

# WELLBEING IN DYSPRAXIA

## 4 MAIN FINDINGS



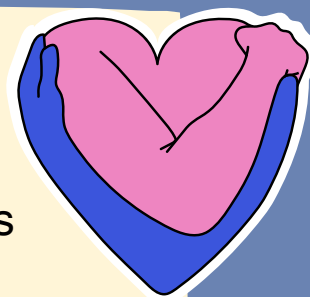
### The study

This was a questionnaire study completed by 105 adults diagnosed with dyspraxia, 52 adults with undiagnosed dyspraxia and 53 adults without dyspraxia.

The study was conducted by Dr. Kate Wilmut and Dr. Clare Rathbone from Oxford Brookes University

### Sense of self

When asked to list important aspects of their identity, those with dyspraxia tended to rate these identities as more negative than those without. Suggesting a more negative sense of self in the dyspraxic group (diagnosed and undiagnosed).



### Aspects of wellbeing

Both general wellbeing and anxiety were poorer in adults with dyspraxia (compared to their peers) regardless of whether or not they had a diagnosis.

These aspects of wellbeing were related to how positively people viewed themselves, with better outcomes associated with more positive views.



### Age of diagnosis

We found no relationship between any measures of wellbeing and the age at which someone was diagnosed. It is not as simple that an early diagnosis consistently results in a better outcome

### Diagnosis & the self

Adults with dyspraxia who were diagnosed had more positive dyspraxia related identities than those who were not diagnosed, but this didn't mean they reported a higher level of wellbeing or life satisfaction.

### What's next?

We don't feel this is the whole picture regarding understanding diagnosis and wellbeing and so we're planning a follow up study to more closely look at this relationship. Please get in touch or follow @KWilmut on twitter if you'd like to take part

