An adaptation of the stress-vulnerability model in autism

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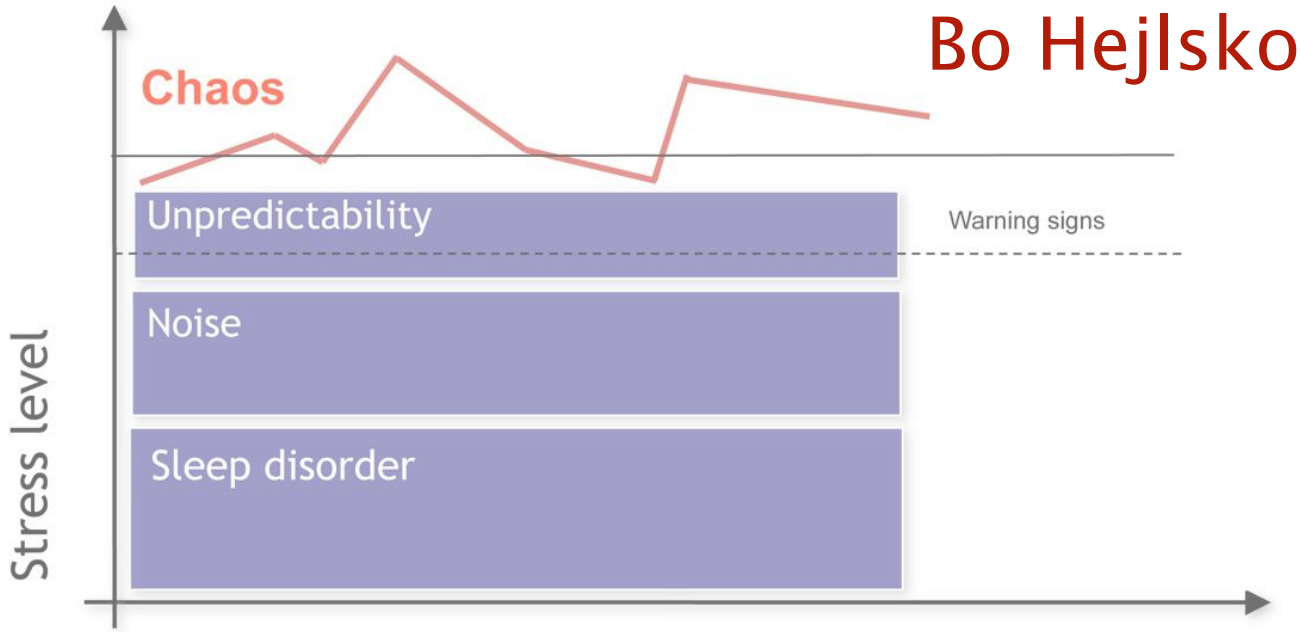
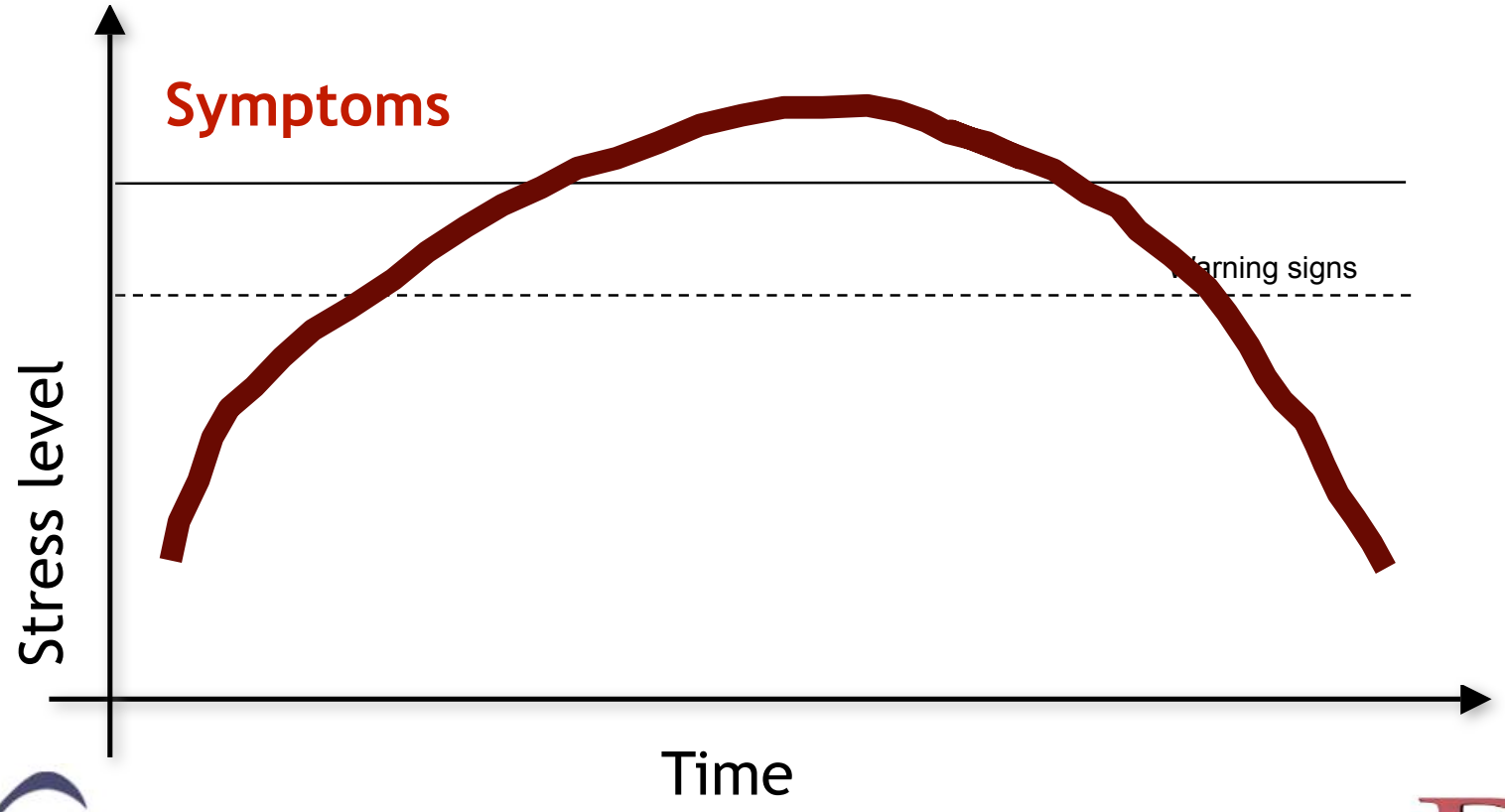
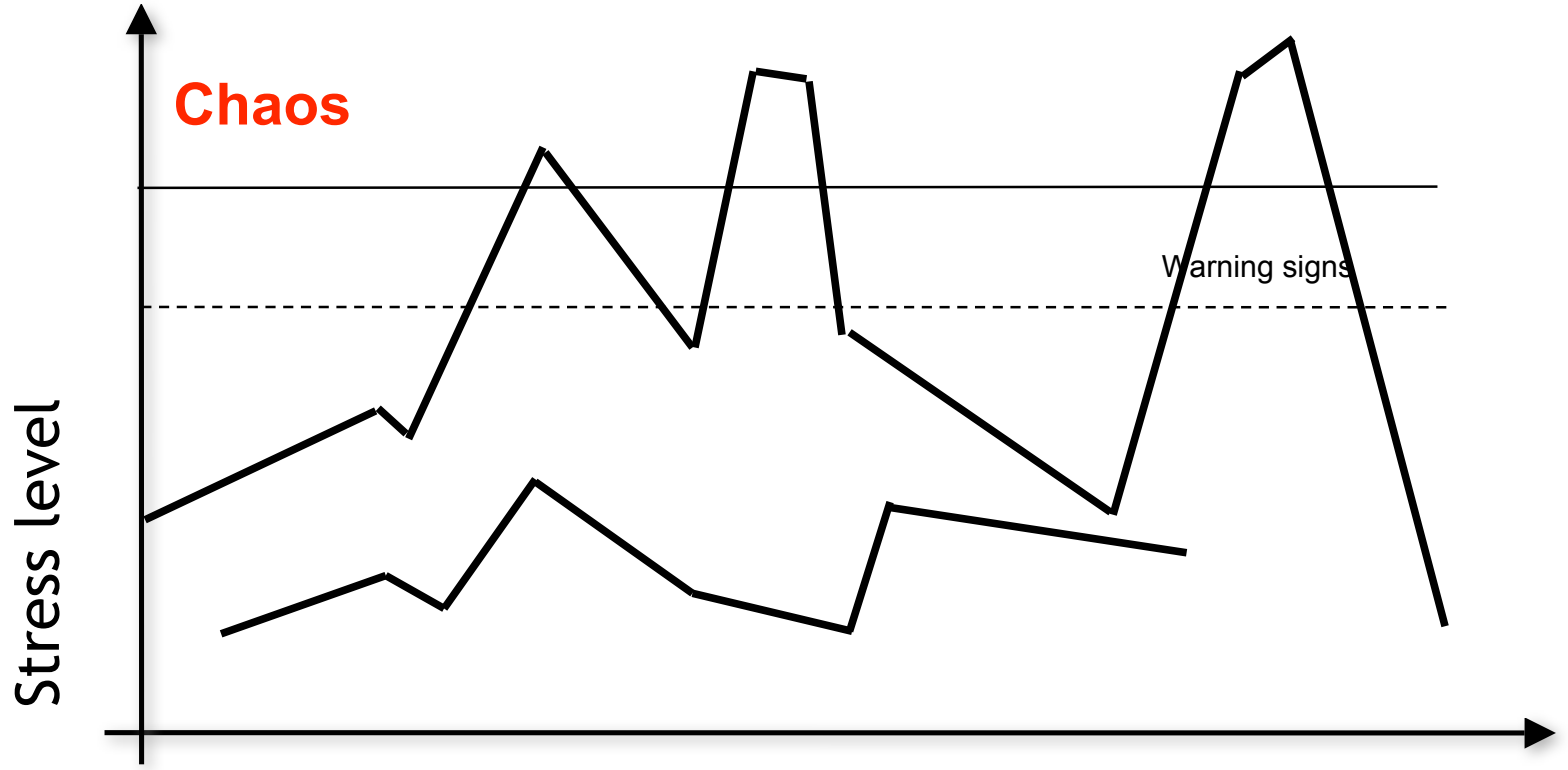


