

Understanding Autism Spectrum Disorder: Diagnosis and Side Effects

Sherlyn Mottron*

Department of Child and Adolescent Psychiatry, University of London, London, United Kingdom

DESCRIPTION

Autism Spectrum Disorder (ASD) is a complex neurological and developmental disorder that affects individuals of all ages and backgrounds. Also known as autism, it is characterized by difficulties in social communication, repetitive behaviors and a narrow range of interests. In this study, explains the diagnosis and side effects of ASD, helping individuals and families better understand this condition.

Diagnosis of ASD

Diagnosing ASD can be a challenging process, as it requires a comprehensive assessment of an individual's social, communication and behavioral skills. Healthcare professionals use a combination of clinical evaluations, medical history and behavioral observations to identify symptoms of ASD. The most commonly used diagnostic tools include the Autism Diagnostic Observation Schedule (ADOS) and the Autism Diagnostic Interview (ADI).

The ADOS is a semi-structured assessment that evaluates an individual's communication skills, social interaction and play behavior. The ADI is a comprehensive interview that assesses an individual's developmental history, social and communication skills and repetitive behaviors. A diagnosis of ASD is typically made by a multidisciplinary team of healthcare professionals, including psychologists, psychiatrists and occupational therapists.

Side effects of ASD

Individuals with ASD often experience a range of side effects that can impact their daily lives. Some common side effects include,

Social isolation: Individuals with ASD may struggle to form and maintain social relationships due to difficulties in social communication and understanding.

Anxiety and stress: The repetitive behaviors and sensory sensitivities associated with ASD can lead to increased anxiety and stress levels.

Sleep disturbances: Individuals with ASD may experience difficulty sleeping due to sensory sensitivities or repetitive behaviors that disrupt their sleep patterns.

Gastrointestinal issues: Some individuals with ASD may experience gastrointestinal symptoms such as constipation, diarrhea or abdominal pain.

Adverse effects of ASD

In addition to these side effects, individuals with ASD may also experience adverse effects related to their diagnosis. These can include,

Stigma and discrimination: Individuals with ASD may face stigma and discrimination due to misunderstandings about the condition.

Mental health issues: The stress and anxiety associated with living with ASD can increase the risk of mental health issues such as depression and anxiety disorders.

Social isolation: The difficulties in social communication and interaction can lead to social isolation and feelings of loneliness.

Limited access to resources: Individuals with ASD may have limited access to resources such as healthcare services, education and employment opportunities.

Managing side effects of ASD

There are many strategies that individuals with ASD can use to manage their side effects. These includes:

Behavioral therapy: Behavioral therapy such as Applied Behavior Analysis (ABA) can help individuals with ASD develop social skills and reduce repetitive behaviors.

Medication: Medications such as Selective Serotonin Reuptake Inhibitors (SSRIs) can help manage anxiety and depression.

Sensory integration therapy: Sensory integration therapy can help individuals with ASD process sensory information more effectively.

Correspondence to: Sherlyn Mottron, Department of Child and Adolescent Psychiatry, University of London, London, United Kingdom, E-mail: sherlynmottron@864.uk

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Support groups: Joining support groups can provide individuals with ASD with a sense of community and connection.

Autism Spectrum Disorder is a complex neurological disorder that affects individuals of all ages and backgrounds. While it can present significant challenges, there are many strategies that

individuals with ASD can use to manage their side effects. By understanding the diagnosis and side effects of ASD, work towards creating a more supportive and inclusive environment for individuals with ASD.