



July 2026 exceptional surveillance of post-traumatic stress disorder (NICE guideline NG116), autism spectrum disorder (NICE guidelines CG142 and CG170) and attention deficit hyperactivity disorder: diagnosis and management (NICE guideline NG87)

Surveillance report

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In July 2026, we reviewed recommendations on adapted trauma-focused treatment for autistic people and people with attention deficit hyperactivity disorder (ADHD) in 4 NICE guidelines.

Surveillance decision

We will not update any of the NICE guidelines.

The surveillance review focused on a valid concern about whether autistic people and people with ADHD can access trauma-focused psychological treatment that is appropriately adapted to their needs. The evidence identified supports this as an important access and implementation issue. However, it does not indicate that the current recommendations are inaccurate, unsafe or incomplete.

The 4 guidelines together already cover key components relevant to this topic, and the newly identified evidence does not provide a sufficient basis for changing them as it is limited, indirect and of low certainty. This suggests that the main problem may not be the content of the recommendations themselves, but whether services know how to bring the relevant recommendations together in practice. As such there will be no update to NICE guidance.