TWO CASES ABOUT LATE DIAGNOSED HIGH FUNCTIONING AUTISM IN ADULTS

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BACKGROUND AND AIMS: To present a scientific poster discussing two atypical cases considering a 21 years old woman and a 23 years old man with possible High Functioning Autism (HFA). Austim Spectrum Disorders (ASD) are an heterogenous group of disorders, oftenly undiagnosed or misdiagnosed by Psychiatrists, especially when considering those with HFA. It's predicted that around 70% of the HFA group has a comorbid Psychiatric Disease, wich oftenly leads them to their very first Psychiatric Consultation and a wrong or incomplete diagnosis. This poster seeks to ilustrate this dilemma, depicting two clinical cases from our Hospital.

OBJECTIVES AND METHODS Two clinical cases are presented. An unsystematic bibliographic review was conducted consulting scientific books while using the search engine Pubmed® and the keywords: "Autism Spectrum Disorders in Adults" and "Austim Spectrum Quotient Reliability and Validity". Both these cases were treated as inpatients in our hospital, receiving multiple diagnosis and pharmacological treatments before a diagnosis of HFA was first considered. An exhaustive review of their clinical history was done, and ultimately they performed online the english versions of the Autism Spectrum Quotient (ASQ) and the Ritvo Austim Asperger Diagnostic Scale-Revised (RAADS), scoring both positive for possible Asperger Syndrome. ASQ scores between 26-32 indicate possible HFA, RAADS scores higher than 14 also indicate possible HFA.

RESULTS

CASE 1

- Man, 23 years old, lives with his family, unemployed. Came to our hospital for anorexia with severe food restrictions; along the interview, he shared with the interviewers his political, vegan and messianic believes, leading to an internment for further investigation
- Internment: rigid behaviours, with hard adaptation to the ward rules; his believes did not respond to the trial with diferent antypshichotics and antidepressives
- Mental State Exam: distant contact, with hipomimic face, self-referential and not-spontaneous speech, with monocordic prosody; neutral mood
- Previous psychiatric diagnosis: Psychosis (made in a private clinic)
- Difficulties in adaptation periods (changing schools, or finding a job, for example); very few friends; special interests, like Harry Potter universe, with adderence to socially pair-accepted behaviours, like smoking cannabinoids or joining a extreme left political party; never had a significant relationship
- MRI: pituitary microadenoma; slight accentuation of the parietal sulcus, with a predominance on the left hemisphere
- **ASQ 28; RAADS: 26**

CASE 2

- Woman, 21 years old, single, unemployed, lives alone. Came to our hospital with anxiety crisis and suicidal ideation
- Previous psychiatric diagnosis: Attention Deficit and Hiperactivity Disorder; Hebephrenic Schizophrenia; Depressive episode; Borderline personality disorder
- Mental State Exam: fixed and uncomfortable contact; self-referential speech, sometimes innapropriate, with rich vocabulary; has a "forced" sense of humour,
- Born premature, with 7 months; not breastfeeded
- History of adaptation difficulties at school transitions; difficulty in interacting with other same-age people "I feel a void since I was a kid... I always knew that I was different"; walks towards home always on the same side of the road
- Very strict group of friends, mostly online; has 6 movies on the computer, wich she rewatches commonly; has a special interest in lights and unicorns
- **ASQ 30; RAADS: 38**

CONCLUSIONS ASD are a possbile range of diagnoses amongst many others for these cases. Positive results in ASQ and RAADS are not enough for setting a diagnosis. ASD remains a controversial group between Psychiatrists. Recently, the exclusion of the Asperger Syndrome from the DSM-5 generated further confusion. Portugal remains without a validated evaluating tool for the autist adult population, increasing the difficulty for evaluating and correctly treating this particular population.

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