

ASD SCREENING ASSESSMENT REPORT

Report Generated: January 24, 2026 at 04:59 PM

Assessment ID: 123e36de-6f41-4472-ad4c-0fa8931af684

Subject Name: Sakshi

ASSESSMENT RESULTS

Risk Level:	High
ASD Probability:	95.0%
Model Confidence:	95.0%

DEMOGRAPHIC INFORMATION

Name:	Sakshi
Age:	25 years
Gender:	Male
Country:	India
Jaundice at Birth:	Yes
Family History of ASD:	Yes
Respondent:	Self

BEHAVIORAL ASSESSMENT (AQ-10)

Question	Domain	Response
Q1	Sensory Awareness	Yes

Q2	Attention to Detail	Yes
Q3	Social Attention	Yes
Q4	Attention Switching	Yes
Q5	Cognitive Flexibility	Yes
Q6	Communication	Yes
Q7	Social Awareness	Yes
Q8	Social Imagination	Yes
Q9	Pattern Interests	Yes
Q10	Social Intuition	Yes

COMPREHENSIVE RECOMMENDATIONS

1. Medical Consultation & Treatment

- Consult with a developmental pediatrician or child psychiatrist for comprehensive evaluation
- Consider Applied Behavior Analysis (ABA) therapy - evidence-based intervention
- Discuss medication options with psychiatrist if co-occurring conditions exist (anxiety, ADHD, sleep issues)
- Medications may include: Risperidone or Aripiprazole for irritability (FDA approved for ASD)
- Melatonin supplements for sleep regulation (consult doctor for dosage)
- Regular monitoring and follow-ups every 3-6 months

2. Therapeutic Interventions

- Applied Behavior Analysis (ABA): 20-40 hours per week recommended
- Speech and Language Therapy: Focus on communication skills and social pragmatics
- Occupational Therapy: Address sensory processing and fine motor skills
- Social Skills Training: Group sessions for peer interaction
- Cognitive Behavioral Therapy (CBT): For managing anxiety and emotional regulation
- Parent training programs: PCIT (Parent-Child Interaction Therapy) or similar

3. Yoga & Mindfulness Practices

- Child's Pose (Balasana): Calming effect, reduces anxiety - 2 minutes daily
- Tree Pose (Vrksasana): Improves balance and focus - 1 minute each leg
- Cat-Cow Stretch (Marjaryasana-Bitilasana): Body awareness and coordination - 5 repetitions
- Butterfly Pose (Baddha Konasana): Hip opening and calming - 2 minutes
- Deep Breathing (Pranayama): 5-10 minutes daily for emotional regulation
- Progressive Muscle Relaxation: Before bedtime for better sleep

4. Lifestyle Modifications

- Establish consistent daily routines with visual schedules
- Create a sensory-friendly environment at home (quiet spaces, soft lighting)
- Limit screen time to 1-2 hours daily with educational content
- Encourage physical activity: 60 minutes daily (swimming, cycling, dancing)

- Use social stories to prepare for new situations or transitions
- Implement positive reinforcement strategies consistently

5. Nutritional Recommendations

- Gluten-free, casein-free diet (GFCF) - consult nutritionist before starting
- Omega-3 fatty acids: Fish oil supplements (500-1000mg daily)
- Probiotic-rich foods: Yogurt, kefir for gut health
- Avoid artificial colors, preservatives, and high-sugar foods
- Ensure adequate vitamin D (sunlight exposure or supplements)
- Zinc and magnesium supplements if deficient (blood test recommended)

IMPORTANT MEDICAL DISCLAIMER

This assessment report is generated by an AI-powered screening tool and is NOT a clinical diagnosis. The results should be used as a reference point for discussions with qualified healthcare professionals. All recommendations provided are general guidelines and must be customized by licensed medical practitioners based on individual needs, medical history, and comprehensive evaluation.

Always consult with:

- Licensed pediatrician or family physician
- Developmental pediatrician or child psychiatrist
- Certified therapists (ABA, OT, Speech, etc.)
- Registered dietitian for nutritional advice

Do not:

- Self-diagnose or self-medicate based on this report
- Start any medication without professional prescription
- Discontinue existing treatments without consulting your doctor
- Delay seeking professional medical advice

This report is for informational purposes only and does not establish a doctor-patient relationship.

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