

A Review: Asperger Syndrome

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Abstract

Asperger syndrome is an autism spectrum disorder, Autism is a spectrum condition. People with Asperger syndrome face difficulties in communication, social interaction and in making relations, being autistic will affect the people in personal and social life. People with Asperger syndrome also have difficulties in mental health issues or other conditions. This type of people have intelligent Quotient of below or average level as they are facing difficulties in social and developmental skills. They do not usually have the learning disabilities, but they may have specific learning difficulties. They have fewer problems with speech but may still have difficulties with understanding and processing language. People with this condition may be socially awkward and have an all-absorbing interest in specific topics. Communication training and behavioural therapy can help people with the syndrome learn to socialise more successfully. A diagnosis is the formal identification of the condition, usually by a multi-disciplinary diagnostic team

Keywords: Autism; Teratogens; Stereotypical

Abbreviations: AS: Asperger Syndrome; CBT: Cognitive Behavioural Therapy

Introduction

Asperger syndrome is an autism spectrum disorder that is on the high functioning end of the autism spectrum it is also referred as "dash of autism". Incidence is more in males as compared to females. It is important to note the characteristics of Asperger syndrome which can range from mild to severe [1].

a. Definition: Asperger syndrome (AS), also known as Asperger's, is a developmental disorder characterized by significant difficulties in social interaction and nonverbal communication, along with restricted and repetitive patterns of behaviour and interests [2].

Cause

Cause of Asperger syndrome is not yet identified, although an inherited (genetic) component is believed to be involved. In special cases it may be caused by pregnancy infections use of teratogens, and exposure to toxics [3].

Symptoms

Some of the symptoms that may be present are [4]:

- Less social active;
- Less friends;
- Not interested in making friends;
- Inability to express emotions;

- No Eye contact;
- Less facial expressions;
- Inability to use gestures;
- Ineffective communication;
- Lack of relation;
- Sensitive to external stimuli;
- Dependent ; and
- Repetitive actions like arm waving.

How it is Different from Classic Autism?

- Asperger syndrome is in many ways a milder form of classic autism.
- Whereas those with autism do not create to have relationships, children with Asperger syndrome attempts to have interaction with others, though they may have difficulty understanding conventional social rules.
- Asperger syndrome does not usually affect language and communication skills as classic autism [5].

Diagnosis

A diagnosis is the formal identification of the condition, usually by a multi-disciplinary diagnostic team, often including a

speech and language therapist, paediatrician, psychiatrist and/or psychologist [6].

Treatment

Treatments can include [7]:

- a. Social skills training: In groups or one-on-one sessions, therapists teach child how to interact with others and express in appropriate ways. Social skills are learned through training.
- b. Speech-language therapy: This helps in developing communication skills. This therapy provides training regarding two-way conversation and social cues like hand gestures and eye contact.
- c. Cognitive behavioural therapy (CBT): It helps your child change his way of thinking, so he can better control his emotions and repetitive behaviours.
- d. Parent education and training: You'll learn many of the same techniques your child is taught so you can work on social skills with him at home. Some families also see a counsellor to help them deal with the challenges of living with someone with Asperger's.
- e. Support Group: A forum for counselling and sharing experiences among people with a similar condition or goal, such as depression or weight loss.

- f. Anger management: Practicing mindfulness, coping mechanisms and trigger avoidance to minimise destructive emotional outbursts.

Conclusion

It is an autism spectrum disorder. People with Asperger syndrome are of average or above average intelligence. They do not usually have the learning disabilities that many autistic people have, but they may have specific learning difficulties. Identification of the condition, usually done by a multi-disciplinary diagnostic team and treated by using therapeutic modalities.

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