

Additional information can be found at:

[www.triplexsyndromesupport.co.uk](http://www.triplexsyndromesupport.co.uk)

[www.rarechromo.org](http://www.rarechromo.org)

[www.genetic.org](http://www.genetic.org)

[www.nhs.uk/conditions/genetic-and-genomic-testing/](http://www.nhs.uk/conditions/genetic-and-genomic-testing/)

Recent Research Articles.

Triple X syndrome: a review of the literature.  
Published in 2009. (Otter).

Behavioural and psychological features in girls and women with triple-X syndrome. Published in August 2018. (Freilinger et al).

Evaluating the scope of language impairments in a patient with Triple X Syndrome: A brief report. Published April 2020. (Otter et al).

Triple X Supergirls: Their special educational needs and social experience. Published May 2020. (Attfield).

Triple X superwomen: their post-compulsory education and employability. Published January 2021. (Attfield)

Social functioning and emotion recognition in adults with triple X syndrome. Published February 2021. (Otter et al.)



This leaflet was written by Rosie Van Moppes, founder of Triple X Syndrome Support, UK in collaboration with Dr Kate Attfield, Cardiff Metropolitan University, and with advice from Mr. Yap Tet, Medical Director, St. Thomas's Hospital, London.

This leaflet reflects the views of members of our support group.

# Triple X Syndrome information leaflet

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For  
Mental Health  
Professionals

Triple  
X  
Syndrome

The logo features a large, stylized 'X' in the center, composed of multiple overlapping lines in various colors (red, orange, yellow, green, blue, purple). The word 'Triple' is positioned above the 'X', and 'Syndrome' is positioned below it, both in a white, sans-serif font. The entire logo is set against a dark, textured background.

# What is Triple X Syndrome?

The purpose of this leaflet is to share evidence based knowledge about this condition. Few people get a diagnosis because it's under researched and largely unknown.

## What is Triple X Syndrome?

Also known as Trisomy X and 47,XXX, this is a non-hereditary disorder and means women with Triple X have an extra X chromosome instead of the expected two that most women have.

## How is it diagnosed?

Testing can be done either prenatally or postnatally through genome testing.

## What do Mental Health Professionals need to know?

Research has shown that patients diagnosed later in life tend to have worse life outcomes. Their experiences often relate to emotional, educational and psychological challenges. The combining factors can put pressure on their mental health and becomes costly to mental health services. These people are equal valid citizens. Your knowledge is needed to support these people in a meaningful way, in order to meet the person centered care that these patients are entitled to.

## What are the main attributes?

Social life quality can vary from person to person. The most common traits and experiences are:

- ◇ Child to adulthood developmental delays such as speech and motor skills.
- ◇ Being tall.
- ◇ Low muscle tone.
- ◇ Specific learning differences such as dyslexia (difficulty with reading, writing and organisation, information processing), dyspraxia (affecting motor co-ordination), dyscalculia (difficulty understanding numbers).
- ◇ Premature Ovarian Failure (POF).
- ◇ Varying forms of developmental language disorder that can be difficult to observe.
- ◇ Neurodiverse behaviours such as attention deficit hyperactivity disorder (ADHD) and / or Autistic Spectrum Disorder (ASD).
- ◇ An increased prevalence of psychiatric conditions, such as emotionally unstable characteristics, anxiety, depression and psychotic disorders.
- ◇ Significant cognitive and physical fatigue which can be linked to issues with processing.

## Support options .

Your patients can contact us at:

- ◇ The Triple X Syndrome Support group for adults with a diagnosis:  
<https://bit.ly/3xI2fMC>
- ◇ Or for more information on our website:  
[triplexsyndromesupport.co.uk](http://triplexsyndromesupport.co.uk)

You can refer them for access to::

- ◇ Getting a diagnosis and seeing a genetic counsellor.
- ◇ Education plans focused on learning needs in academic settings.
- ◇ Speech and language therapy.
- ◇ Occupational therapy spanning sensory needs, muscle tone strengthening, graded exposure in social settings, assistive technologies and equipment.
- ◇ Talking therapies such as counselling, cognitive behavioral therapy or speaking to a psychologist.
- ◇ Certain medications can help in treating mental health conditions.
- ◇ A reproductive health expert if symptoms arise.