



Aspergers Syndrome – Diagnosis and Therapies

Sabina Sandu¹

Abstract: Asperger’s syndrome (also known as Asperger’s disorder, SA) was first described in 1944 by an Austrian pediatrician named Hans Asperger. He followed the behaviour of four young people with similar social problems over a longer period of time. Although their intelligence was normal, the children had no nonverbal communication skills and did not demonstrate empathy with their peers. Their way of expressing themselves was either dissociated or too formal, and their interests all within narrow subjects dominated their conversations. The children also shared a tendency towards being left-handed. Many professionals considered Asperger’s syndrome to be simply an easier form of autism and used the term “high functioning autism” to describe these people.

Keywords: behavior; disorder; autism; syndrome; causes; factors; symptom; development; historic

Introduction

Asperger’s Syndrome was added to the American Association of Psychiatry’s 1994 Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) as a separate disorder from autism. However, there are still many professionals who consider Asperger’s disorder to be a less severe form of autism. In 2013, DSM-5 replaced autistic disorder, Asperger’s disorder and other generalized developmental disorders with the diagnosis of autism spectrum disorder.

People with AS have three primary symptoms:

- difficulty with social interaction

¹ Student, Sandu Sabina, Faculty of Communication and International Relation, Specialization Psychology, Danubius University of Galati, Romania, Address: 3 Galati Blvd., 800654 Galati, Romania, Tel.:+40372361102, Fax:+40372361290, Coresponding autor: sabina-sandu@yahoo.com.

- engaging in repetitive behavior
- rigidity in thinking and emphasis on rules and routines

Some people with Asperger's Syndrome are classified as having high functionality. High-functioning autism means that these individuals do not possess the delay of language acquisition and cognitive development, which is typical for many people with autism spectrum disorders.

About Asperger's Syndrome

Often, people diagnosed with Asperger's Syndrome have normal or increased intelligence. They usually don't have the learning disabilities that many people have. However, they may have specific learning difficulties. People with Asperger's Syndrome have fewer problems with speech. However, people diagnosed with SA had difficulty understanding and processing language.

Asperger's syndrome was generally considered to be on the "high functional" end of the spectrum. Affected children and adults have difficulty in social interactions. They also exhibit a limited range of repetitive interests and/or behaviours. Motor development can be delayed, leading to uncoordinated congestion or movement. However, compared to those affected by other forms of autism, those with Asperger's syndrome do not have significant delays or difficulties in language or cognitive development. Some even demonstrate early vocabulary – often in a highly specialized field.

Asperger's syndrome cannot be cured, but early diagnosis and intervention can help the child make social connections, reach their potential and lead productive lives.

Causes

The exact cause of autism (including Asperger's syndrome) is still under investigation. Research of causes suggests that a combination of factors – genetic and environmental – may explain developmental differences. Asperger's syndrome is not caused by a person's education or social circumstances. Asperger's syndrome tends to take place in families, suggesting that some cases may be hereditary. Some researchers have suggested that environmental factors at the beginning of pregnancy may have an impact; experts have not yet confirmed this.

Brain abnormalities may be related to Asperger's Syndrome. Advanced brain imaging technology has identified structural and functional differences in certain regions of the brain among people with disabilities.

Risk Factors

Autism, including Asperger's syndrome, is much more common than most people think. It affects between 0.03 and 4.84 for every 1,000 people. People with Asperger's syndrome come from all cultural, religious and social backgrounds, although it seems to affect more men than women.

Signs and Symptoms

Asperger's syndrome is usually observed at the age of 3 years or later. Symptoms vary, so there are no two children with Asperger's Syndrome the same. What distinguishes Asperger's Syndrome from classical autism are its less severe symptoms and the absence of language delays. Children with Asperger's Disorder can only be easily affected and often have good knowledge and cognitive language. For the untrained observer, a child with Asperger's Disorder may only seem like a neurotypical child behaving differently. The signs and symptoms of Asperger's Syndrome vary greatly.

These include: Repetitive and restrictive interests

For example, expertise in a single object or subject, excluding all other areas, is a specific activity for children with Asperger's Syndrome. Tasks typically involve collecting, numbering, or listing. Symptoms vary from person to person, but children with Asperger's Syndrome often have obsessive attention on a narrow topic of interest. Children with AS can develop an equally consumerinterest in things like train programs or dinosaurs, for example. This interest may be the subject of unilateral conversations with colleagues and adults.

The person with Asperger's Syndrome ignores the other person's attempts to change the subject of the conversation. For example, someone with Asperger's syndrome could initiate conversations with others by linking largely facts related to a particular topic of interest.

Often, they do not notice that others no longer listen or feel comfortable with the subject. They may not have the ability to “see things” from the other person’s perspective. This is one of the reasons why these children may have difficulty in social interactions.

The Tendency to Present a Typical or Even Exceptional Language Development

However, many tend to use their language skills improperly or strangely in conversations or social situations. Often, the symptoms of Asperger’s syndrome are confused with those of other behavioral problems. For example, SA is often confused with attention deficit and/or hyperactivity disorder (ADHD). Indeed, many people affected by Asperger’s syndrome are initially diagnosed with ADHD. This happens until it becomes clear that their difficulties result more from an inability to socialize than an inability to focus their attention.

Interest in others

People with Asperger’s type disorder usually want to match and interact with others, but most of the time do not know how to do it. They can be socially strange, do not understand conventional social rules or show empathy. They may have limited eye contact, appear not to engage in conversation and may not understand the use of gestures or sarcasm. Social isolation and depression can be a consequence of Asperger’s Syndrome.

Formal or distinct discourse

There may be a lack of rhythm or intonation. Speech may sound flat, monotonous, unusually slow or fast, or volume may be inappropriate.

Routines

People with AS may have rules and rituals that they methodically maintain to reduce confusion. A surprising change in routine can sometimes cause trouble or anxiety.

Social isolation

Poor social skills and a tendency to talk only about their individual interest can lead to isolation. The person can be withdrawn. They may seem disinterested in others and appear distant. Making and keeping friends can be challenging.

Delays in Motor Development

Poor coordination can make it difficult to perform detailed tasks, such as joining shoelaces. Children with Asperger's Syndrome may also have difficulties in essential motor skills, such as running or walking. These children cannot do certain tasks, such as climbing or cycling.

Proximity issues

People with Asperger's Syndrome may have trouble knowing how close to staying with another person while talking.

Sensory difficulties

Some people may have a distorted sensory sensitivity, so their senses can be either intensified or underdeveloped. This can affect how the person perceives noise, loud lights, intense smells, food textures and materials. Not all people with Asperger's syndrome display all these behaviors. In addition, each of these symptoms tends to differ greatly among affected people.

How do people diagnosed with Asperger's people see it?

Some people with Asperger's syndrome say that the world feels overwhelming and this can cause them considerable anxiety.

In particular, understanding and relating to other people and participating in family life, school, work and daily social life can present complications. Other people seem to know, intuitively, how to communicate and interact with each other, but they can also struggle to build relationships with people with Asperger's Syndrome. People with Asperger's syndrome wonder why they are "different" and feel that their social differences mean that people don't understand them. People with autism, including those with Asperger's syndrome, often do not see the diagnosis as a disability. Some parents of children with autism say that other people think their child is naughty, while adults feel they are misunderstood.

Diagnosis

Asperger's syndrome often remains undiagnosed until a child or adult begins to have serious difficulties at school, at work or in their personal life. Indeed, many adults with.

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