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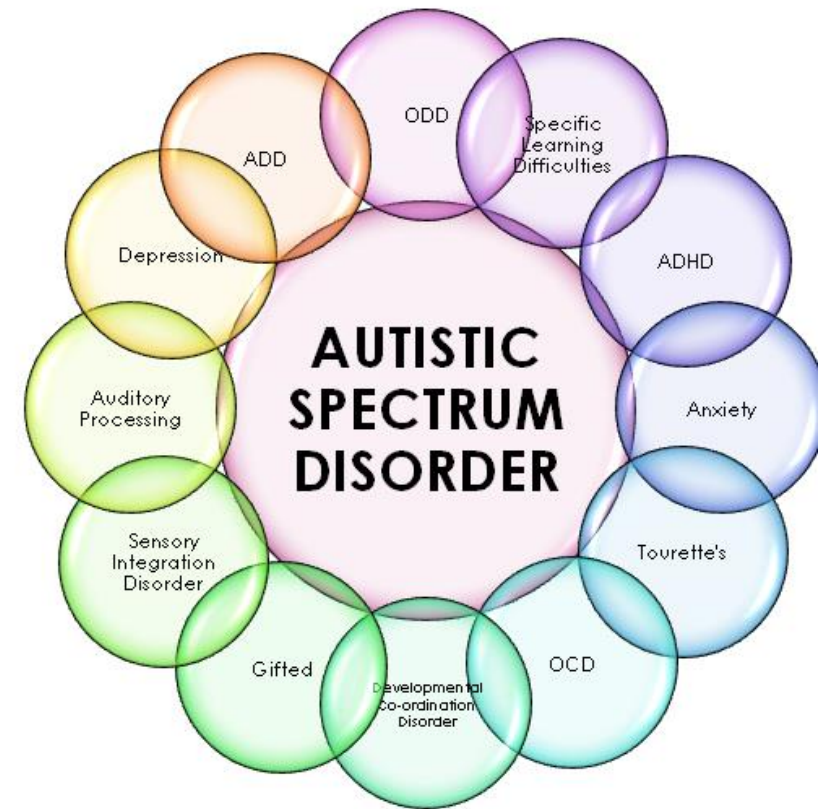
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# Neurodevelopmental disorders

## Autism spectrum disorder

### Neurodevelopmental Disorder

The diagnostic construct of autism spectrum disorder identifies individuals who, from a young age, exhibit a distinct set of challenges. These include persistent impairments in social interaction and communication, alongside patterns of repetitive behavior, intensely narrow interests, and/or atypical sensory responses (Zakrocka et al., 2025). Research involving brain tissue, neuroimaging, and electrical activity recordings has not found gross abnormalities but has revealed fine-scale anatomical and functional variations (Lord, 2020).

#### Definition of the Condition

Autism Spectrum Disorder is one of the complex neurodevelopmental conditions, which prevents individuals from an effective societal interaction, restricts their preferences and makes them practice repetitive behaviors. Broadly, the condition can be termed as a spectrum, since individuals with autism are presented with a range of strengths and challenges (Silva et al., 2023)

### Historical Perspectives and Treatments Historical Point-of-View

According to Lang (2025) during the history of diagnosing autism, the perspectives on the diagnosis have shifted, mainly from the disorder to the neurodiversity view of autism, where the former aligns with the naturalist view and the latter aligns with the normative view. This essay does not linearly discuss every change in the history of diagnosing autism. Rather, it looks at the most important episodes in its perception (Baribeau and Anagnostou, 2022). Diagnosis Predominantly, the perception of diagnosing Autism Spectrum Disorder (ASD) has widely transformed over the past few years. Initially, it was viewed as a syndrome closely related with childhood schizophrenia, subsequently requiring a high level of support and assistance. Then, the first formal diagnosis for autism happened with Kanner, publishing a revolutionary paper to describe what can be considered as “autistic disturbances”. The children over which Kanner brought his revolutionary paper, primarily had the symptoms of issues in speech, societal interaction and repetitive false behavioral patterns. At the similar timeline, another pediatrician namely Asperger brought forth the diagnostic term of “autistic psychopathy” (Gomez et al., 2024). A diagnostic view became increasingly prevalent in 1980s that autism is a form of childhood schizophrenia, a misconception that increasingly persisted for several decades. Even such misunderstanding brought with it various detrimental consequences, like children with autism were subjected to harsh treatments and became institutionalized (Licea, 2024). Finally, the modern era into autism diagnosis came from 2013, while DSM-V, consolidated or coordinated different diagnostic pathways under a single umbrella term (Licea, 2024). Currently, the diagnostic perception has broadly shifted from just fixing autism to widely supporting patients throughout their diagnostic pathway.

