

# Challenging Stereotypes

Novel perspectives on autism

Symposium by the Neuroscience and Psychiatry Department

Brighton & Sussex Medical School

Introduction by Lisa Quadt

# #ActuallyAutistic

 **Martin Matthews**  
@mm684


Replying to @LisaQuadt, @CrimminsKM and @soundcube

Autism is being different, not defective.  
Like a cat is not a defective dog.

10:50 pm · 28 Feb 2019 · [Twitter Web Client](#)

1 Retweet 13 Likes

 **Helen Clarke**  
@HelenAutism

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Replying to @autisticbruce @LisaQuadt and 4 others

It gives me the ability to be highly creative and see connections between things that non autistics don't. A difference in thinking, communication styles, sensory perceptions... a different way of experiencing the world but equally as valid.

2:45 pm - 28 Feb 2019

7 Likes        

 1   7 


 **Tania | AutisticStrategies.Net**  
@ekverstania





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Replying to @LisaQuadt @SueReviews @soundcube

Autism is an umbrella term for a cluster of neurodevelopmental endophenotypes.

6:38 pm - 28 Feb 2019

1 Like 

 1   1 



 **Megan**  
@negamiambert





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Replying to @LisaQuadt

Autism is a pervasive and inherent part of my brain and body. Autism is the way I process information; it is my deep sensory interaction with the world; it is the joy of stimming.

3:30 pm - 28 Feb 2019

2 Likes  

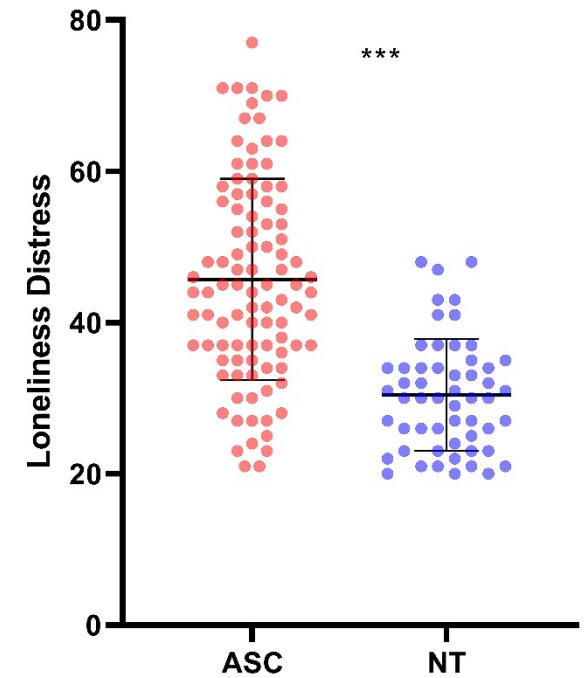
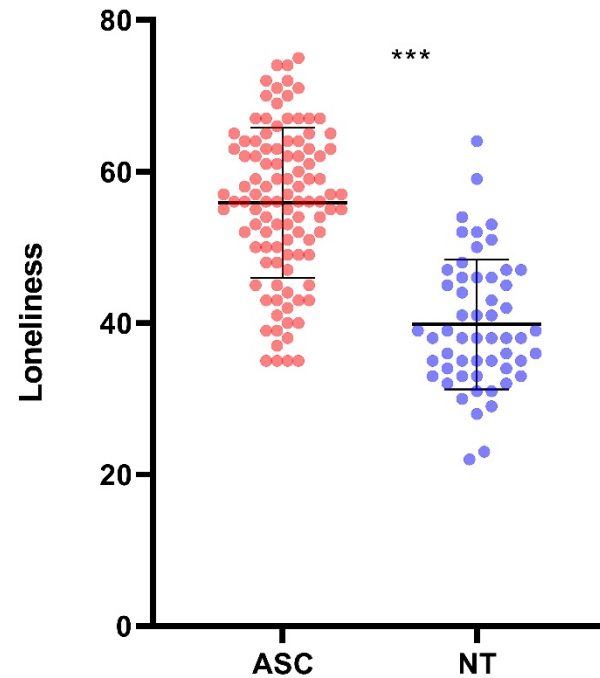
   2 

# Challenging Stereotypes

- Why is it important?
  - “They don’t have empathy”
  - “They’re all super good at maths!”
  - “They don’t want social relationships”

# Challenging Stereotypes

- Why is it important?



