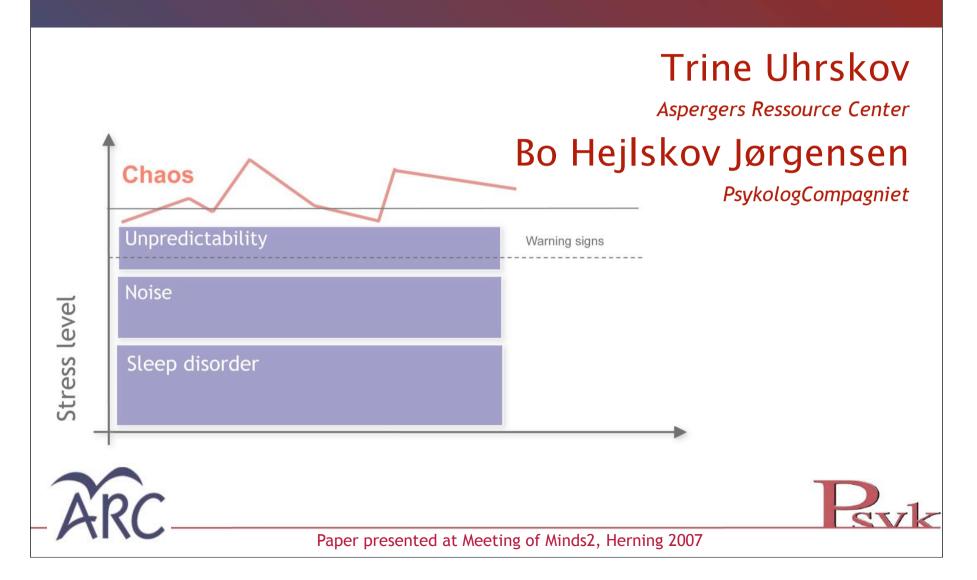
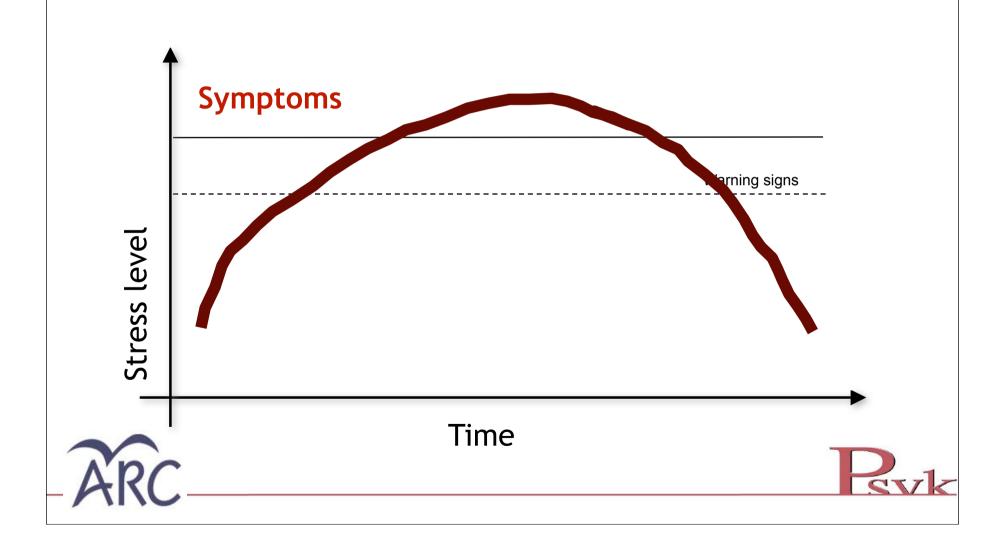
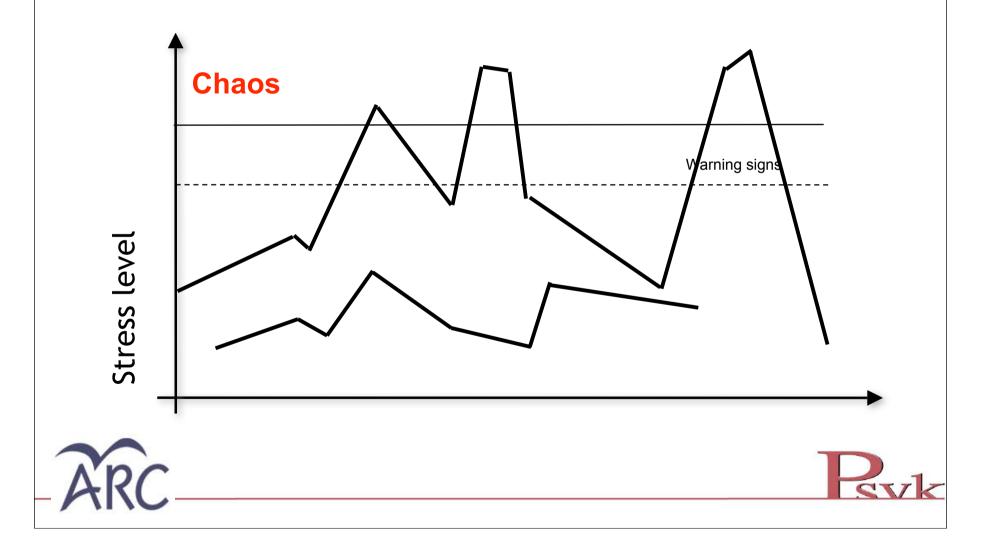
An adaptation of the stress-vulnerability model in autism

