Adolescent Psychiatry

- Increase in consultation of Autism Spectrum Disorders.
- Persistent impairment in reciprocal social communication and interaction.
- Restricted, repetitive patterns of behavior, interests, or activities.

【Autism Spectrum Disorders (ASD)】

- Adolescents with ASD are unable to cope with characteristics of ASD.
- They have negative feelings in patient behavior.

【Characteristics 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

Some Nurses

【Strength of people with ASD】

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

【Purpose】

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

【Method】

Subject: Tab. 1

12 subjects were inpatients at the Adolescent Psychiatry in Japan.

They were adolescents with ASD and from 7th-grade to 12th-grade.

Measures:

- Self-administered questionnaires
  - Autism characteristics: Japanese version Autism Quotient (AQ)
  - Self-affirmation: Sense of Self-Positiveness Scale
  - Self-Esteem: Self-Esteem Scale Japanese version


Ethical considerations: This study was approved by University of Tsukuba Faculty of Medicine, Japan, and University of Tsukuba Hospital, Japan.

Informed consent was obtained from participants and their guardian caregivers before the initiation of any research procedures.

【Results】

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

Table 3 Correlation among AQ, Self-affirmation, and Self-Esteem

<table>
<thead>
<tr>
<th>Self-affirmation</th>
<th>Self-Esteem</th>
</tr>
</thead>
<tbody>
<tr>
<td>self-acceptance</td>
<td>-0.48</td>
</tr>
<tr>
<td>self-affirmation</td>
<td>-0.14</td>
</tr>
<tr>
<td>self-fulfilling attitude</td>
<td>-0.57</td>
</tr>
<tr>
<td>sense of fulfillment</td>
<td>-0.12</td>
</tr>
</tbody>
</table>

【Discussion】

High AQ → 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】


【Acknowledgment】

This work is supported by a grants-in-aid of the "Makajishi Mutsuko Nursing Practice Research Fund".