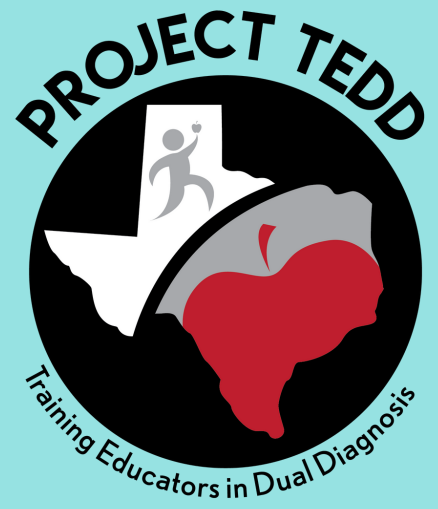


# WHAT'S THE DIFFERENCE?



Knowing the difference between intellectual/developmental disabilities and mental illness can help distinguish when an individual with IDD may also have a co-occurring mental illness.

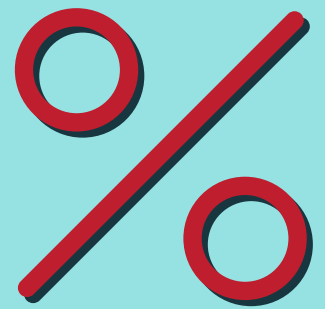
## 1 INTELLIGENCE

Sub-average cognitive abilities are characteristic to IDD. Intelligence is not usually affected by mental illness; however, the individual may have distorted thought processes.



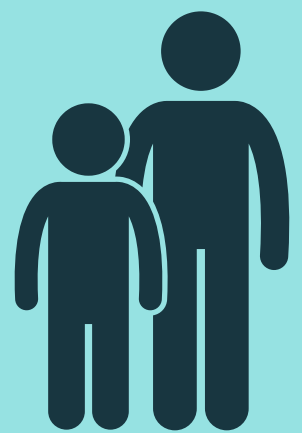
## 2 PREVALENCE

Individuals with IDD make up 1-2% of the general population. Mental illness affects 16-20% of the general population.



## 3 ONSET

Developmental disabilities are evident during childhood, prior to the age of 18. The onset of mental illness usually occurs during late adolescence into adulthood, but individuals are susceptible at any age.



## 4 FUNCTIONAL IMPAIRMENT

IDD adaptive skill deficits are lifelong and impair functioning across many domains. Functional impairment due to mental illness varies across individuals

## 5 BEHAVIOR

Behavior is usually appropriate for the individual's developmental level. Mental illness may manifest with erratic, unusual, and inappropriate behaviors.



## 6 SERVICES

Skill deficits accompanying IDD are improved with training and education while mental illness is treated with therapeutic interventions and medication.

# References

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.).

Kessler R. C., Berglund P., Demler, O., Jin, R., Merikangas, K. R., & Walters E. E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the national comorbidity survey replication. *Archives of General Psychiatry*, 62(6), 593-602.