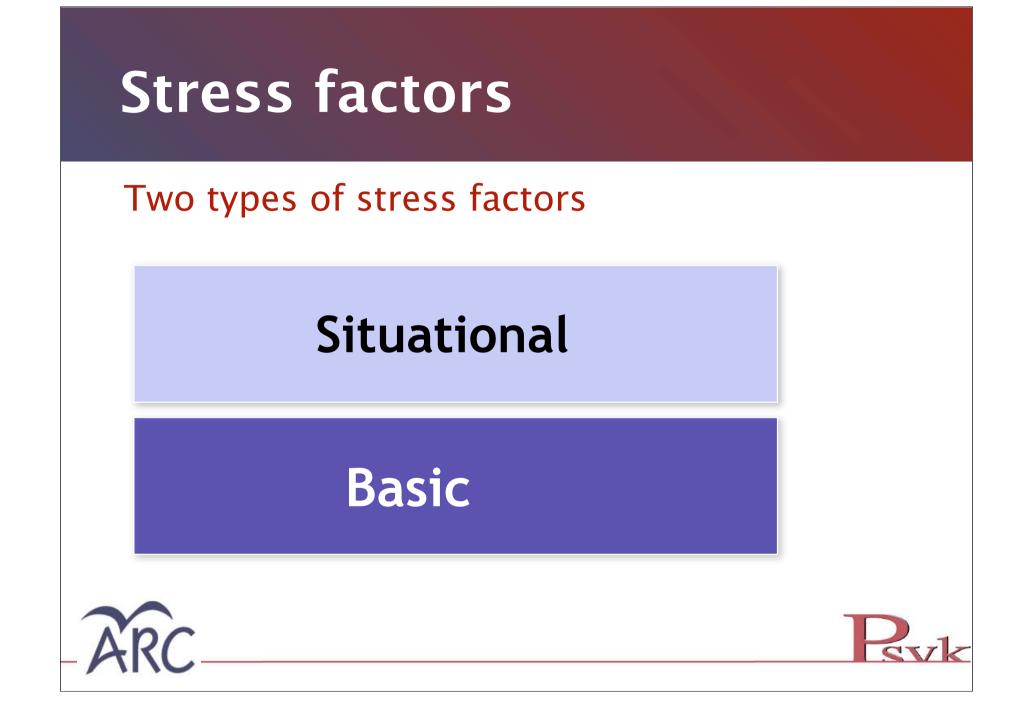


The Nuechterlein and Dawson stressvulnerability model in schizophrenia

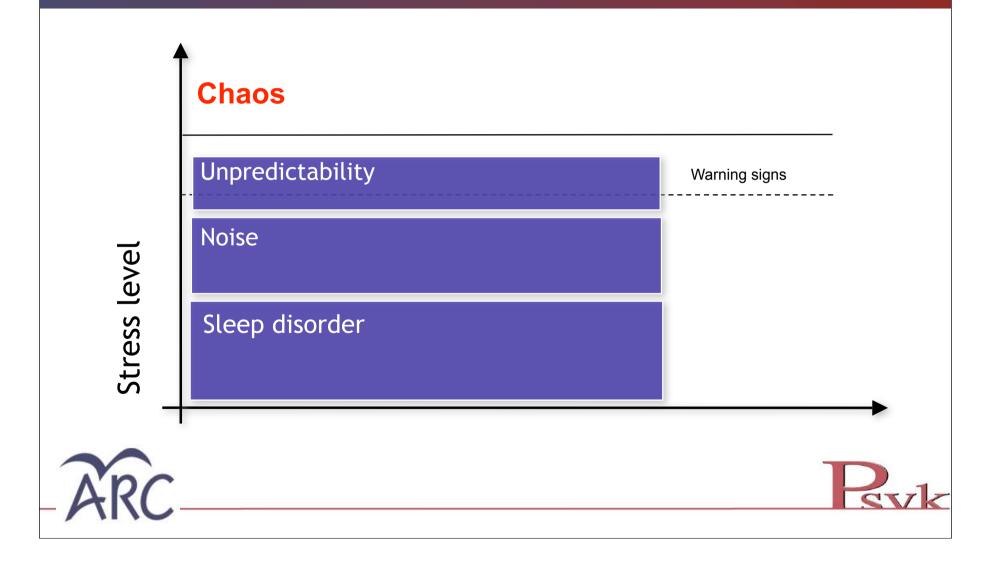


The Hejlskov Uhrskov Stress Model in Autism

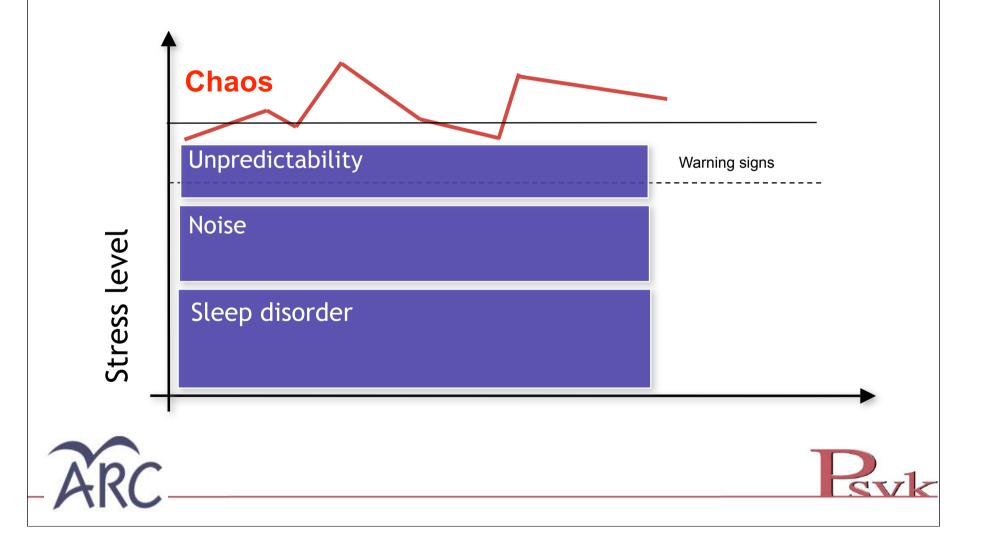




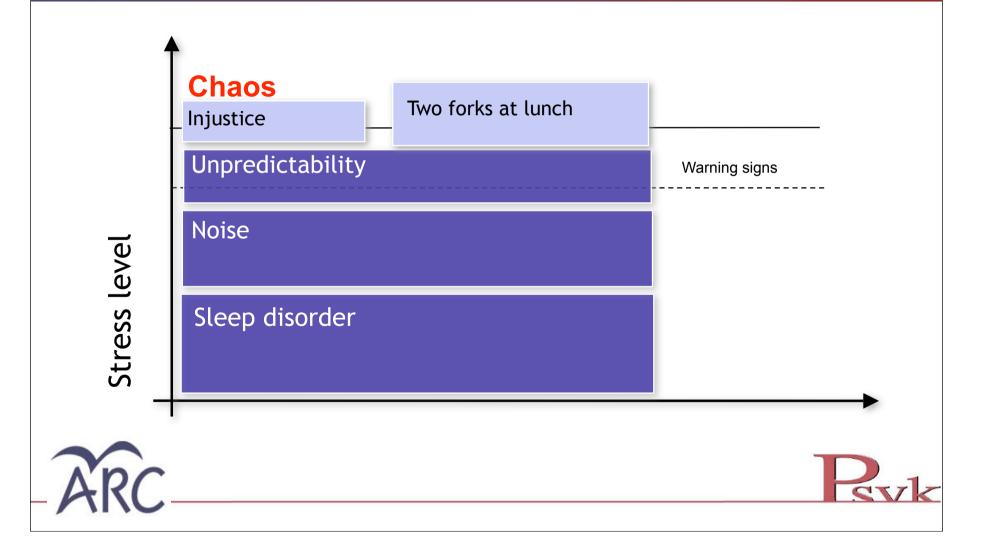
Basic stress factors



Situational stress factors



Situational stress factors



