

## ORIGINAL ARTICLE

## PARENTAL AWARENESS OF AUTISTIC SYMPTOMS IN CHILDREN

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## ABSTRACT

**Introduction:** Autism spectrum disorder is a collective term for a set of pervasive neurodevelopmental disorders characterized by moderate to severe impairments in expressive and receptive communication, social skills and socialization, and repetitive or stereotypical behaviors and interests. Evaluation and analysis of ASD includes a multidisciplinary group. Guardians should be made mindful of the angles identified with, social association troubles, discourse and language abilities delay, formative aptitudes delay, engine formative abilities delay for early distinguishing proof.

**Material & Methods:** The study design for this research was cross sectional survey. This study was carried out at Riphah International University Lahore Campus. Data was collected from Multan. The study duration was six month after the approval of BASAR. The study duration was January 2020 to August 2020. The study population included parents of Autistic children and parents of typically developing child. Children with age of 3 to 8 years were included. The inclusion and exclusion criteria were recruited to carry out the study after informed consent. The sample size for this study was 200. Autistic children with comorbidity were excluded. Children with above the age of 8 years were excluded. It consists of 24 questionnaires. A total of 5 speech and language pathologist were asked to give their responses according to the expert opinion Instrument's reliability confirmed with the help of Cronbach's alpha, the value of which was 0.809.

**Results:** The study findings provide a useful comparison of how people with and without autism view autism spectrum disorder in terms of awareness and perception. According to the study, there is a notable difference in the awareness and knowledge of autism between people who have it and those who do not.

**Conclusion:** It was concluded that both parents who have Autistic children and those who have normally developing children lack knowledge of the signs and symptoms of autism. However, somehow, parents of children with autism have little knowledge compared to normally developing children's parents.

**Key Words:** autism, awareness, chemical imbalance, neurodevelopmental, neurological

**Authors' Declaration:** The authors declared no conflict of interest and agreed to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved. All authors contributed substantially to the planning of research, question designing, data collection, data analysis and write-up of the article.

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**This article may be cited as:** Bibi S, Noreen H, Sameeullah H, Asghar S. Parental awareness of autistic symptoms in children. Rehman J Health Sci. 2024;6(1). 64-70

Submitted: Feb 02, 2024    Revisions Submitted: June 03, 2024    Accepted: June 30, 2024

## INTRODUCTION

Autism spectrum disorder is a collective term for a set of pervasive neurodevelopmental disorders characterized by moderate to severe impairments in expressive and receptive communication, social skills and socialization, and repetitive or stereotypical behaviors and interests.<sup>1</sup>

Autism is understood to be a severe social condition characterized by neurological injuries linked to a wide range of healing environments.<sup>2</sup> At the age of two years, chemical imbalance is diagnosed as neurological disorder. Males are more likely than females to experience chemical imbalance, early birth, and fragile syndrome. Its incidence is increasing year, and among newborns in the US, the ratio of this condition is 1 in 45. The rise in numbers can be attributed to either the disorder's risk factors or the diagnostic scale's gradual inclusiveness. If a parent notices signs of mental illness in their child, such as lack of eye contact, hyperactivity, increased attachment to toys, or lack of reaction.<sup>3</sup>

Autism spectrum disorder is evident before three years of age, with related impairment which affects individual life in many aspects. Since no biologic marker exists for the identification of Autism, professionals assess child development progress to access developmental issues. Causes of Autism are Virus or genetic problems, stress during pregnancy, immune system problems during pregnancy and due to MMR vaccine.<sup>4</sup>

Multidisciplinary teamwork for the treatment of autism Intervention is compulsory for Autistic child it is based on the cognition interpersonal skills, physiological problems. Treatment based on the scientific based practices Applied Behavior Analysis (ABA). Applied Behavior Analysis (ABA) is an exhaustive treatment dependent on learning and conducting science. Thorough ABA treatment expects to improve the reactions and practices of kids through the use of conduct science methods in a wide assortment of true settings.<sup>5</sup>