### Current Treatment services and Treatments

While there is no one-size-fits-all treatment approach available worldwide to treat autism, various evidence-based treatment interventions are still there that can lead towards beneficial healthcare outcomes. Some of the most widely-recognized among such interventions are the following. Applied Behavioral Analysis (ABA) This is a scientifically-tested strategy by which challenging traits of patients are reduced and desired behavioral standards are reinforced. Speech and Language Therapy This is another therapeutic form, by which autistic people can develop their necessary skills like verbal and non-verbal communication skills and a better critical thinking skill. Then, they can express their conditions well and navigate through the diagnostic pathway. Cognitive Behavioral Therapy CBT is important for individuals with Asperger's syndrome. It can help patients recognize and accordingly change their negative thoughts or behaviors, from which they can control their anxiety or other complex mental health issues. Occupational Therapy This form of therapy is aimed at supporting individuals with ASD, towards developing their skills, necessary into daily living practices. Some of the skills over which such occupational therapy works are refining motor functioning, self-care activities and sensory processing-skills. Comprehensively, an integrated treatment is necessary through coordination between the above-mentioned services to efficiently manage the detrimental conditions of ASD.

### Recommendations

The current poster has evaluated the historical transition of diagnosis for autism spectrum disorder. Then, it has shown some crucial symptoms by which the condition can be recognized. Following that, current treatment interventions in place for diagnosing autism have been explored. And, based on such poster context, looking ahead, continual research while knowing about various causes and symptoms of ASD can be recommended. Other than that, a supportive atmosphere for individuals with ASD and their family-members can be recommended to help them get a positive healthcare outcome. Finally, available treatment facilities need to be refined in line with changing demands of patients.

#### Conclusion

The poster has first identified the one mental health disorder, namely the “Autism Spectrum Disorder”. Then, it has broadly classified the condition within neurodegenerative disorder. Thereafter, it has conducted a detailed literary review around historical and contemporary underpinnings of the diagnosis for autism. From that, it has become known how the condition has evolved consistently over time, with multiple changes in treatment strategies and societal perceptions. Finally, it has cited further recommendations based over which future healthcare practices and policies can be regenerated towards a positive direction.



### Causes Behind the disorder

There is no well-proven single cause behind the occurrence of autism. Rather, research evidence has shown the interplay of various genetic and environmental factors, resulting in such conditions (Chinchay et al., 2024). Among such genetic factors, a hereditary component has been there, suggesting that the condition is influenced through multiple genes, each contributing a smaller impact while resulting the condition. If the aspect of environmental factors causing Autism is considered, then, premature birth and pregnancy-time issues may apparently lead towards such autistic risk. Advanced parental age, when both parental and maternal age is beyond thirty-five at conception, the risk of the child being autistic increases even more.

### Diagnosis for the condition

While diagnosing the condition of an autistic patient, healthcare professionals need to use a proper diagnostic criterion. Based on that, practitioners can describe a person's communication skill and interpret the presence of any kind of repetitive attitude.

Broadly, this diagnostic criterion is segmented into three levels, highlighting the level of support that an individual needs while getting treated from their condition.

- Level 1 autistic individuals generally need some level of support. They can usually communicate but face some difficulties at initiating conversations most often.

Additionally, they find it difficult to read the emotions of others. Therefore, the diagnosis has to be treating those issues.

- Level 2 autistic individuals need a substantial level of support. They have certain levels of verbal and non-verbal communication capacity. However, they have a considerably larger extent of societal issues and need more assistance while handling their home and work atmosphere.

- Level 3 autistic people generally need more extensive support, as they possess much severe deficiencies in verbal communication and societal interaction. Therefore, this kind of patient needs much intensive behavioural care assistance under a broader care guidance.

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