# Challenging Stereotypes



**Aquatic Mammal**  
@PerplexedSeal

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Replying to @LisaQuadt @PeripheralMinds @soundcube

I describe myself as "out of phase with the world". I feel disconnected from the neurotypical experience; don't understand it.

That means I have little in common, so struggle to establish genuine connection.

1:42 pm - 28 Feb 2019

6 Likes



Tweet your reply



**Aquatic Mammal** @PerplexedSeal · 6h

Replying to @PerplexedSeal @LisaQuadt and 2 others

I'd add that sensory challenges also contribute to fewer places to make connections. In a pub I can't hear anything, because I can hear everything.



**Brooke L. Nilsson**  
@NilssonBrooke

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Replying to @LisaQuadt @soundcube

It's living without skin and having the wounds made by others(who are armoured) when they wildly ram into you,(social interaction) held against you.

3:17 pm - 28 Feb 2019

5 Likes



**Jamie and Lion**  
@spacedoutsmiles

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Replying to @LisaQuadt @ObservoriumF @soundcube

Autism to me is:

I am disabled by the mismatch between the way the world has been designed and the way my body works.

Specifically, most places are too confusing, too noisy, not structured enough and overly dependent on social skills and communication.

8:26 pm - 28 Feb 2019

1 Like



# Challenging Stereotypes

- Why is it important?



★ TAIGA ★  
@borxoii



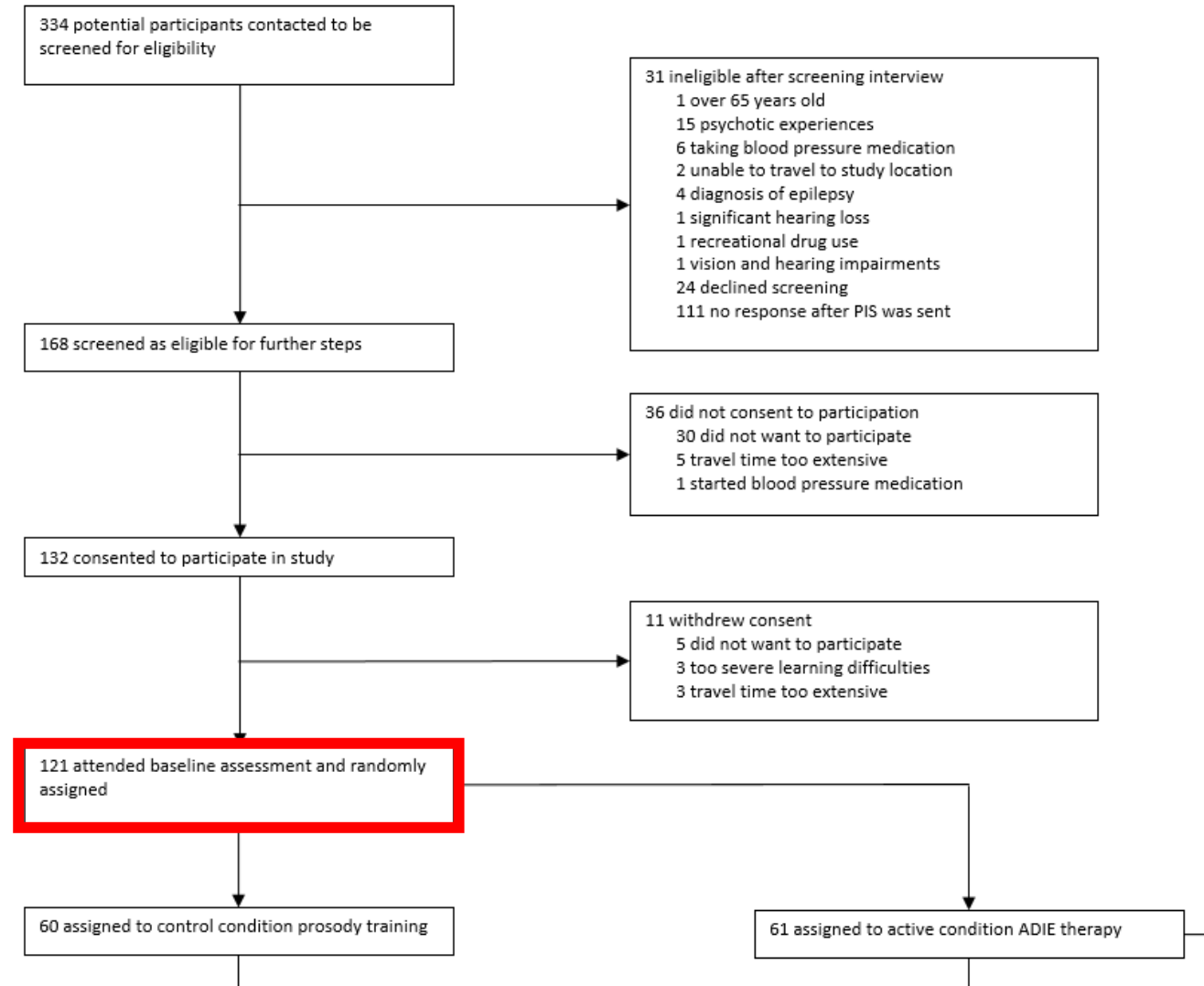
Replying to [@YourMjsty](#)