Mental imbalance is a long-lasting neurodevelopmental state which influences the way people process the world. Autistic people show contrasts in their social correspondence, social communications, tactile sensitivities, alongside limited and tedious interests and practices. The

pervasiveness of co morbid emotional well-being conditions in chemical imbalance is noticeably far above the ground. Challenges with emotional wellness are therefore thought to add to a less fortunate personal satisfaction in mental imbalance Robertson 2009.<sup>6</sup> The hallmarks of autism spectrum disorder include confined and repetitive interests and activities, as well as indicators of cognitive impairment in social conduct. It can be difficult for autistic children to operate when they exhibit violent behavior, severe tantrums, and self-harm. A crucial upgrade of these connected maladaptive practices was brought about by the handling of the uncharacteristic neuronal risperidone in the underlying examination of the chemical imbalance complex of the explore unit laying on Pead's Psychopharmacology.<sup>7</sup>

This study was conducted between 2 different families one family had autistic child and other one was not face this typically situation. Results showed that guardians of both mentally unbalanced and non-medically introverted youngsters were similarly prone to recognize vignettes of normally creating kids, yet guardians of medically introverted kids showed up progressively careful to indications of atypical improvement. Investigation of meeting information distinguished key socio-cultural elements that either helped or frustrated the consideration of families with medically introverted kids inside the network, including the community's view of incapacity, convictions about the reasons for mental imbalance in the Western world and in number dependence on strict convictions in understanding and tolerating a chemical imbalance analysis.<sup>8</sup>

This study included the knowledge about Autism between developed countries and Pakistan method was used for this study med guide Clinical Directory for the sample frame.it is basic that general experts in Karachi increase a contemporary comprehension of ASD with the goal that convenient intercession can be executed.<sup>9</sup>

The study was conducted on the significance of early distinguishing, in parents among Autism. The technique included readiness of pictorial slides for the learning bundle, a self-planned survey, to evaluate the mindfulness level about mental imbalance, when the instructive program. A booklet and flyer about ASD were additionally arranged. The outcomes were exposed to rate investigation Evaluation and analysis of ASD includes a multidisciplinary

group. Guardians should be made mindful of the angles identified with, social association troubles, discourse and language abilities delay, formative aptitudes delay, engine formative abilities delay for early distinguishing proof.

## MATERIAL AND METHODS

The objective of this study was to find the parental awareness of autistic symptoms among parents with autism and typically developing children in Multan Pakistan. The study design was comparative cross-sectional survey. Data was collected from Neuron clinic Multan and Al Khaliq Patients care Nishter Road Multan. The study duration was 6 month after the approval of BASAR. The study duration was January 2020 to August 2020. Data was taken from parents of autistic and typically developed children between the ages of 3 to 8 years. Convenient sampling technique was used in this study. Participants were recruited who fulfill the criteria of inclusion. Sample size of 200 was calculated on the bases of prevalence of autism which was 45%(10) by using 95% confidence level and 5% significant interval through online calculator. The total sample size was 200 parents of children with Autistic Symptoms and typically developed children.<sup>11</sup> Those parents were included in the study whose children were Autistic and typically developed. Those parents were included whose children ages were between 3 to 8 years. Children of the parents who were more than 8 years were not included in the study. Autism with CP or Autism with hearing impairment, Autism with or other structured issues were excluded. Medical conditions such as epilepsy, developmental disorder, intellectual disability, were also excluded.

A self-developed questionnaire was developed through literature review and expert opinion. All the participants fulfilling the inclusion and exclusion criteria were included in the study after taking informed consent. Medical conditions and other diseases with Autism were excluded such as epilepsy. Data were analyzed through SPSS21. A self-developed questionnaire was developed with the help of literature review and expert opinion. Instrument's reliability was confirmed with the help of Cronbach's alpha, it was 0.89. The data was statistically

analyzed by application of descriptive statistics through SPSS21.

## RESULTS

Table No.1: Descriptive Statistics

Table No. 2: Awareness of Autism

The study findings provide a useful comparison of how people with and without autism view autism spectrum disorder in terms of awareness and perception.

