

عنوان مقاله:

Examining the views of clinicians worldwide regarding the role of anxiety in adults with autism: a comprehensive narrative review

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خلاصه مقاله:

Background: Autism is a neurodevelopmental condition, characterized by differences in social communication and social interaction as well as restricted interests and repetitive behaviors (American Psychiatric Association, ۲۰۱۳). Research has suggested that ۵۰% of adults with autism meet criteria for an anxiety disorder diagnosis (Russell et al., ۲۰۱۳). Despite a call for multidisciplinary insights (White et al., ۲۰۱۸), few studies have included perspectives of practitioners in this field. Method: We conducted interviews with eight practitioners (۶ Clinical Psychologists, ۱ Consultant Clinical Psychologist and ۱ Nurse Practitioner) who work with adults with autism and anxiety on a regular basis. Results: Via thematic analysis, four key themes were identified: ۱. Modifications to psychological therapy ۲. Thinking outside the box ۳. Continued support ۴. Issues with anxiety measures. Conclusion: Modification of standard anxiety interventions are common in practice but the course and nature of these modifications are inconsistent and may depend on practitioner experience. Practitioners may consistently have to think inventively in order to best serve adults with autism and anxiety. Current anxiety measures could be improved in order to accurately gauge anxiety, specific to adults with autism. These findings are discussed in relation to practice and future research

کلمات کلیدی:

Autism, Adults, Anxiety, Thematic analysis, Practitioners

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