

Psychiatric Comorbidities in Autism Spectrum Disorder: Prevalence and Treatment.

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Introduction

A complicated neurodevelopmental condition known as Autism Spectrum Disorder (ASD) is characterized by fundamental difficulties in social interaction and communication as well as repetitive behavioral patterns. The high frequency of psychiatric comorbidities in people with ASD, which have a substantial impact on diagnosis, treatment, and overall quality of life, has come to light in recent years. This summary gives a succinct overview of the prevalence and clinical importance of mental comorbidities in Autism Spectrum Disorder (ASD), as well as the newest therapeutic approaches designed to deal with this intricate confluence of illnesses. Recent epidemiological research and clinical observations show that co-occurring psychiatric disorders, such as anxiety disorders, Attention-Deficit/Hyperactivity Disorder (ADHD), depressive disorders, Obsessive-Compulsive Disorder (OCD), sensory processing disorders, eating disorders, and sleep disorders, are frequently present in people with Autism Spectrum Disorder (ASD). The disparity in prevalence rates between studies emphasises the need for more investigation to clarify underlying causes and pinpoint individuals who are more at risk. The difficulties brought on by ASD are exacerbated in those who also have psychiatric comorbidities. The primary symptoms of autism may be made worse by these comorbid conditions, which would increase career stress and functional impairment[1].

The overlap in symptomatology between ASD and co-occurring mental illnesses further complicates diagnosis and calls for a thorough study of how these conditions interact. Effective treatment planning for people with ASD and mental comorbidities necessitates individualized strategies that take into account the unique requirements and symptom profiles of these co-occurring diseases. Behavioral interventions, pharmaceutical therapies, or integrated approaches may be used as part of treatment plans to help both the fundamental symptoms of autism as well as any accompanying psychiatric issues. With a focus on their incidence, clinical implications, and cutting-edge treatment approaches, this research project intends to examine the landscape of psychiatric comorbidities in autism spectrum disorder. This study aims to improve diagnostic precision and the creation of more effective, individualized interventions for people with ASD and psychiatric comorbidities by developing a deeper understanding of the complex interactions between autism

and co-occurring psychiatric conditions. These initiatives ultimately aim to improve the general wellbeing and quality of life for this distinctive and diverse community. In recent years, there has been a substantial increase in clinical and academic interest in the coexistence of mental comorbidities in people with Autism Spectrum Disorder (ASD)[2].

A complicated neurological disease known as Autism Spectrum Disorder (ASD) is characterized by chronic difficulties in social interaction and communication as well as constrained, repetitive patterns of behavior, interests, or activities. While ASD by itself presents a number of difficulties for those who are affected and their families, the co-existence of psychiatric disorders can make diagnosis, treatment, and general quality of life even more difficult. The purpose of this introduction is to provide a concise review of the prevalence and significance of psychiatric comorbidities in ASD patients as well as the value of investigating treatment options specific to this particular demographic. It explains the expanding understanding of the relationship between autism and psychiatric problems as well as the necessity of in-depth study to comprehend and treat these intricate clinical manifestations[3].

In the past, the main conception of autism spectrum disorder was that it constituted a distinct illness. The significant frequency of mental comorbidities in people with ASD has, however, been increasingly highlighted by recent epidemiological studies and clinical observations. These comorbidities include, but are not limited to, a wide spectrum of illnesses, such as: Specific phobias, social anxiety disorder, and generalized anxiety disorder, characterized by signs of impulsivity, hyperactivity, and inattentiveness. Characterized by invasive, upsetting obsessions and ritualistic, repeating behaviors, involving unusual sensory sensitivity and responses, like picky eating or other unusual eating habits, such as nocturnal awakenings, circadian rhythm issues, and insomnia. It is clear that more research is necessary to understand the causes of this heterogeneity and to pinpoint the individuals who are most at risk because the prevalence rates of these comorbid mental illnesses within the ASD population vary significantly among studies. Clinical ramifications of psychiatric comorbidities in ASD patients are significant. The primary symptoms of autism may be made worse by several comorbid conditions, which can result in more severe functional impairment, a lower quality of life, and a heavier career load[4].

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Additionally, they provide special diagnostic difficulties because it can be difficult to separate the overlap in symptoms between ASD and co-occurring psychiatric illnesses. Understanding the intricate interactions between ASD and mental comorbidities is essential for effective treatment planning for people with both illnesses. It entails customizing interventions to target both the unique demands and symptom profiles linked to co-occurring illnesses as well as the fundamental characteristics of autism. Interest in creating and researching treatment strategies specific to this special demographic has been sparked by the realization of the incidence and importance of psychiatric comorbidities in those with ASD. In order to address not just the primary symptoms of autism but also the related psychiatric issues, such techniques may include behavioral therapies, pharmaceutical treatments, or a mix of both. With a focus on their incidence, clinical implications, and cutting-edge treatment approaches, this research project aims to examine the landscape of psychiatric comorbidities in autism spectrum disorder. We aim to increase diagnostic precision and the creation of more effective, individualized therapies for people with ASD and psychiatric comorbidities by developing a deeper knowledge of the interaction between autism and co-occurring mental

illnesses. By doing this, we hope to improve this special and diverse population's general wellbeing and quality of life[5].

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