yeah, autism is diverse! some have hyper-empathy, talk very loud, or struggle with math/reading. most of us have "normal" relationships, we just struggle to interact in a "normal" way. we can do anything a neurotypical can do, just differently! we aren't incapable or unlovable!!

# Challenging Stereotypes



## Testing a new therapy to prevent anxiety symptoms in autism (ADIE Therapy)



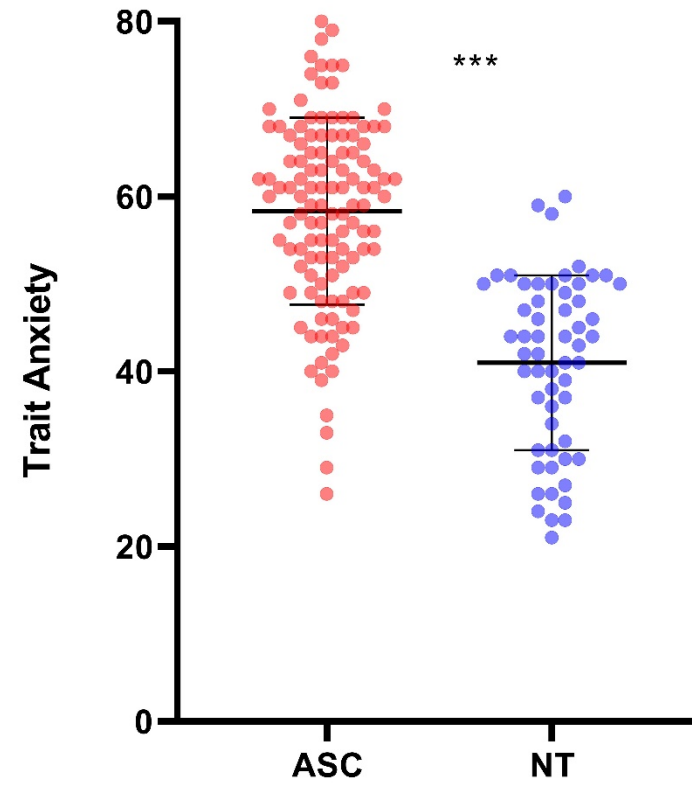
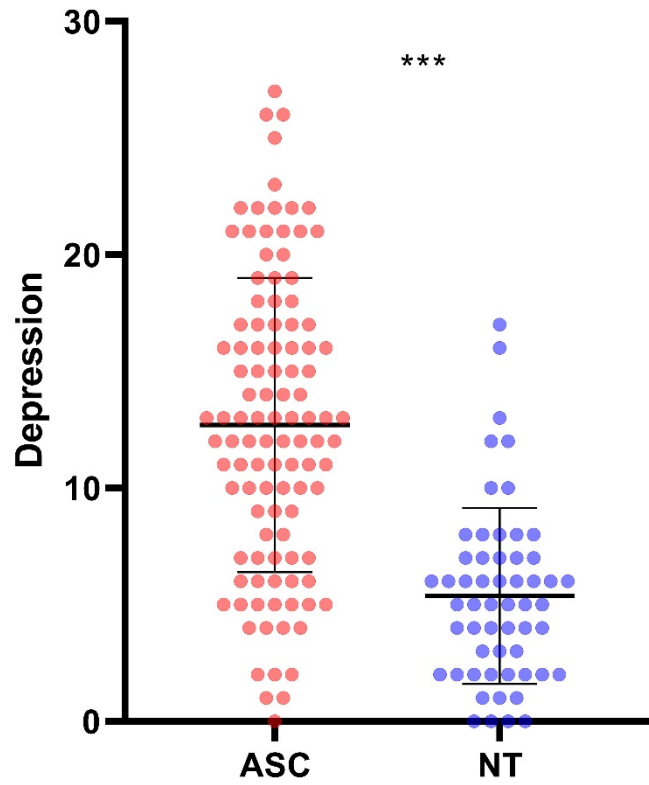
# Challenging Stereotypes

