

The Relationships among AQ, Self-affirmation, and Self-Esteem in Adolescents with Autism Spectrum Disorders

Adolescent Psychiatry

Increase in consultation of Autism Spectrum Disorders.

Autism Spectrum Disorders (ASD)

① Persistent impairment in reciprocal social communication and interaction. (2) Restricted, repetitive patterns of behavior, interests, or activities.



Some Nurses

are *unable to cope with* characteristics of ASD. have *negative feelings* in patient behavior.

[Characteristic of people with ASD]

- Meta cognition does not go well
- Difficult to conscious of their strength
- Difficult to have self-affirmation
- Have low self-esteem

(Frith, 2003; Sugaya et al., 2018)





Strength of people with ASD

Necessary to find their strength to be aware their strength to use their strength



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Purpose

The purpose of this study was to clarify the relationship among AQ, Self-affirmation, and Self-Esteem in Adolescents with ASD.

(DSM-5*,* 2013)

[Method] Subject: Tab. 1

12 subjects who were inpatients at the Adolescent Psychiatry in Japan. They were **adolescents with ASD** and from **7th-grade** to **12th-grade**. **Measures:** [Self-administered questionnaires]

- a) Autism characteristics [Japanese version Autism Quotient (AQ)]
- b) Self-affirmation [Sense of Self-Positiveness Scale]
 - 3 Lower scale

 \rightarrow self-acceptance, self-fulfilling attitude, and sense of fulfillment

c) Self-Esteem [Self – Esteem Scale Japanese version] (Rosenberg, 1965; Mimura et al, 2007)

Survey Period: From November 2016 to August 2017.

Ethical considerations: This study was approved by University of Tsukuba Faculty of Medicine Ethics Committee (No.1111-1) and research facility. Informed consent was obtained from participants and their guardian caregivers before the initiation of any research procedures.

Tab.1 Demographic		Tab.2 AQ, Self-affirmation, and Self-Esteem		
	n		M	SD
junior high school	5	AQ	27.9	6.0
high school	7	Self-affirmation		
boys	6	self-acceptance	11.9	4.8
girls	6	self-fulfilling attitude	22.8	7.4
Note. N=12		sense of fulfillment	20.3	6.8
		Self-Esteem	20.5	5.8



Results

(Baron-Cohen et al., 2001; Wakabayashi et al., 2004) (Hiraishi, 1993)

AQ

Self-affirmation

self-acceptance

self-fulfilling attitude

sense of fulfillment

Note: N=12, Spearman's correlation coefficient

[Discussion] High AQ \rightarrow Low self-acceptance, Low sense of fulfillment

Strong autism characteristics were not self –acceptance, and sense of fulfillment

No correlation between AQ and Self-Esteem

Strong autism characteristics didn't lower self-esteem

• Finding their own strength and raising self-affirmative consciousness could lead to an improvement in Self-Esteem

[Reference]

Baron-Cohen et al. (2001). The autism-spectrum quotient (AQ) : Evidence from Asperger syndrome/ high-functioning autism, males and females, scientists and mathematicians. J of autism and developmental disorders, 31(1), 5-17.

Frith. (2003). Autism: explaining the enigma second edition. Blackwell Publishing.

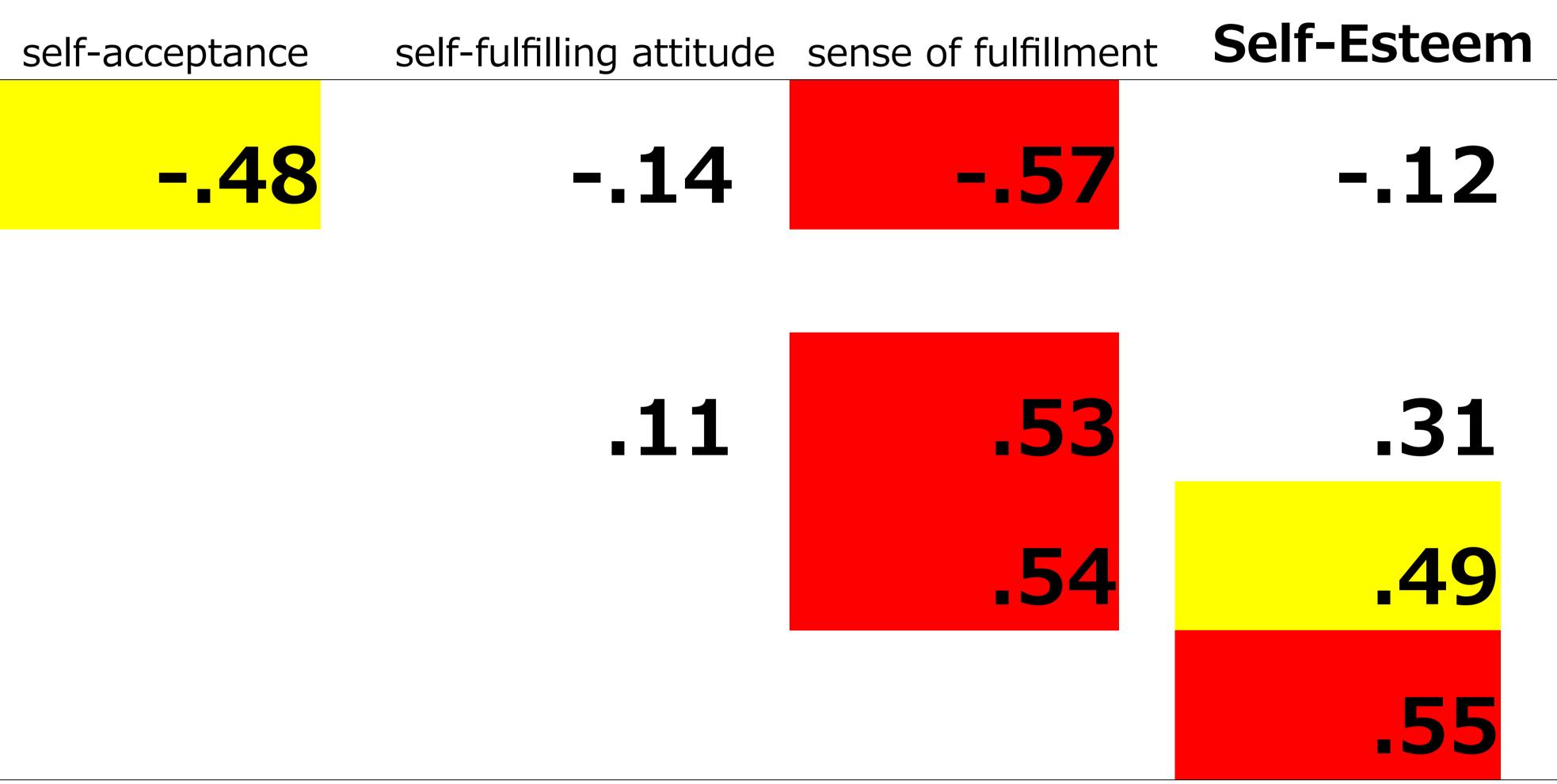
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[acknowledgement]

• AQ, Self-affirmation, and Self-Esteem were shown in Tab. 2 and Tab.3

Tab.3 Correlation among AQ, Self-affirmation, and Self-Esteem

Self-affirmation



Hiraishi. (1993). A Study on the Development of Self-Consciousness in Adolescence (II) : The relation between self-consciousness and perceived self by significant others. Bulletin of the

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