



## Asperger's and Depression: An Overview

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### Asperger's Syndrome

A person with Asperger's syndrome has unusual social functioning and repetitive behaviors. In other words, people with this diagnosis results in intelligent but fight with social situations:

### Signs and symptoms of Asperger's syndrome

If the person with this Asperger's may face trouble to make eye contact and don't know how to react with social situations. And they do not understand anybody languages or expressions and some emotions. If the person with Asperger's become consume with particular topic and talks in lengthy way that the conversation partner has lost interest. They do not smile when they are happy and may not laugh at fun time.

### Common characteristics of Asperger's syndrome

Sensitivity to light, loud noise and some other textures, Hold on talking about single topic, Having passion without letters or numbers, Having trouble making and friendship keeping.

### Causes of Asperger's

We recognize that Asperger's is the product of brain differences, as with all autism spectrum disorders, and has a genetic aspect. We also recognize that there are certain variables that raise the likelihood of Asperger's, such as being born to older parents, being exposed in utero to the medication valproate, and having a low birth weight.

Some have suggested that neurodiversity is a result of Asperger's and autism spectrum disorders and not a disorder per se. In other words, there is benefit in seeing the world differently and people with these brain variations often have abilities that are not accessible to someone with a "neurotypical" brain.

### Depression

Depression is a mood disorder that involves preserve feeling of loss of interest and sadness. Especially when it is long lasting depression may become serious health condition.

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**Primary depression:** Primary depression develops independently of another diagnosis, means if a person with Asperger's become stressed not related to autism but rather because of direct factors that cause symptoms.

**Secondary depression:** Depression can also develop secondary to Asperger's syndrome. In this case, life experiences with any social rejections that may lead to depressive development.

### How do Asperger's and Depression Relate

If the person with Asperger's and autism tend to co-exist, it is very hard to diagnose the depression with Asperger's because of an overlap of symptoms.

Symptoms of depression that may cause impairment in normal daily functioning:

1. Having low energy or fatigue
2. Losing interest in things you like to do
3. Losing weight or gaining weight
4. Feeling sad or guilty

### Coping with Asperger's and Depression

If the person is with Asperger's and depression, the best course is to accept the prevention from professionals, However if you are managing the symptoms of depression by your own such as taking healthy food, following regular exercise, practicing mindfulness, these are the types of coping plans or policy can also executed during the therapy to make sure that you are ultimately supported.

### Treatment for Overlapping Asperger's and Depression

**Social skills training:** Social skills training involve the suitable behavior and used to learn how to modify social situations.

**Speech language therapy:** Speech language therapy used to help people with Asperger's practice to balance their voice. As well as, how to use hand gestures and eye contact.

**Applied behavioral analysis:** Applied behavioral analysis used to strengthen the positive behaviors among autisms, particularly in children with more symptoms.

**Cognitive behavioral therapy:** It manages the negative thoughts that are the part of depression. Negative thoughts include emotions, meltdowns, and behaviors among those Asperger's.

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