According to the study, there is a notable difference in the awareness and knowledge of autism between people who have it and those who do not.

## DISCUSSION

The objective of this study was to investigate the parental awareness of autistic symptoms in children. According to the result of current study it is revealed that there are number of people whom they don't know about Autism. Most people don't agree with autism's strong signs and symptoms. Respondents strongly agree or disagree with different assessment questionnaire methods. For example, considering present study, we give a strong sign of autism, which was hand flapping, but most people responded that they did not agree with the sign. And some people agree that they have autism child, but without autism, parents don't know about different signs of autism. The findings of this study consist of the findings of past research, whose result indicate that, shockingly, our populace showed an absence of mindfulness and information with respect to chemical imbalance. To fill this hole, mindfulness projects ought to be directed to advance parent's information with respect to chemical imbalance, to consider early findings and a suitable treatment plan. On a positive note, most were eager to get their youngsters tried and treated in the event of a conclusion. Be that as it may, just few members knew about mental imbalance communities. General specialists are expected to assume a key function in guiding guardians about mental imbalance.<sup>3</sup>

The findings of this research explained that there is a need to raise awareness about autism among parents. Even well-educated people in any field do not know about autism. Past studies also co-relate with current study results, so that current experts in the field contain an uneven knowledge of mental imbalance because of the essence of a few misunderstandings with respect to many the striking things to see of chemical imbalance including influential, intellectual and

enthusiastic things to see. The examination has experimental ramification and call designed for proceed with training for medical care specialists across disciplines regarding chemical Imbalance in Multan.<sup>11</sup>

The current study explains that schoolteacher knowledge of autism is insufficient. The teacher doesn't know about early signs of autism. Past studies also agree with the current study. Instructors have an insufficient comprehension of mental imbalance because of a few misguided judgments.<sup>12</sup>

The primary school teacher does not know about autism. It is compulsory for all teacher primary teachers to be basic caregivers for children. In the light of past research, primary school teachers have insufficient knowledge. The absence of mindfulness among educators with respect to chemical imbalance. We recommend that schools execute legitimate preparation programs for educators to prepare them to diagnose autistic kids and then show them likewise.<sup>13</sup>

According to the current study, people in the urban areas have more knowledge about autism than people in ruler areas people. The lack of awareness is greater in ruler areas than in urban areas. Considering past studies, a lack of autism awareness among mothers is common. It is important that the mother's knowledge is most important among those with autism. The discovery shows helpless information and disposition of mother towards kids with mental imbalance problem. This finding isn't unexpected, in light of the fact that in most country networks, a significant number of the essential medical care habitats are not appropriately prepared for determination of the problem and demeanor of networks towards the infection is as yet poor.<sup>14</sup>

We know from the current study that some children have autism. Those parents have enough knowledge about autism. Those parents' children who do not have autism, so they don't know much about autism. A lot of people blame only society for the cause of autism. According to past study in the center aspect of the twentieth century, guardians were every now and again accused of causing chemical imbalance. Even though this thought is not, at this point, predominant in proficient circles, this subjective examination shows that guardians

experience fault from network individuals and more distant family. Eleven guardians of youngsters with chemical imbalance partook in two center gatherings. This subjective examination analyzed topics of parent fault just as guardians' own conceptualizations of chemical imbalance. Results shows that guardians experienced fault for their youngsters' mental imbalance related conduct from people in general and more distant family, yet most guardians saw the kid with chemical imbalance in certain manners.<sup>15</sup>

There is a lack of awareness about autism among parents and professionals in Multan. Due to the lack of diagnosis in the beginning, it goes to an extreme level. General specialists (GPs) could have a significant role in early analysis of chemical imbalance. There have been no examinations assessing the information on GPs with respect to mental imbalance in Multan. We planned to fill that hole by surveying information and mentality of GPs in Multan with respect to chemical imbalance. We led a cross-sectional study about "mental imbalance." Our outcomes show that GPs under 30 years old and the individuals who acquired their Medical Degree over the most recent 5 years are bound to report information about chemical imbalance. Likewise, among those detailing information about chemical imbalance, many held misguided judgments with respect to the signs and side effects and etiology.

