



# Asperger Syndrome

## What Is Asperger Syndrome?

Asperger syndrome (AS), one of the autistic spectrum disorders, is a pervasive developmental disorder characterized by an inability to understand how to interact socially. AS is commonly recognized after the age of 3 years. People with high-functioning autism are generally distinguished from those with AS because autism is associated with marked early language delay. Other characteristics of AS include clumsy and uncoordinated motor movements, limited interests or unusual preoccupations, repetitive routines or rituals, speech and language peculiarities, and non-verbal communication problems. Generally, children with AS have few facial expressions. Many have excellent rote memory, and become intensely interested in one or two subjects (sometimes to the exclusion of other topics). They may talk at length about a favorite subject or repeat a word or phrase many times. Children with AS tend to be self-absorbed, have difficulty making friends, and are preoccupied with their own interests.

## Is There Any Treatment?

There is no specific course of treatment or cure for AS. Treatment may include psychotherapy, parent education and training, behavioral modification, social skills training, educational interventions, and medications for specific behavioral symptoms.

## What Is the Prognosis?

Children with AS have a better outlook than those with other forms of pervasive developmental disorders, but in most cases, these individuals will continue to demonstrate difficulties in social interactions. There also is an increased risk for development of psychosis (a mental disorder) and/or mood problems such as depression and anxiety.

## Additional Resources

MAAP Services for Autism, Asperger's and PDD  
P.O. Box 524  
Crown Point, IN 46308  
(219) 662-1311  
Internet: [www.maapservices.org](http://www.maapservices.org)  
E-mail: [chart@netnitco.net](mailto:chart@netnitco.net)

Autism Network International (ANI)  
P.O. Box 35448  
Syracuse, NY 13235-5448  
Internet: <http://ani.autistics.org>  
E-mail: [jsincla@mailbox.syr.edu](mailto:jsincla@mailbox.syr.edu)

Autism Society of America  
7910 Woodmont Ave., Suite 300  
Bethesda, MD 20814-3067  
(301) 657-0881 or 1-800-3AUTISM (1-800-328-8476)  
Internet: [www.autism-society.org](http://www.autism-society.org)  
E-mail: [info@autism-society.org](mailto:info@autism-society.org)

National Organization for Rare Disorders (NORD)  
P.O. Box 1968  
(55 Kenosia Ave.)  
Danbury, CT 06813-1968  
(203) 744-0100 or 1-800-999-NORD (1-800-999-6673)  
Internet: [www.rarediseases.org](http://www.rarediseases.org)  
E-mail: [orphan@rarediseases.org](mailto:orphan@rarediseases.org)

National Institute on Deafness and Other Communication Disorders Information Clearinghouse  
1 Communication Ave.  
Bethesda, MD 20892-3456  
1-800-241-1044  
TTY: 1-800-241-1055  
Internet: [www.nidcd.nih.gov](http://www.nidcd.nih.gov) E-mail: [nidcdinfo@nidcd.nih.gov](mailto:nidcdinfo@nidcd.nih.gov)

National Institute of Child Health and Human Development (NICHD)  
National Institutes of Health  
31 Center Drive, Rm. 2A32 MSC 2425  
Bethesda, MD 20892-2425  
(301) 496-5133  
Fax: (301) 496-7101  
Internet: [www.nichd.nih.gov](http://www.nichd.nih.gov)

National Institute of Mental Health (NIMH)  
National Institutes of Health  
6001 Executive Blvd., Rm. 8184, MSC 9663  
Bethesda, MD 20892-9663  
(301) 443-4513  
TTY: (301) 443-8431 or 1-866-615-NIMH (1-866-615-6464)  
Fax: (301) 443-4279  
Internet: [www.nimh.nih.gov](http://www.nimh.nih.gov)  
E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

Learning Disabilities Association of America  
4156 Library Rd., Suite 1  
Pittsburgh, PA 15234-1349  
(412) 341-1515 or (412) 341-8077  
Fax: (412) 344-0224  
Internet: [www.ldaamerica.org](http://www.ldaamerica.org)  
E-mail: [ldanat1@usaor.net](mailto:ldanat1@usaor.net)