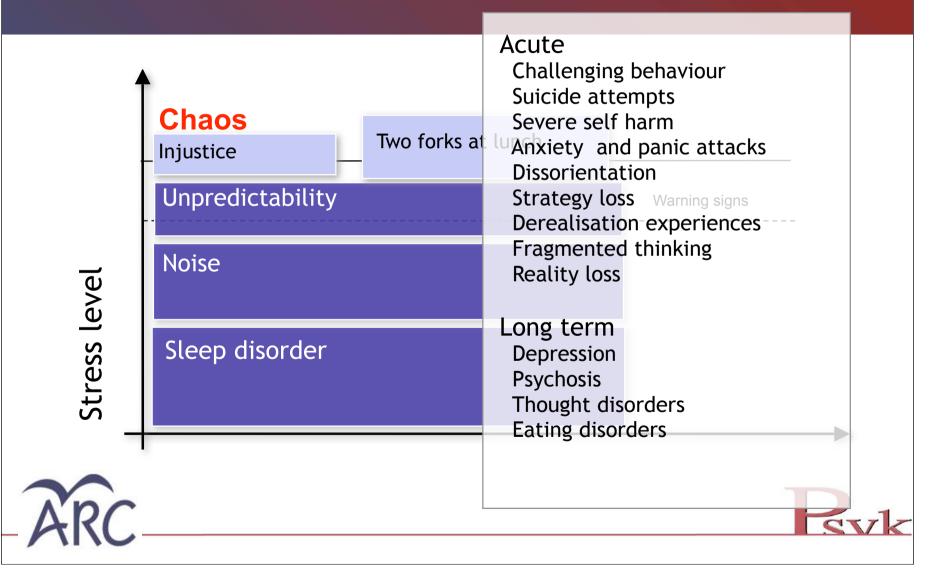
Basic stress factors – examples				
examples		Sleep disorders		
	Chaos	Unpredictability To many or too high demands Demands on flexibility Communication disorder Expressed emotion in the family		
	Unpredictability	Sensory issues Light		
Stress level	Noise	Noise etc		
	Sleep disorder	In addition in Asperger syndrome: Work load Siblings Loneliness		
ARC		Relational demands		
		Ryk		

Situational stress factors examples Conflicts Pain Infections Noise Chaos People you don't like Two forks at l Sudden changes Injustice Weather issues Unpredictability Loss of control^{arning signs} Food issues Noise Injustices **Stress level** Disappointments Feasts and parties Showering Sleep disorder

