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Misdiagnosis in young females – Autism versus Borderline Personality Disorders

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Autism Spectrum Disorder (ASD) and Emotionally Unstable Disorder (EUPD), also known as Borderline Personality Disorder (BPD), are distinct yet can co-exist in the same individual. Differentiating between these conditions in young females. This presentation aims to provide an overview of the relationship between ASD and EUPD/BPD in females, drawing from extensive research in the field. Similarities between ASD and EUPD/BPD encompass challenges in social interaction, sensory sensitivities, and mood instability. Both conditions can lead to difficulties in forming relationships and exhibit sensitivities, albeit to different stimuli. Rapid mood swings are common, with triggers varying based on the condition. However, there are notable differences to consider. ASD individuals struggle with verbal and nonverbal communication, whereas those with EUPD/BPD may possess advanced social communication skills but grapple with emotional regulation and unstable relationships. Repetitive behaviors are characteristic of ASD, while impulsive or self-destructive behaviors are more prevalent in EUPD/BPD. Challenges arise in differentiating between the two conditions in young females. Overlapping symptoms, gender bias, and co-occurring conditions can complicate diagnosis. Awareness of these challenges and a comprehensive assessment encompassing clinical interviews, observation, and standardized diagnostic tools are necessary for accurate diagnosis and informed treatment planning. Misdiagnosis can lead to inappropriate treatment approaches and interventions that may not effectively address the core symptoms and challenges of the individual. This presentation highlights the importance of recognizing and distinguishing between ASD and EUPD/BPD in young females with a dual diagnosis. Understanding the nuances and similarities enables clinicians to provide tailored interventions and support to enhance their well-being and quality of life.

Biography

Dr Sholinghur is an experienced Consultant Psychiatrist and Neuropsychiatrist who has Clinical Excellence Awards within the NHS. Having both experience in the NHS and the private sector, Dr Sholinghur years of experience as a Consultant Psychiatrist and about 20 years in Psychiatry. Dr Sholinghur is currently the Group Medical Director and Responsible Officer for Equilibrium Healthcare involved in Organisational Strategy, Clinical Leadership, Clinical Governance and KPIs. Consultant Neuropsychiatrist for TRU (Transitional Rehabilitation Unit) His interest is in Female Personality Disorders, Neurodevelopmental disorders, Psychiatric and Neuropsychiatric Rehabilitation, Neuropsychiatry and Adult ADHD. Dr Sholinghur has an active interest in Leadership, Research and Medical Education having published in peer reviewed journals and teaching medical students/ trainees/ nurses from University of Manchester and Liverpool.