

# Different Types of Autism and its Interventions in Autism Spectrum Disorder (ASD)

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## DESCRIPTION

Autism Spectrum Disorder (ASD) is a complex developmental condition that manifests in various ways. The term "spectrum" in autism spectrum disorder highlights the diverse range of symptoms, behaviors and challenges individuals with autism may experience. It's crucial to recognize that autism is not a singular condition but encompasses a spectrum of presentations and characteristics. Understanding the different types of autism can make a support and interventions for individuals with ASD.

### Classic autism (autistic disorder)

Classic autism, also known as autistic disorder, is what many people historically associated with autism. Individuals with classic autism typically display significant impairments in social interaction and communication skills, alongside restricted and repetitive behaviors and interests. They may struggle with understanding social cues, maintaining eye contact and engaging in reciprocal conversations.

### Asperger syndrome

Asperger syndrome is characterized by milder symptoms compared to classic autism. Individuals with Asperger syndrome often have average to above-average intelligence and may exhibit intense interests in specific subjects. They may struggle with social interactions and understanding social norms, leading to challenges in forming friendships and maintaining relationships.

### Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS)

PDD-NOS was a diagnostic category used to describe individuals who exhibited some, but not all, of the typical symptoms of autism or did not fit neatly into the criteria for classic autism or Asperger syndrome. It was often used for individuals with milder symptoms or late-onset autism. With the updates in diagnostic criteria, PDD-NOS is now subsumed under the broader category of autism spectrum disorder.

### Childhood Disintegrative Disorder (CDD)

Childhood disintegrative disorder is a rare condition where typically developing children suddenly lose previously acquired language, social and motor skills. This regression usually occurs between the ages of 2 and 10 years old after a period of normal development. CDD shares similarities with autism but is distinguished by the rapid and significant loss of skills.

### Rett syndrome

Rett syndrome is a genetic disorder that predominantly affects females. It is characterized by normal development in infancy followed by a loss of acquired skills, such as purposeful hand movements and spoken language. Individuals with Rett syndrome often experience repetitive hand movements, breathing irregularities and cognitive impairments.

### High functioning autism

High-functioning autism refers to individuals on the autism spectrum who have average or above-average intelligence. They may possess strong verbal abilities and cognitive skills but still struggle with social interaction, sensory sensitivities and emotional regulation. Many individuals with high-functioning autism may not receive a diagnosis until later in life due to their ability to mask their difficulties in certain situations.

### Level 1, 2 and 3 autism

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) introduced a severity level system to help clinicians determine the level of support individuals with autism require. Level 1 autism indicates that the individual requires relatively minimal support, whereas level 2 and level 3 autism signify the need for moderate to substantial support, respectively. This framework assists in making interventions and support services to meet the individual's specific needs.

Understanding the diverse types of autism is crucial for providing appropriate support and interventions for individuals on the spectrum. While each type may present unique challenges and

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**Received:** 23-Feb-2024, Manuscript No. AYO-24-29628; **Editor assigned:** 27-Feb-2024, PreQC No. AYO-24-29628 (PQ); **Reviewed:** 12-Mar-2024, QC No. AYO-24-29628; **Revised:** 19-Mar-2024, Manuscript No. AYO-24-29628 (R); **Published:** 26-Mar-2024, DOI: 10.35248/2165-7890.24.14.393

**Citation:** Stewart C (2024) Different Types of Autism and its Interventions in Autism Spectrum Disorder (ASD). Autism-Open Access. 14:393

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strengths, it's essential to recognize the inherent value and potential of every individual with autism. By promoting acceptance, understanding and inclusion, we can create a more

supportive and inclusive society for individuals with autism spectrum disorder.