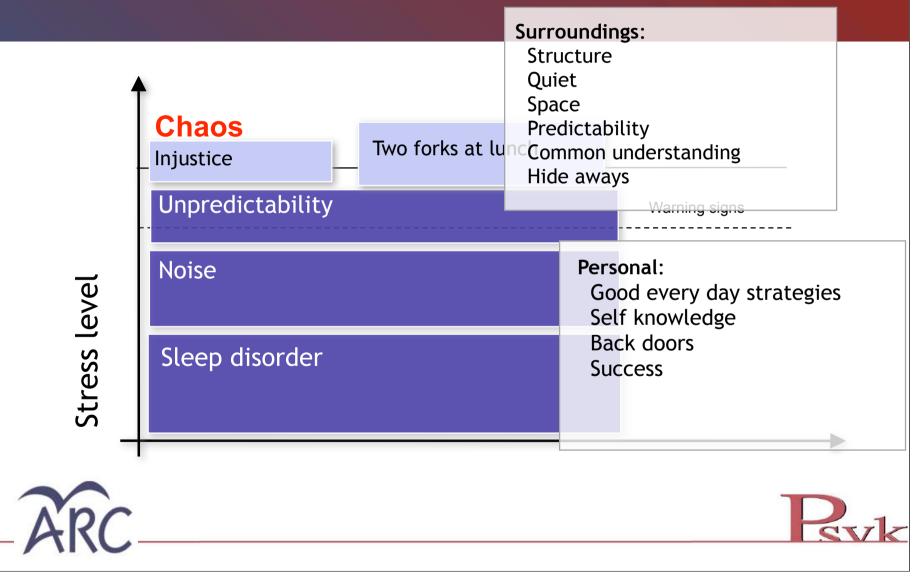
Warning signs – examples

		Negative:
	Presence Presence Social abilities Other abilities	Aggression Hightened server sensitivity Sound Light Irritability Obsessive corrulsive behaviour Pessimism Infections Mood instability Ritualistic behaviour Worrying and paranoia
Stress level	Seeking confirmation by partying, drinking, kissing the boys and having casual sex	Positive: Narrowing of focus Fatigue Special interests Coping oriented self harm

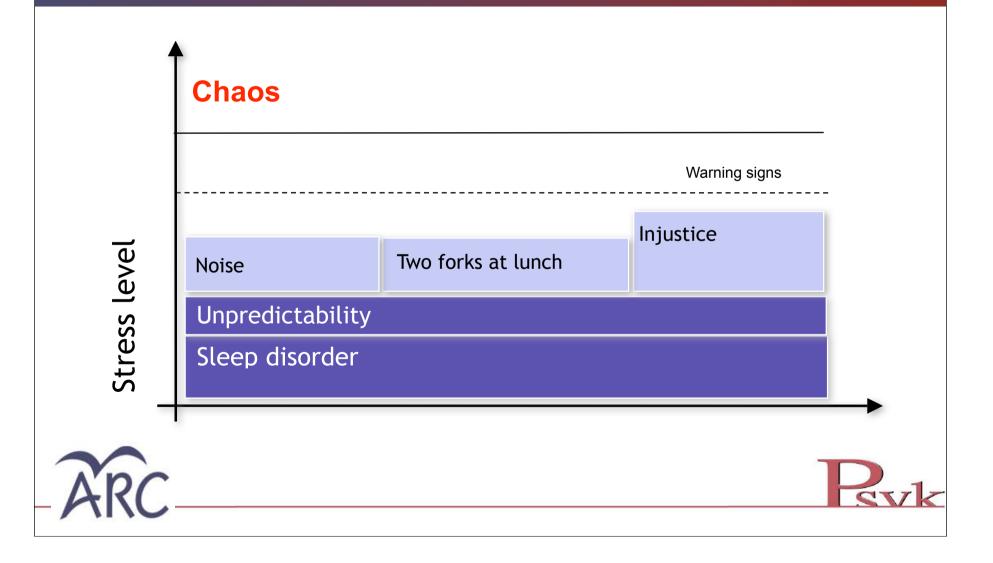
Chaos signs – examples



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





An adaptation of the stressvulnerability model in autism

Thanks