Paper presented at Meeting of Minds2, Herning 2007

The Nuechterlein and Dawson stress-vulnerability model in schizophrenia



The Hejlskov Uhrskov Stress Model in Autism



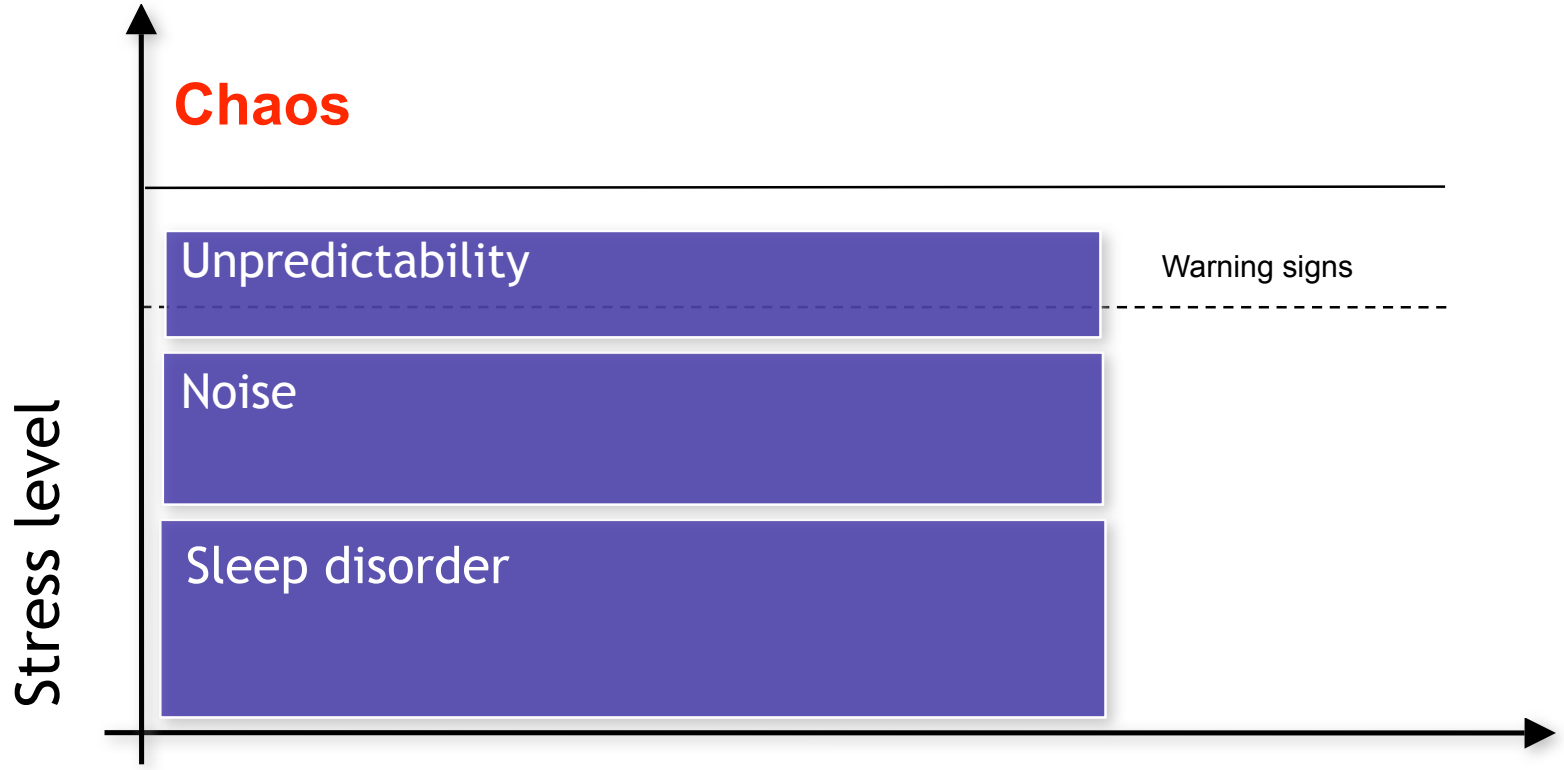
Stress factors

Two types of stress factors

