

Supplementary Material 5: Studies and populations included

DOI, authors, title	Year of publication	Country of the study	Discipline	Purpose of the study	n	Type of population	Population characteristics	Age (years)	Disabilities	Gender	Type of the study	Methods	Objectives of the study
DOI:10.1111/cch.12282. Akre et al. What Young People with Spina Bifida Want to Know about Sex, and Aren't Being Told	2015	USA	Public health Medical sciences	Needs study	14	Adolescents and young adults	NI*	13-28 (median 17)	Spina bifida	Both genders	Cohort study	Qualitative	To examine the sexual knowledge, concerns, and needs of adolescents and young adults with spina bifida through their own voices in order to inform the medical community on ways to better support their sexual health.
DOI: 10.1111/jocn.13215 Altundağ, Çalbayram Teaching Menstrual Care Skills to Intellectually Disabled Female Students	2015	Turkey	Nursing sciences	Intervention study	54	Adolescents	Young people in specialized schools	13-17 (average 15.14)	Intellectually disabled adolescents	Female	Quasi-experimental study	Quantitative	To teach pad replacement skill among other menstrual care skills with the help of a dummy to intellectually disabled adolescent female students who reached their age of menstruation.
DOI: 10.1007/s11195-015-9424-6 Corona et al. Providing Education on Sexuality and Relationships to Adolescents with Autism Spectrum Disorder and Their Parents	2015	USA	Human and social sciences Psychology	Intervention study	8	Adolescents and parents of adolescents	Young people living with their parents	12-16 (average 13.4)	Autism spectrum disorder including PDD-NOS and Asperger's syndrome	Both genders	Pre-post study	Quantitative	(1) To investigate the feasibility of providing a short-term, group-based sexuality education program to a small group of adolescents with ASD and their parents, and (2) To explore the impact of such an intervention on a variety of parent and adolescent outcomes
DOI: 10.1080/15546128.2020.1831677 Faught et al.	2020	USA	Public health Nursing sciences	Intervention study	6	Young adults	Young people living with their parents Young people after high school	18-23 (average 20.3)	Down syndrome, including trisomy, mosaicism and translocation	Female	Pilot study Pre-post study	Quantitative	To test the usefulness of the Circles app in teaching appropriate social boundaries to 6 young adult females with Down syndrome

Social Boundaries in Young Adult Females with Down Syndrome as a Foundation for Sexuality Education							Young people in employment						
DOI: 10.1007/s11195-019-09582-7 Frank, Sandman Supporting Parents As Sexuality Educators For Individuals With Intellectual Disability: The Development of the Home B.A.S.E. Curriculum	2019	USA	Human and social sciences Public health	Intervention study	NI*	Parents of adolescents	Young people living with their parents	12-19	Intellectual and developmental disabilities	Both genders	Conceptual study describing a health promotion intervention	NA**	To describe the creation of the Home Based Adolescent Sexuality Education for Intellectual Disabilities (Home B.A.S.E.) curriculum to educate parents on their role as the primary sexuality educators for their adolescents with intellectual disabilities
DOI: 10.1007/s11195-017-9499-3 Graff et al. Relationships and Sexuality: How is a Young Adult with an Intellectual Disability Supposed to Navigate?	2018	USA	Human and social sciences Public health	Intervention study	53	Young adults	Young people in schooling	18-27 (average 20.68)	Intellectual and developmental disabilities + Autism spectrum disorder	Both genders	Randomized control trial + pre-post study	Mixed methods	To evaluate the effectiveness of positive choices intervention To evaluate a curriculum
DOI: 10.1089/jayao.2018.0025 Granel et al. Sex Education for Children and Adolescents with Type 1 Diabetes in Camaguey Province, Cuba	2013	Cuba	Medical sciences	Intervention study	20	Adolescents	Young people in schooling	12-19	Type 1 diabetes	Both genders	Pre-post study	Quantitative	To carry out an educational intervention to increase type 1 diabetic adolescents' knowledge of sexuality and sexually transmitted infections
DOI 10.1007/s10803-016-2906-2 Hannah, Stagg Experiences of Sex Education and Sexual	2016	United Kingdom	Human and social sciences Public health	Needs study	40	Young adults	Young people in schooling	18-25	Autism spectrum disorder	Both genders	Cross-sectional study with no follow-up control group	Mixed methods	To identify the feelings and needs that young people with autism spectrum disorder (ASD) have reflecting their experiences of sex education and to examine the sexual awareness levels of young people with ASD

