We explored different types of psychosocial stressors and their incidence in the year preceding the onset of developmental regression in individuals with DS.

There is an increasingly recognized phenomenon of regression in individuals with Down syndrome (DS), in which previously acquired skills are lost. Symptoms may present in an acute rapid decline or in a gradual manner. Individuals with this presentation may have varying underlying etiologies, such as underlying mental health conditions, trauma, environmental factors, and neurological disorders. However, there is limited research focusing on the effect of psychosocial stressors on the development of regression.

The data suggest that a wide variety of life changes and psychosocial stressors appear to play an important role in unexplained regression in DS.

**Limitations:**
- Psychosocial history not captured systematically in clinical note

**Future Directions Should:**
- Determine whether having more psychosocial stressors leads to poorer outcomes.
- Capture psychosocial history prospectively & specifically for all clinic patients via clinical improvement.
- Include assessment of psychosocial risk factors collected across institutions in the Down Syndrome Consortium.

**REFERENCES**