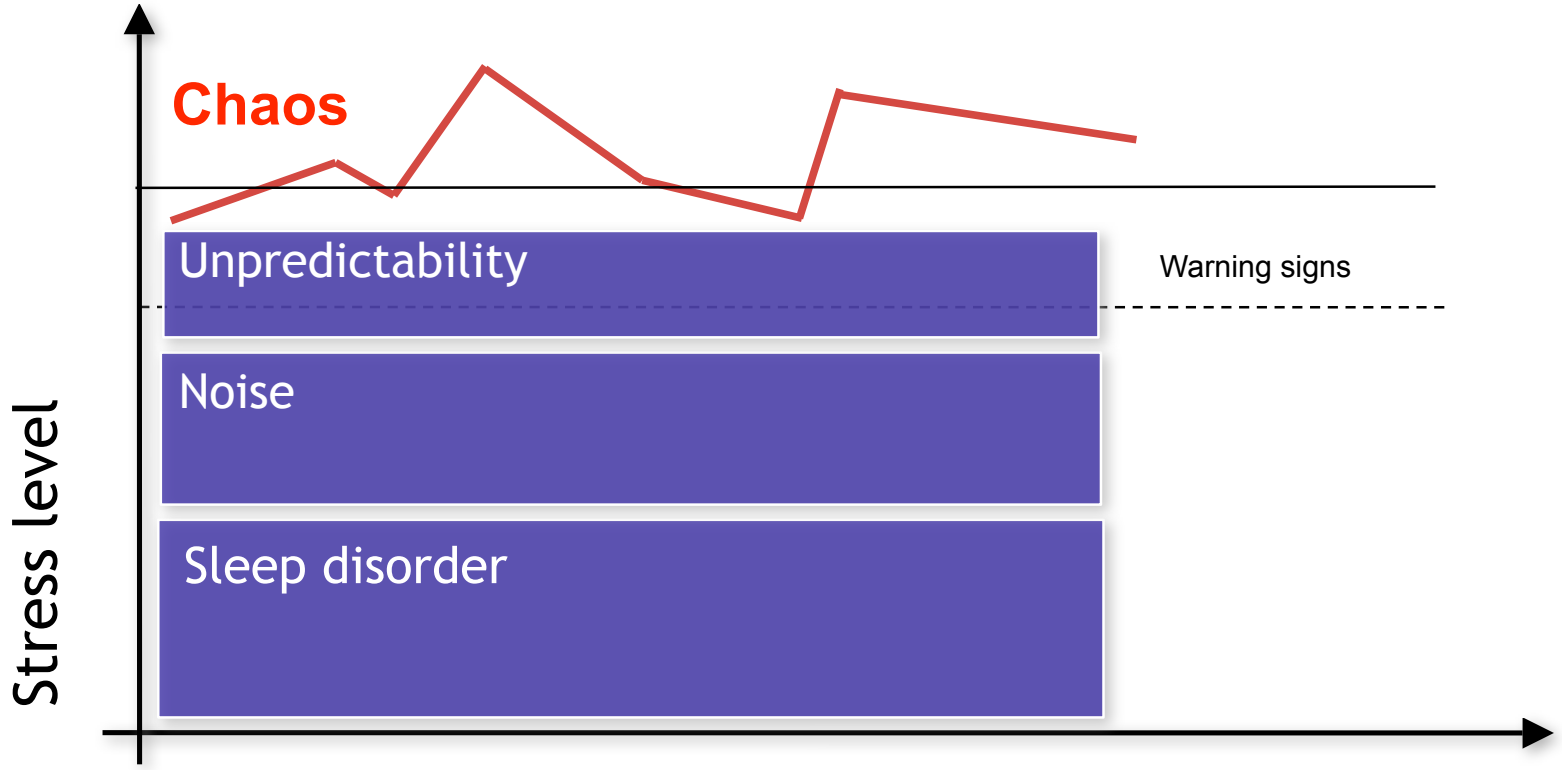
Situational

Basic

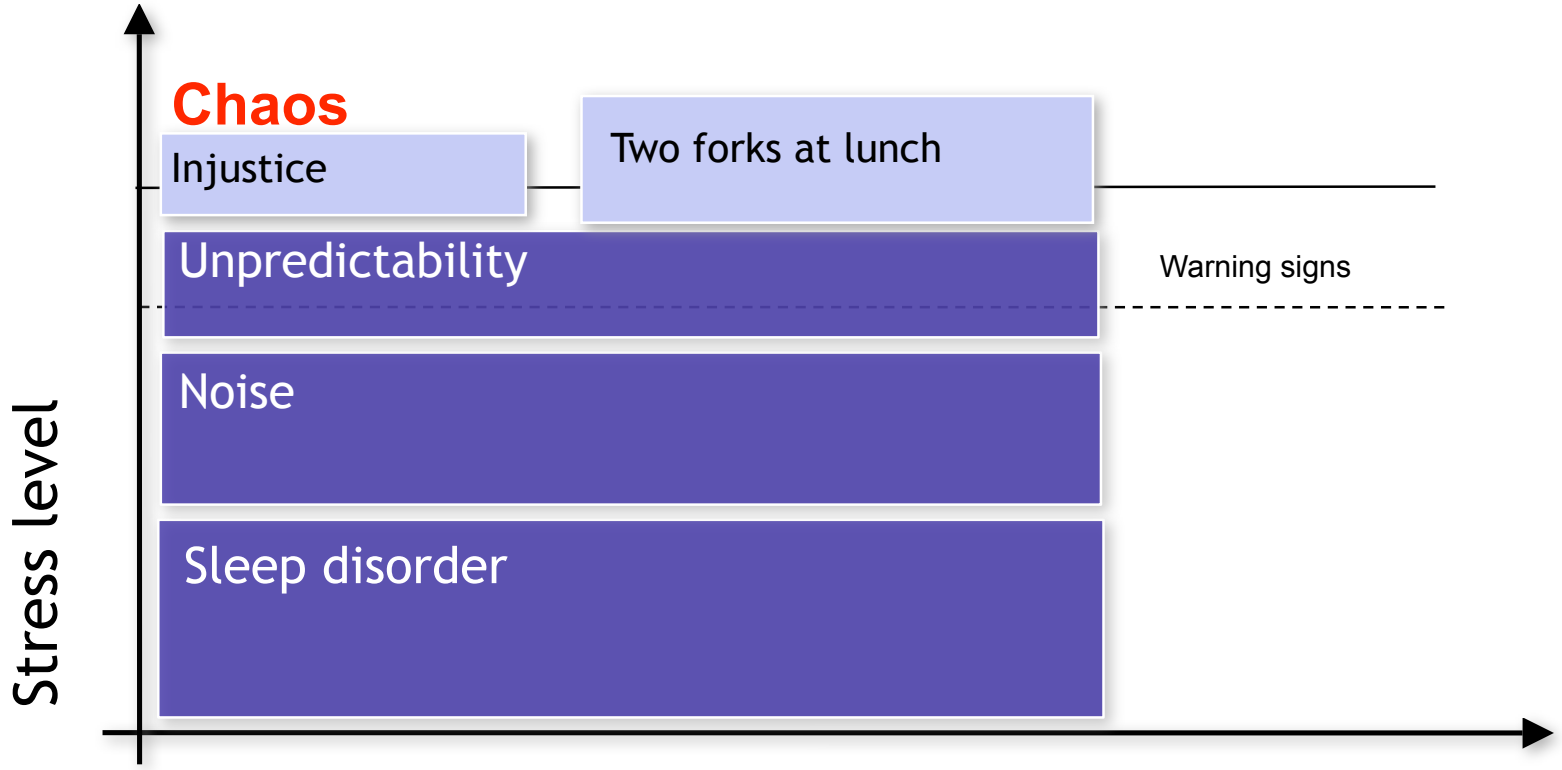
Basic stress factors



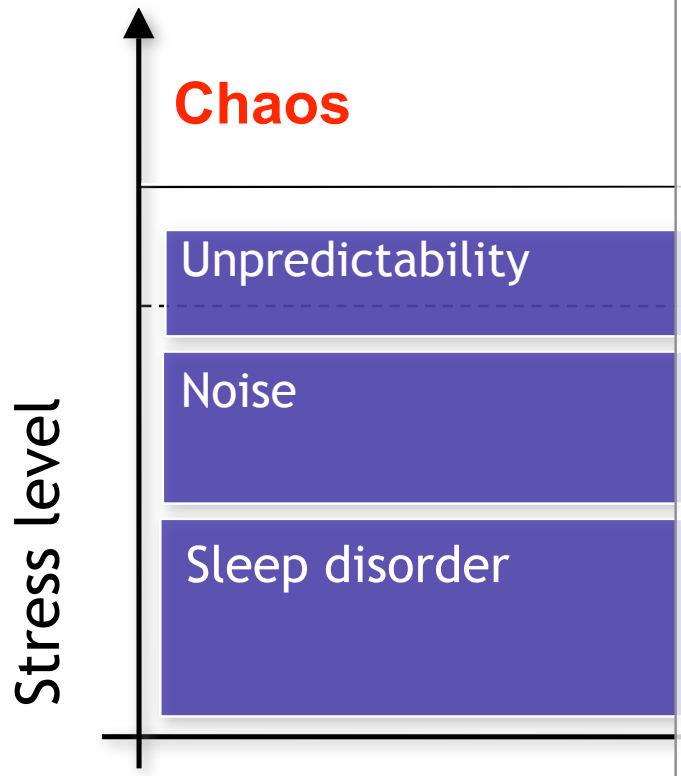
Situational stress factors



Situational stress factors



