

## Managing Repetitive Behaviors in Aspergers Syndrome

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### DESCRIPTION

Asperger's Syndrome, a neurodevelopmental disorder, is characterized by difficulties in social interaction, repetitive behaviors and delayed or absent language development. The diagnosis of Asperger's Syndrome is typically made by a multidisciplinary team of professionals, including psychologists, psychiatrists and speech therapists. The diagnostic process typically involves a comprehensive evaluation of the individual's cognitive, social and emotional functioning.

The diagnostic criteria for Asperger's Syndrome include difficulties in social interactions, such as difficulty initiating or maintaining conversations, understanding social cues and developing and maintaining relationships. Individuals with Asperger's Syndrome may also exhibit repetitive behaviors, such as hand flapping or rocking and may have a restricted range of interests. Additionally, individuals with Asperger's Syndrome may experience sensory sensitivities, such as sensitivity to light or sound.

Once diagnosed, individuals with Asperger's Syndrome may experience a range of side effects and adverse effects. One of the most common side effects is anxiety and stress. Individuals with Asperger's Syndrome may experience anxiety due to the difficulties they face in social interactions and the fear of being misunderstood or judged by others. This can lead to feelings of isolation and loneliness.

Another common side effect is depression. Individuals with Asperger's Syndrome may experience depression due to the difficulties they face in social interactions and the lack of understanding and support from others. This can lead to feelings of low self-esteem and self-worth.

Individuals with Asperger's Syndrome may also experience sleep disturbances, such as insomnia or hypersomnia. This can be due to the stress and anxiety associated with the disorder, as well as the difficulty in winding down before sleep.

In addition to these side effects, individuals with Asperger's Syndrome may also experience physical symptoms, such as headaches, stomachaches and muscle tension. These symptoms can be caused by the stress and anxiety associated with the disorder, as well as the difficulty in coping with the demands of everyday life.

It is important to note that while these side effects and adverse effects are common in individuals with Asperger's Syndrome, they are not universal and may vary from person to person. With proper diagnosis and treatment, many individuals with Asperger's Syndrome are able to manage their symptoms and live fulfilling lives.

In conclusion, diagnosis and treatment of Asperger's Syndrome are important for managing the side effects and adverse effects associated with the disorder. With proper diagnosis and treatment, many individuals with Asperger's Syndrome are able to live fulfilling lives and reach their full potential. Treatment for Asperger's Syndrome typically involves a combination of therapies, including behavioral therapy, speech therapy and occupational therapy. Behavioral therapy can help individuals with Asperger's Syndrome improve their social skills and adapt to new situations. Speech therapy can help individuals with Asperger's Syndrome improve their communication skills and develop more effective ways of expressing themselves. Occupational therapy can help individuals with Asperger's Syndrome develop skills that are necessary for daily living, such as self-care and independent living.

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