Age

- Age was correlated with an increased risk of dementia
- Individuals who had a reported history of psychiatric disorders, tripled the risk for all diagnoses except dementia

The study illustrates that the mental health needs of adults with ID are higher than the general population, with or without problem behaviors. The results of the study advocate for an increase in epidemiological research targeting prevalence of mental disorders in individuals with ID, allowing services to be well-planned and implemented.