Basic stress factors – examples

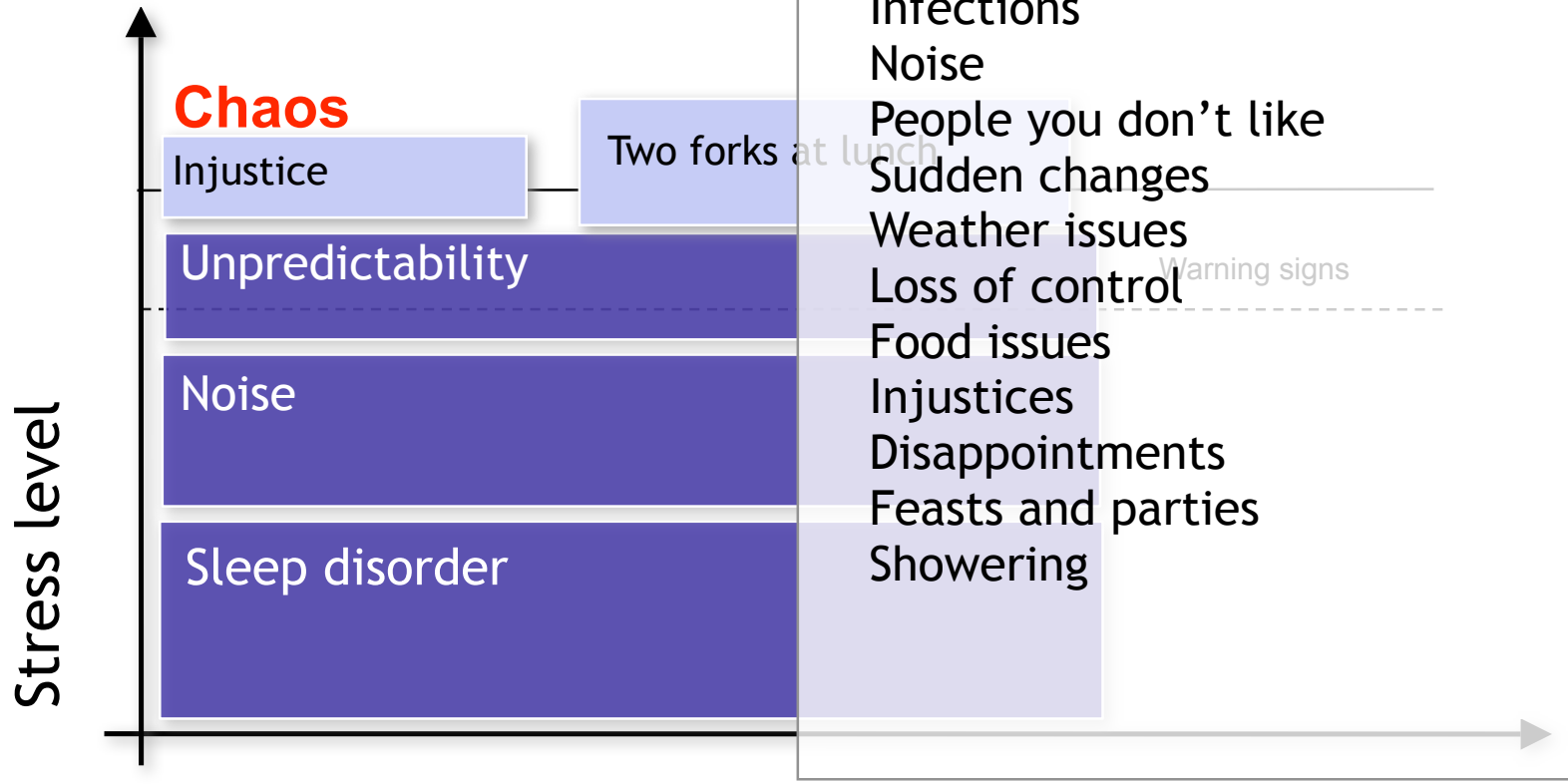


Sleep disorders
Unpredictability
To many or too high demands
Demands on flexibility
Communication disorder
Expressed emotion in the family
Sensory issues
- Light
- Noise
- etc

