

# Asperger Syndrome: A Review

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**Abstract**

Autism is a spectrum disorder, and Asperger syndrome is part of it. People with Asperger syndrome have difficulty communicating, socialising, and forming relationships, and being autistic has an impact on people's personal and social lives.

Asperger syndrome affects people in a variety of ways, including mental health disorders and other conditions. Because they are having issues with social and developmental abilities, they have an Intelligence Quotient of below or average. They normally do not have learning disabilities, but they may have specific learning problems. They have less speech impairments, but they may still have trouble interpreting and processing words. People with this syndrome may be socially uncomfortable and have a voracious interest in a particular subject. People with the syndrome can benefit from communication training and behavioural therapy to improve their social skills. A diagnosis is the formal recognition of a condition, which is usually done by a multidisciplinary diagnostic team.

**Keywords:** Asperger Syndrome (AS), Autism Spectrum Diseases (ASD), Autism, Teratogens, Stereotypical.

**Introduction**

Asperger's Syndrome (AS) is one of the Autism Spectrum Diseases (ASD), a set of neurological abnormalities. AS is on the milder end of the range. Three primary symptoms are seen in people with AS:

- Having trouble with social connection
- Engaging in repetitious conduct
- Sticking to their convictions
- Focusing on rules and procedures

People with ASDs might be classed as high-functioning or low-functioning. Individuals with

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high-functioning autism do not have the delayed language skills and cognitive development that many persons with ASDs suffer. Individuals diagnosed with AS frequently have normal or above-average intelligence. Furthermore, people with this illness are often able to attend regular school and work. It is impossible to recover from AS. A child's social connections, potential, and ability to lead a productive life can all be aided by early diagnosis and intervention.<sup>1</sup>

**What is Asperger Syndrome, and how does it affect you?**

Asperger's syndrome is a type of autism. It is marked by social and communication difficulties, as well as repetitive or restricting behaviour patterns.<sup>2</sup>

**Causes**

- Although the specific cause of AS is unknown, it is thought to be caused by a mix of genetic and environmental factors that promote abnormal brain development.

Because AS tends to run in families, some cases may be hereditary.

- Environmental influences early in pregnancy may have an impact, according to some researchers, but specialists have yet to substantiate this.
- AS may be connected to brain abnormalities. People with AS have anatomical and functional changes in certain areas of the brain, according to advanced brain imaging techniques.<sup>3</sup>

## Symptoms

The following are some of the symptoms that may be present:<sup>4</sup>

1. Lack of social activity;
2. Less friends;
3. Lack of interest in establishing new friends;
4. Inability to express emotions;
5. No eye contact;
6. Less facial expressions;
7. Inability to use gestures;
8. Ineffective communication;
9. Lack of relation;
10. Sensitive to environmental stimuli
11. Repetitive actions, such as arm waving; and
12. Dependent.

## What makes it different from classic autism?

- Asperger syndrome is a milder form of classic autism in many aspects.
- Unlike those with autism who do not seek out relationships, children with Asperger syndrome make an effort to interact with others, even if they may struggle to understand social rules.
- Asperger syndrome does not usually affect language and communication skills as classic autism<sup>5</sup>.

## Diagnosis

A diagnosis is the formal recognition of a disorder

by a multi-disciplinary diagnostic team, which may include a speech and language therapist, paediatrician, psychiatrist, and/or psychologist, among others.

## Treatment

There is no one-size-fits-all method because each child is unique. To find a treatment that works, your doctor may have to try a few different approaches.

### *Treatments can include<sup>6</sup>*

*Training in social skills:* Therapists educate your child how to interact with others and express themselves in more suitable ways in groups or one-on-one sessions. Modelling typical behaviour is typically the most effective way to learn social skills.

*Speech and language therapy:* is a type of speech and language treatment. This aids in the development of your child's communication abilities. They'll learn to speak in a typical up-and-down pattern rather than a flat tone, for example. They'll also learn how to maintain a two-way conversation and recognise social indicators such as hand gestures and eye contact.

*Cognitive behavioural therapy (CBT):* is a type of therapy (CBT). It assists your child in changing their mindset so that they can better manage their emotions and repetitive habits. They'll be able to control things like temper tantrums, meltdowns, and obsessions.

*Parental education and training are important:* Many of the same tactics that your child is taught will be given to you so that you can work on social skills with them at home. Some families seek counselling to help them cope with the difficulties of living with someone who has Asperger's syndrome.

*Support Group:* A place where others with comparable conditions or goals, such as depression or weight reduction, may get advice and share their experiences.

*Anger management:* Mindfulness, coping techniques, and trigger avoidance are all useful tools for managing anger.

## Conclusion

It's a condition on the autistic spectrum. Asperger syndrome affects people of average or above-average intelligence. They normally do not have

the learning deficits that many autistic persons do, but they may have unique learning issues. They are diagnosed by a multidisciplinary diagnostic team and treated with treatment methods.

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