

# 6<sup>th</sup> European Autism Congress

## May 27-28, 2024 | Paris, France

Volume : 27

### Friendship, Employment and Well-Being in Adults with Autism Spectrum Disorder

**Ahmed M Al-Ansari**

FRCPC, Arabian Gulf University, Kingdom of Bahrain

**Background:** The long-term outcome of cases of Autism Spectrum Disorder (ASD) varied in different studies according to the study population.

**Objectives :** Assess the level of intimate relationship, employment opportunities, and general well-being of a cohort of ASD cases from childhood to adulthood in an Arabic country.

Method : Prospective design.

**Sample:** All traceable cases of young adults who were diagnosed almost 20 years ago in the Kingdom of Bahrain (n=81). The response rate was 81%. Their caregivers, who were mostly their mothers, were reached by telephone or by face-to-face interviews to fill a fact sheet prepared for the study. Information includes gender, mean age, mean age at diagnosis, presence of comorbidities such as epilepsy, intellectual disability (ID), family history of mental illness, presence of intimate relationships, employment, sexual interest and behavior, and use of medication.

**Results :** 3 (3.7%) are working, 6 (7.4%) completed a high school/university education, one-fifth (13) had a relationship that extended over one year. A third (26) exhibited inappropriate sexual behavior, half (42) used medication, a quarter (21) had a history of seizures, and all of them are living with family and attending rehabilitation services. None of the patients are married.

**Discussion and Conclusion :** Adult ASD patients who were followed up after 20 years showed poor prognosis in almost half of the cohort and very poor development in their relationships and employment. It seems that cases of ASD and ID constituted a distinct group with a lower outcome. In the future, the focus of investigation should be directed toward studying the ASD group only in comparison to the general population.

**Keywords:** ADHD, Bahrain, Comorbidity, Children, Prevalence.

#### Biography

Professor of Psychiatry, College of Medicine and Medical Sciences, Consultant Child Psychiatrist, Ministry of Health – Kingdom of Bahrain holding a senior Position in the field of disability, Vice President at the Bahraini Association for Intellectual Disability and Autism , President at the Bahraini ADHD society, with vast experience and contribution towards community efforts in Mental Health, Education and research.

ahmedm.alansari@gmail.com

Abstract received : Jan 21, 2023 | Abstract accepted : Jan 22, 2023 | Abstract published : 10-06-2024