Warning signs

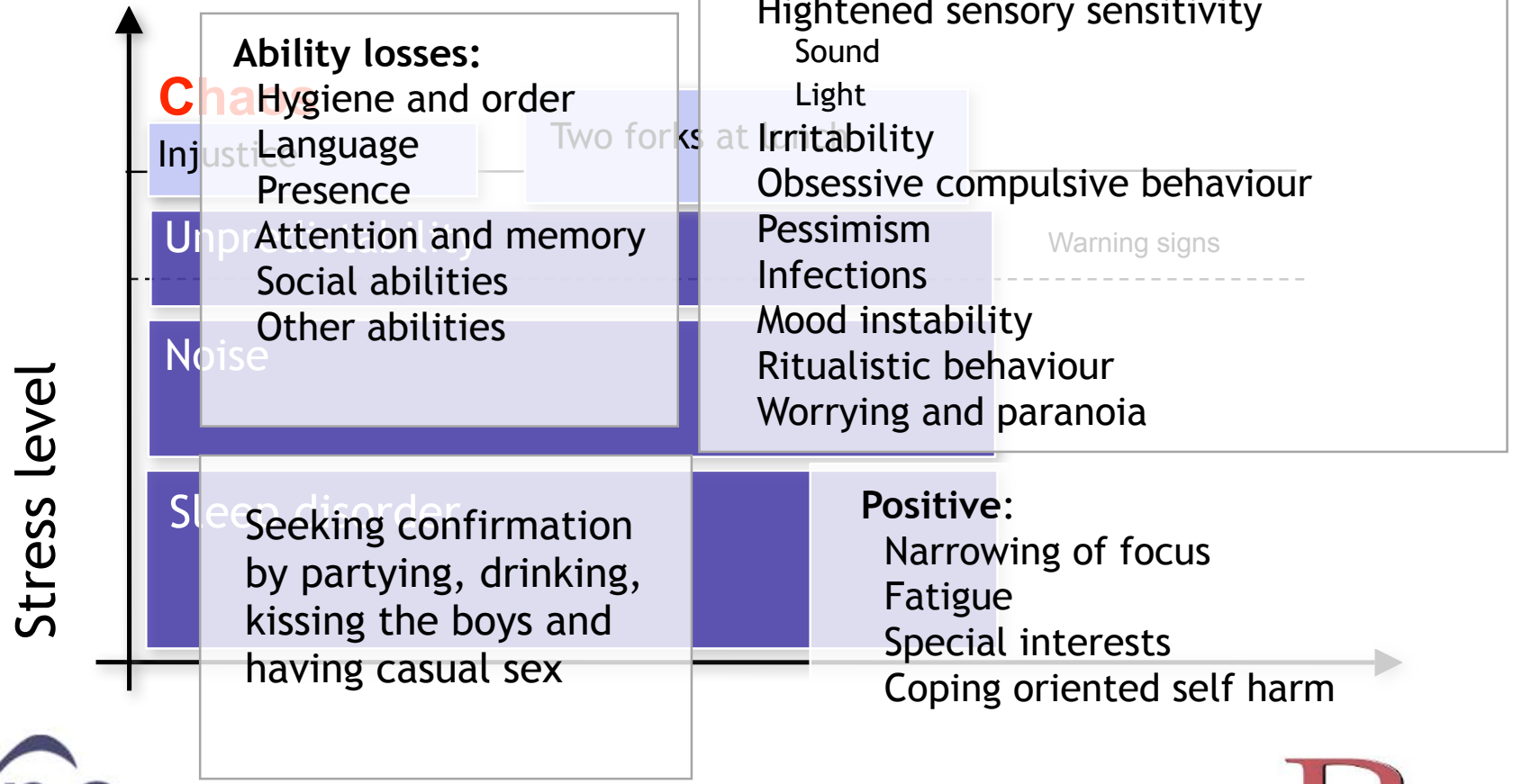
In addition in Asperger syndrome:
- Work load
- Siblings
- Loneliness
- Relational demands

