

# Autism Spectrum Sickness and It's Identification/Diagnosis

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There is now no one standard treatment for autism spectrum sickness/problem (ASD). Many people with ASD benefit from treatment, no matter how old they are when they are identified a disease or its cause. People of all ages, at all levels of ability, can often improve after well-designed actions that help bad situations. But there are many ways to help make something as small as possible/treat something important as unimportant the signs of sickness and make as big as possible abilities. People who have ASD have the best chance of using all of their abilities and skills if they receive appropriate therapies and actions that help bad situations.

The most effective therapies and actions that help bad situations) are often different for each person. However, most people with ASD respond best to highly structured and made to do one thing very well) programs. Sometimes, treatment can help people with autism to function at near-usual/ commonly and regular/ healthy levels. Research shows that early identification of a disease or problem, or its cause) and (actions that help bad situations, such as during preschool or before, are more likely to have major positive effects on signs of sickness and later skills [1].

## Applied behavior analysis (ABA)

This therapy is the most-researched action that helps a bad situation for autism, and has been used for more than 50 years. It is a highly structured, scientific approach that teaches play, communication, self-care, related to school and learning and social living skills, and reduces filled with problems behaviors. A lot of research shows that it improves results for children with autism [2].

## Verbal behavior therapy (VBT)

This type of applied behavior therapy teaches non-vocal children how to communicate in a way where you carefully plan something. Children learn how we use words functionally -to get a desired response. It's not enough for a child to know that a cookie is called a cookie or to point to a cookie that he wants. VBT tries to move children beyond labeling, a first step of learning language, and gesturing to talking their requests. "I want a cookie."

## Thinking-related behavioural therapy (CBT)

Thinking-related Behavioural Therapy which has been around since then, is usually recommended for children with milder signs of autism. Thinking-related behavioural therapy aims to define the triggers of particular behaviours, so that a child starts to recognize those moments himself. Through practice, a therapist introduces practical responses. In other words, kids learn to see when they are about to head down a constant behavioural or mental path "I always get really upset on tests" and to practice something different instead "I'm going to do that relaxation exercise I was taught". CBT helps with concerns common to autism, such as being overly afraid/scary or nervous/eager [3].

## Social skills groups

Social skills groups help children start/work at practical language and manage real-world problems, delays, etc.with peers. While related to watching or recording something studies show them to be effective, less research supports their success so far. Because children with autism are usually more comfortable talking and interacting with adults than with peers, social skills groups bring out problems, delays, etc.that come up when being with peers [4].

## REFERENCES

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