

Module 7: Anxiety and Autism

Why People With Autism Become Anxious:

- A break in their regular routine.
- Being unable to predict what's happening next.
- A sense of loss of control of their immediate environment.
- Issues and difficulties with sensory processing and a fear of being exposed to sensory stimuli that may cause discomfort (e.g., loud or unfamiliar noises, bright lights etc.)
- A difficulty in coping with change and a deficit in social imagination.
- Difficulties with communication and being able to express their feelings and emotions.
- Emotional recognition: The ability to read other people's emotions can drive anxiety in people with autism (Theory of Mind).
- A lack of understanding of social situations and social norms.