Situational stress factors – examples

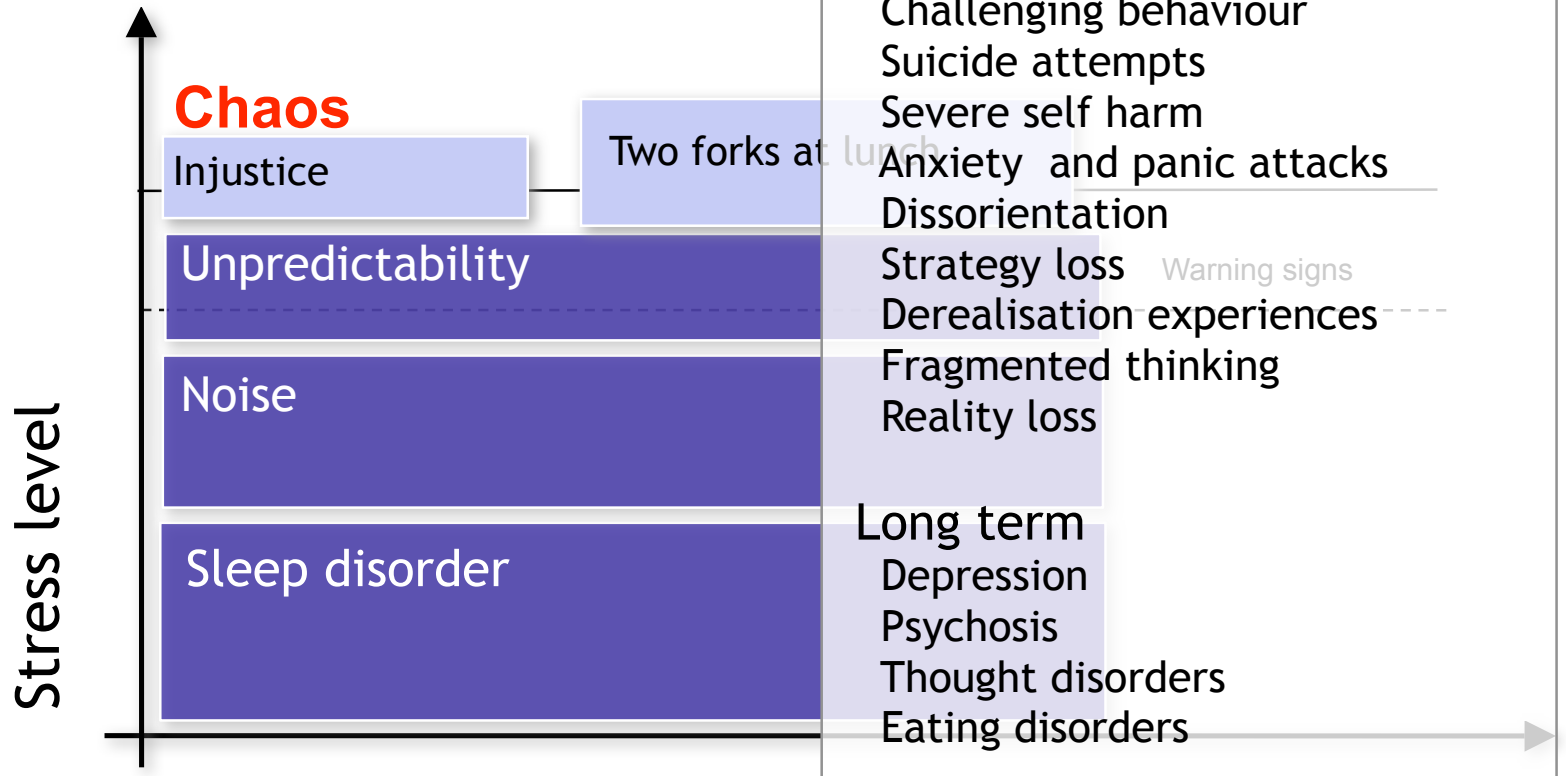


Conflicts
Pain
Infections
Noise
People you don't like
Sudden changes
Weather issues
Loss of control
Food issues
Injustices
Disappointments
Feasts and parties
Showering