	ADIE (n=61)	Prosody (n=60)	Total (n=121)
<b>Age, years</b>			
Mean (SD)	33.2 (12.6)	34.4 (11.9)	33.8 (12.3)
Median (IQR, range)	29 (23-43; 18-64)	31 (25-43; 19-59)	30 (24-43; 18-64)
<b>Gender assigned at birth</b>			
Female	29 (53%)	37 (38%)	66 (55%)
Male	32 (47%)	23 (62%)	55 (45%)
<b>Gender Identification</b>			
Female	26 (43%)	32 (53%)	58 (48%)
Male	33 (54%)	24 (40%)	57 (47%)
Other	2 (3%)	4 (7%)	6 (5%)
<b>Nationality</b>			
British	58 (95%)	57 (95%)	115 (95%)
Australian	-	1 (1.7%)	1 (0.8%)
Bulgarian	1 (1.6%)	-	1 (0.8%)
Dutch	-	1 (1.7%)	1 (0.8%)
Finnish	1 (1.6%)	-	1 (0.8%)
French	-	1 (1.7%)	1 (0.8%)
Hungarian	1 (1.6%)	-	1 (0.8%)
<b>Education</b>			
GCSE or similar	10 (16%)	11 (18%)	21 (17%)
A-levels or similar	14 (23%)	9 (15%)	23 (19%)
Attended college, no degree	5 (8%)	13 (22%)	18 (15%)
Undergraduate degree	15 (25%)	20 (33%)	35 (29%)
Graduate degree	17 (28%)	7 (12%)	24 (20%)
<b>Handedness</b>			
Right	55 (90%)	51 (85%)	106 (87%)
Left	1 (1.6%)	6 (10%)	7 (6%)

<b>Previous diagnosis of anxiety disorder (participant reported)</b>			
	36 (59%)	37 (62%)	73 (60%)
<b>Previous diagnosis of depression (participant reported)</b>			
	31 (51%)	32 (53%)	63 (52%)
<b>Other previous diagnoses (participant reported)</b>			
ADHD	5 (8%)	2 (3%)	7 (6%)
OCD	8 (13%)	6 (10%)	14 (12%)
PTSD	-	3 (5%)	3 (2%)
C-PTSD	-	1 (2%)	1 (1%)
Dyspraxia	1 (2%)	4 (7%)	5 (4%)
Dyslexia	-	2 (3%)	2 (2%)
Eating Disorder	1 (2%)	-	1 (1%)
<b>Currently prescribed anti-anxiolytic/anti-depressant drugs (participant reported)</b>			
	25 (40%)	26 (43%)	51 (42%)
<b>Meet criteria for anxiety disorder diagnosis at screening interview</b>			
	51 (84%)	44 (73%)	95 (79%)



# Challenging Stereotypes



# Challenging Stereotypes

- We need to start listening to autistic voices – in research, clinical practice, society
- We need to learn from them about them
- We need to learn to recognize signs of neurodiversity in clinical practice
- We need to acknowledge the vulnerabilities and take them seriously
- This is why we co-produced this symposium with autistic folks



**Christina Lee**



**Kirsty Hart**



**Hugo Critchley**

**Our Speakers**

**All ADIE participants**

**#ActuallyAutistic Twitter Community**