Awareness in Young Adults with Autism Spectrum Disorder													
DOI 10.1007/s11195-013-9288-6 Hilberink et al. A Pilot Implementation of an Intervention to Promote Sexual Health in Adolescents and Young Adults in Rehabilitation	2013	Netherlands	Public health Medical sciences	Intervention study	14	Adolescents and young adults	Young people living with their parents Young people living alone Young people in schooling (some in specialized schools) Young people in rehabilitation center	14-29 (average 19.9)	Neurological diseases: spina bifida, cerebral palsy, neuromuscular diseases (physical disabilities)	Both genders	Prospective pilot implementation study and pre-post study	Mixed methods	To evaluate the feasibility and preliminary effectiveness of a group program to promote sexual health in a small convenience sample of youngsters attending a rehabilitation center or special school
DOI 10.3233/PRM-200743 Houtrow, Rowland Sexual Health and Education Guidelines for the Care of People with Spina Bifida	2020	USA	Public health Medical sciences	Recommendations study	NI*	Unspecified but focus on adolescents in the broad sense	NI*	NI*	Spina bifida	Both genders	Working groups with no clear methodology	NI*	To discuss the Spina Bifida Sexual Health and Education Healthcare Guidelines
DOI: 10.1111/jar.12535 Janeslät et al. An Intervention Using the Parenting Toolkit “Children—What Does It Involve?” and the Real-Care-Baby Simulator among Students with Intellectual Disability—A Feasibility Study	2019	Sweden	Human and social sciences Public health	Intervention study	6	Adolescents and young adults	Young people living with their parents Young people in schooling (some in specialized schools)	17-20	Intellectual disabilities	Both genders	Pre-post study (quasi-experimental)	Mixed methods	To evaluate the feasibility of an upcoming trial to evaluate an intervention using the Toolkit “Children—what does it involve?” and the “Real-Care-Baby” (RCB) simulator among students with intellectual disability
DOI: 10.1016/j.j.pedn.2016.07.003	2016	USA	Public health	Needs study	15	Parents of adolescents /young adults	Young people living with their parents	14-20 (average 16.40)	Autism spectrum disorder	Both genders	Cross-sectional study	Qualitative	1) To describe parent perceptions of sexual education needs of their children aged

Lehan Mackin et al. Parent Perceptions of Sexual Education Needs for Their Children With Autism			Medical sciences				Young people in schooling						14–20 with an autism spectrum disorder diagnosis, and 2) to determine parent-preferred mechanisms of delivery for tailored educational intervention strategies
DOI: 10.3233/PRM-180547 Levin-Decanini et al. Implementation of Intimate Partner Violence Education for Adolescents with Spina Bifida	2019	USA	Public health Medical sciences Nursing sciences	Intervention study	13	Adolescents and young adults	Young people living in specialized clinics	12-21	Spina bifida	NI*	Pre-post study	Quantitative	To evaluate the feasibility of implementing brief educational training based on an evidence-based intimate partner violence (IPV) intervention in a pediatric spina bifida clinic
DOI: 10.1089/jayao.2018.0025 Martins et al. Sex, Body Image and Relationships: a BRIGHTLIGHT Investigation of Information and Support Needs of Adolescents and Young Adults	2018	United Kingdom	Human and social sciences Public health	Needs study	5	Adolescents and young adults	NI*	16-24	Cancer: hematological cancer and solid tumors	Both genders	Cross-sectional study	Qualitative	To explore the sexual health information/support needs of adolescents and young adults during and after cancer diagnosis as an initial process of patient-led research
DOI:10.1177/1362361319842978. Pugliese et al. Feasibility and Preliminary Efficacy of a Parent-Mediated Sexual Education Curriculum for Youth with Autism Spectrum Disorders	2020	USA	Psychology Public health	Intervention study	84	Parents of adolescents	Young people living with their parents	9-18 (average 13.1)	Autism spectrum disorder	Both genders	Pre-post controlled design	Mixed methods	To evaluate the Supporting Teens with Autism on Relationships (STAR) program to assess the initial feasibility and acceptability of the STAR program, and to examine preliminary efficacy when compared with an attentional control drug and alcohol education program
DOI: 10.1080/15546128.2020.1800542	2020	USA	Human and social sciences	Intervention study	26	Parents of adolescents	Young people living with their parents	NI*	Intellectual and developmental disabilities	Both genders	Pre-post study	Quantitative	To implement brief sexuality education training for parents and caregivers who have children diagnosed with