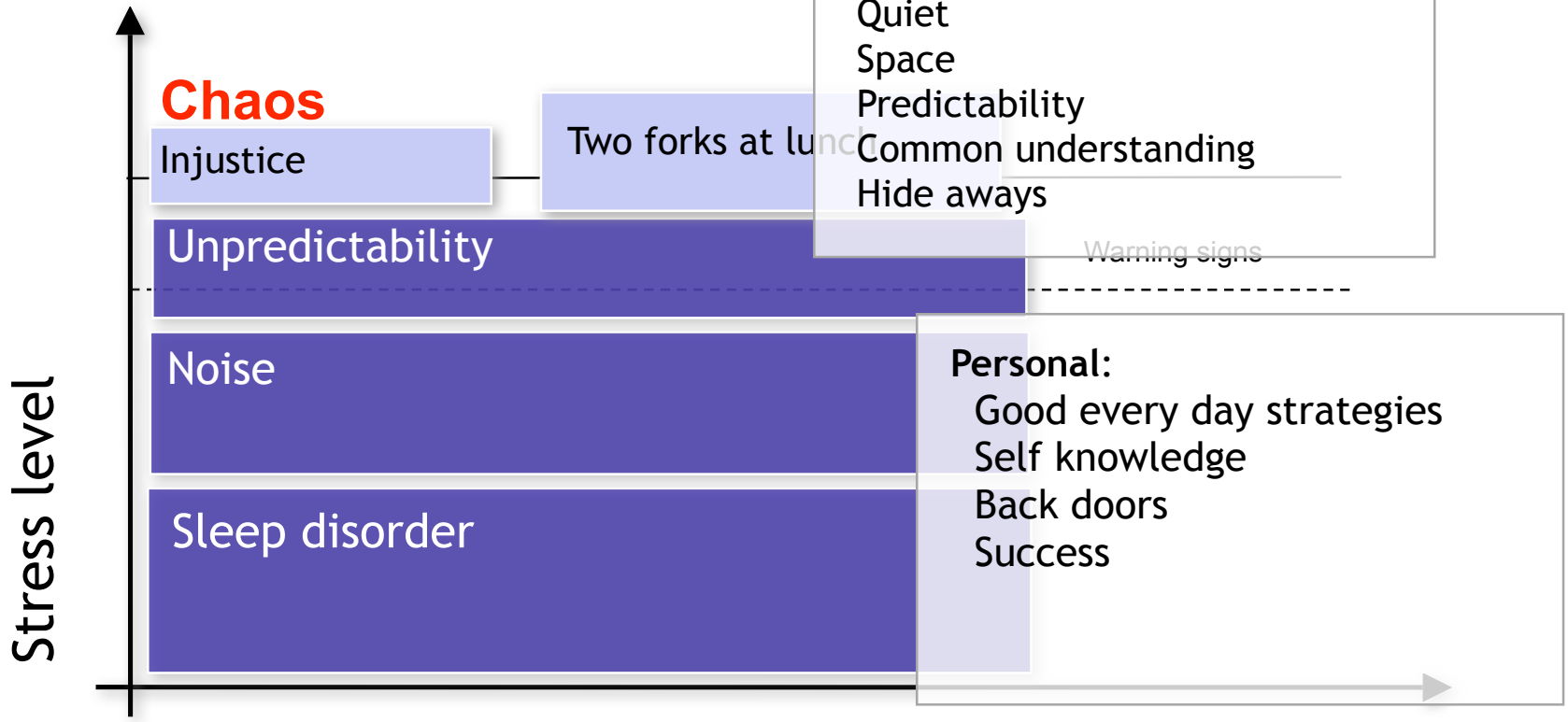
Warning signs – examples



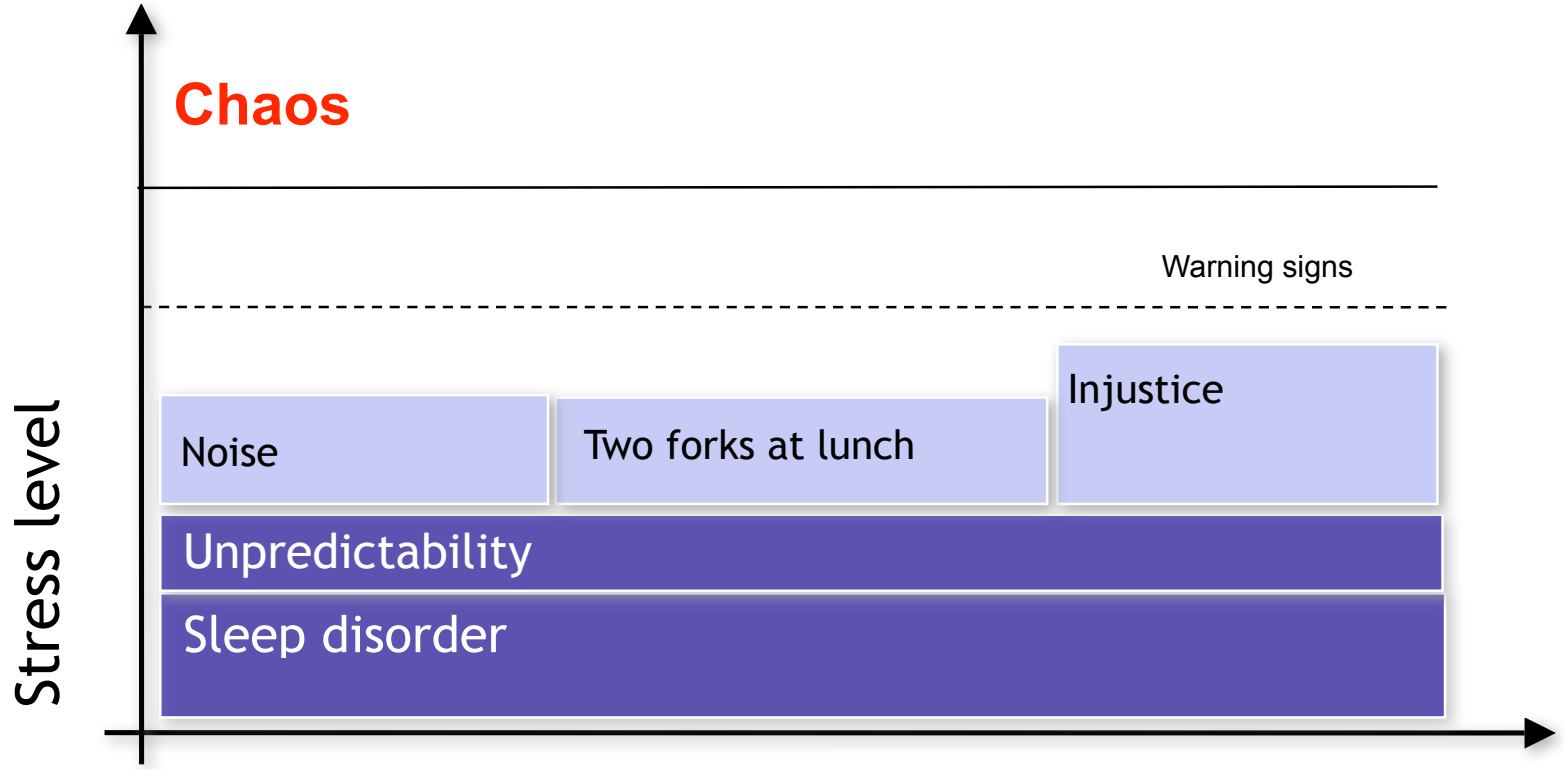
Chaos signs – examples



Protective factors – examples



Below the chaos line



Using the stress model

- Identify
  - Personal warning signs and chaos signs
  - Personal stress factors
- Minimize basic stress factors
- Vary situational stress according to warning signs
- If possible, use the model in a psychoeducational setting

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Thanks