## CONCLUSION

It was concluded that both parents who have Autistic children and those who have normally developing children lack knowledge of the signs and symptoms of autism. However, somehow, parents with autism have little knowledge compared to normally developing children's parents.

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Table No.1: Descriptive Statistics

Attribute	Distribution		
	Values	Number	Percent
Gender	Female	128	64
	Male	72	36
Age(years)	20-30	54	27
	30-40	110	55
	40 years above	36	18
	M.S	43	21.5
Education	Master	48	24
	Bachelor	43	21.5
	F.A	29	14.5
	other	37	18.5
Residence	Urban	108	54
	Rural	92	46
Institution	Public	95	47.5
	Private	87	43.5

Table No 2. Awareness of autism

Autism awareness		Agree	Strongly agree	I Don't know	Strongly disagree	Disagree
I know enough about autism spectrum disorder	With Autism	71	29	0	0	0
	Without Autism	22	8	44	9	17
Children with autism do not show social interaction, even to Family members	With Autism	42	16	2	28	12
	Without Autism	17	3	42	24	14
Autism is a neurodevelopmental disorder	With Autism	44	31	3	14	8
	Without Autism	22	8	21	26	23
Motor developmental delayed is a sign of autistic child	With Autism	45	20	3	17	15
	Without Autism	12	1	17	34	36
Autistic children's withdrawal is most part because of cold, rejecting parents	With Autism	9	1	1	61	28
	Without Autism	13	0	35	26	26
Lack of interest in interacting with other children	With Autism	52	12	0	22	14
	Without Autism	13	2	34	37	14
Children with autism have special talents or abilities	With Autism	46	17	1	21	15
	Without Autism	9	1	33	32	25
Autism presents just in childhood	With Autism	22	13	24	26	15
	Without Autism	0	0	69	14	17
Parental advising on preparing methods is one successful treatment of Autism	With Autism	55	10	3	16	16
	Without Autism	10	2	55	20	13
Functioning level is poor in Autistic child	With Autism	46	15	10	21	8
	Without Autism	12	0	26	24	38
Autism is under-perceived and frequently missed in general practice	With Autism	54	13	4	15	14
	Without Autism	11	3	36	31	19
Autistic children don't feel afraid.	With Autism	14	12	5	41	28

	Without Autism	24	6	37	17	16
Lack of eye contact is a sign of autism	With Autism	32	15	6	36	11
	Without Autism	17	7	39	26	11
Lack of eye contact is a sign of autism	With Autism	41	11	1	33	14
	Without Autism	12	6	51	15	16
A child with poor language skills is autism sign	With Autism	29	20	6	26	29
	Without Autism	20	5	30	21	24
Autistic children get problems in the minor change of routine life	With Autism	30	17	4	38	11
	Without Autism	29	2	36	38	13
Autistic child has limited or deficient of attention span	With Autism	57	23	4	7	9
	Without Autism	14	3	42	23	18
Autistic child play with same toy for hours	With Autism	21	5	5	49	20
	Without Autism	14	5	43	22	16
Autism can occur in mild as well as extreme form	With Autism	59	11	4	17	9
	Without Autism	16	9	42	15	18
Hand Flapping is a common sign of Autism	With Autism	15	51	3	17	14
	Without Autism	15	9	42	20	14
Autistic children produce unusual sound every time	With Autism	28	32	15	17	8
	Without Autism	13	2	29	31	25
I understand Autism is a for life condition	With Autism	21	3	31	33	12
	Without Autism	13	2	52	27	6
Autism is treatable/curable	With Autism	6	2	5	53	34
	Without Autism	6	1	69	14	9
Lack of awareness about autism among professionals or parents in Pakistan	With Autism	45	19	0	25	11
	Without Autism	9	25	23	30	13