Rooks-Ellis et al. The Effectiveness of a Brief Sexuality Education Intervention for Parents of Children with Intellectual and Developmental Disabilities			Education sciences										intellectual and developmental disabilities, including autism
DOI: 10.1016/j.pedhc.2017.03.002 Secor-Turner et al. Improving the Sexual Health of Young People with Mobility Impairments: Challenges and Recommendations	2017	USA	Public health Medical sciences	Needs study	10	Health professionals working with adolescents	NI*	NI*	Mobility impairment: spina bifida, cerebral palsy, muscular dystrophy	Both genders	Prospective longitudinal study	Mixed methods	To describe challenges to providing sexual and reproductive health services to youth with physical disabilities from the perspective of health care providers and experts, and to describe health services challenges and sexual health-related experiences of adolescents with mobility impairment
DOI:10.1016/j.urology.2020.06.068. Streuer et al. How to Discuss Sexual Health with Girls and Young Women with Spina Bifida: A Practical Guide for the Urologist	2021	USA	Medical sciences	Recommendation study	NI*	Unspecified but focus on adolescents in the broad sense	NI*	NI*	Spina bifida	Female	Synthesis of literature and experience for recommendations	NI*	A practical guide for urologists providing sexual health education for adolescent girls with spina bifida
DOI 10.1186/s12888-015-0586-7 Visser et al. Study Protocol: A Randomized Controlled Trial Investigating the Effects of a Psychosexual Training Program for Adolescents with Autism Spectrum Disorder	2015	Netherlands	Human and social sciences (Human geography)	Intervention study	189	Adolescents Young people living with their parents Young people in schooling (some in specialized schools)		12-18	Autism spectrum disorder	Both genders	Randomized controlled trial	Mixed methods	To evaluate the effects of the Tackling Teenage Training (TTT) program for adolescents with ASD on cognitive outcomes, and to investigate the effect of the TTT program on behavioral outcomes

DOI: 10.1080/08856257.2020.1769981 Wos et al. In Search of Solutions regarding the Sex Education of People with Intellectual Disabilities in Poland - Participatory Action Research	2020	Poland	Human and social sciences Public health	Needs study	24	Young adults	Young people in specialized schools	18-24	Intellectual disabilities	Both genders	Cross-sectional study	Qualitative	To learn the state of knowledge about human sexuality, and to analyze the needs, barriers, and expectations of adult students with ID as regards their sex education
DOI: 10.1007/s11195-016-9465-5 Yıldız, Cavkaytar Effectiveness of a Sexual Education Program for Mothers of Young Adults with Intellectual Disabilities on Mothers' Attitudes Toward Sexual Education and the Perception of Social Support	2016	Turkey	Education sciences	Intervention study	44	Parents of adolescents	Young people living with their parents Young people in institutions Young people in employment	NI*	Intellectual disabilities	Female	Pre-post study with control group	Mixed methods	To investigate the effect of the Sexuality Education Program for Mothers of Young Adults with Intellectual Disabilities (SEPID) on attitudes of social support

* NI = no information; ** NA = not applicable; PDD-NOS = pervasive developmental disorder not otherwise specified