

A Short Note on Autism Spectrum Disorder

Brisa Prifti*

Department of Psychology, RWTH University Hospital, Aachen, Germany

DESCRIPTION

Autism Spectrum Disorder (ASD) refers to group of neurological developmental disorders that cause social, communicative, and behavioral difficulties. Mental imbalance is not an illness it can fundamentally affect an individual's life. Some people with ASD are supposed to have extreme advanced communication whereas some of them are non-verbal. Some of the disorders that comes under the ASD are autistic disorder, asperger's syndrome, rett syndrome, childhood disintegrative disorder, etc. ASD is 4 times more common in boys when compared with girls. It can be detected sometimes at the age of 18 or above.

Sometimes, the elements of the condition might be available from earliest stages. In others, the signs might end up being undeniable as the individual ages significantly. The following symptoms can be observed:

1. Difficulty in social interaction
2. Lack of social communication
3. Lack of flexibility in thinking
4. Epilepsy or convulsions
5. Unusual sleeping and eating habits
6. Avoid eye contact
7. Delayed language skills
8. Lack of fear or more fear than expected

Across neurodevelopmental disorders, there is extraordinary heterogeneity in which side effects diminish, persevere or even deteriorate across the lifetime. Maternal diabetes, heftiness and other metabolic circumstances were essentially connected with hazard of the new born child creating mental imbalance. The lack of vitamin D was a significant gamble factor for improvement of mental imbalance.

Lack of vitamin D is related with expanded chance of diabetes mellitus as found in various observational examinations. It

causes the expanding of insulin opposition, lessens insulin emission and expands immune system in pancreatic islets.

There is no single medical or genetic test that can be used to diagnose ASD. Professionals can use diagnostic tools like the Autism Diagnostic Observation Schedule (ADOS) or the Autism Diagnostic Interview (ADI) to conduct an evaluation or assessment to diagnose ASD. The kid will be assessed in several areas, including communicative, social, motor, and cognitive development.

Developmental monitoring can be done in order to observe the child's mental development.

ASD is sometimes characterized by a period of seeming normal development up to the age of 2 to 2.5 years, followed by a loss of learned skills in specific areas. This is known as autistic regression.

ASD can be treated by behavioral management therapy, cognitive behavior therapy, nutritional therapy, social skills training, occupational therapy, speech and language therapy, socio-relational approaches, etc.

Behavioral management therapy involves the change in environment, teaching skills and also to make necessary changes in the behavior of the child to behave positively as like of normal child. Cognitive behavior therapy focuses on the connection between thoughts, feelings and behaviors. The treatment is based on the patient's strengths and weaknesses. This therapy helps mainly for those who have ASD with anxiety. Nutritional therapy involves the providing of sufficient nutrition to the individual. Children with ASD will take only limited diet, but giving them the required nutrition may improve the results. Occupational therapy assists people with autism spectrum disorder (ASD) in completing daily tasks by identifying and maximizing their requirements, abilities, and interests i.e., to be as independent as possible.

Correspondence to: Brisa Prifti, Department of Psychology, RWTH University Hospital, Aachen, Germany, E-mail: bprifti@jud.de

Received: 04-Apr-2022, Manuscript No. AUO-22-16790; **Editor assigned:** 08-Apr-2022, PreQC No. AUO-22-16790; **Reviewed:** 22-Apr-2022, QC No. AUO-22-16790; **Revised:** 29-Apr-2022, Manuscript No. AUO-22-16790; **Published:** 06-May-2022, DOI: 10.35248/2165-7890.22.12.314.

Citation: Prifti B (2022) A Short Note on Autism Spectrum Disorder. Autism Open Access. 12:314.

Copyright: © 2022 Prifti B. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.
