**ADAPTATIONS OF CBT FOR INDIVIDUALS WITH INTELLECTUAL DISABILITY AND DEPRESSION/ANXIETY: A SCOPING REVIEW**

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**Objective**

Recent research has provided some evidence that when CBT has been adapted to meet the cognitive abilities of people with ID, it can be more acceptable and potentially more effective. However, there appears to be no consensus on how exactly to modify CBT to meet the unique needs of this population. We performed a scoping review of the studies that provide guidance on how to adapt CBT for use with individuals with intellectual disability and mental health issues (depression/anxiety). This study will be used in part of a larger study conducted by the Developmental Disabilities Consulting Program in Kingston, Ontario, to inform the further modification of a CBT Guided Self-Help Manual.

**Methods**

A scoping review of the following online databases was completed: CINAHL, Embase, MEDLINE and PsycINFO. We included papers that utilized some form of adaptation method to use CBT for participants who had a diagnosis of mild/moderate intellectual disability as well as a diagnosis of depression, anxiety, or both. We reviewed these papers for overarching themes and techniques. We provide a descriptive summary of the themes.

**Results**

A total of n=13 studies met the inclusion criteria and were reviewed. The review uncovered three overarching themes as to how CBT can be adapted: the environment, the delivery, and the content; all of which should be considered when delivering CBT to individuals with ID. However, a key challenge in consolidating the evidence to inform a method for adapting CBT to meet the needs of this population was a limited description of the process used in these studies.

**Conclusions**

Many specific adaptations exist. It can be inferred from the studies reviewed, that taking an individualized approach to CBT is useful to promote its success for individuals with ID and mental health challenges. Future research that focuses on the process of adapting psychological therapies such as CBT is needed to support generalization and reach a wider scope of individuals with ID, ultimately contributing to equitable access to common mental health treatments.

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