



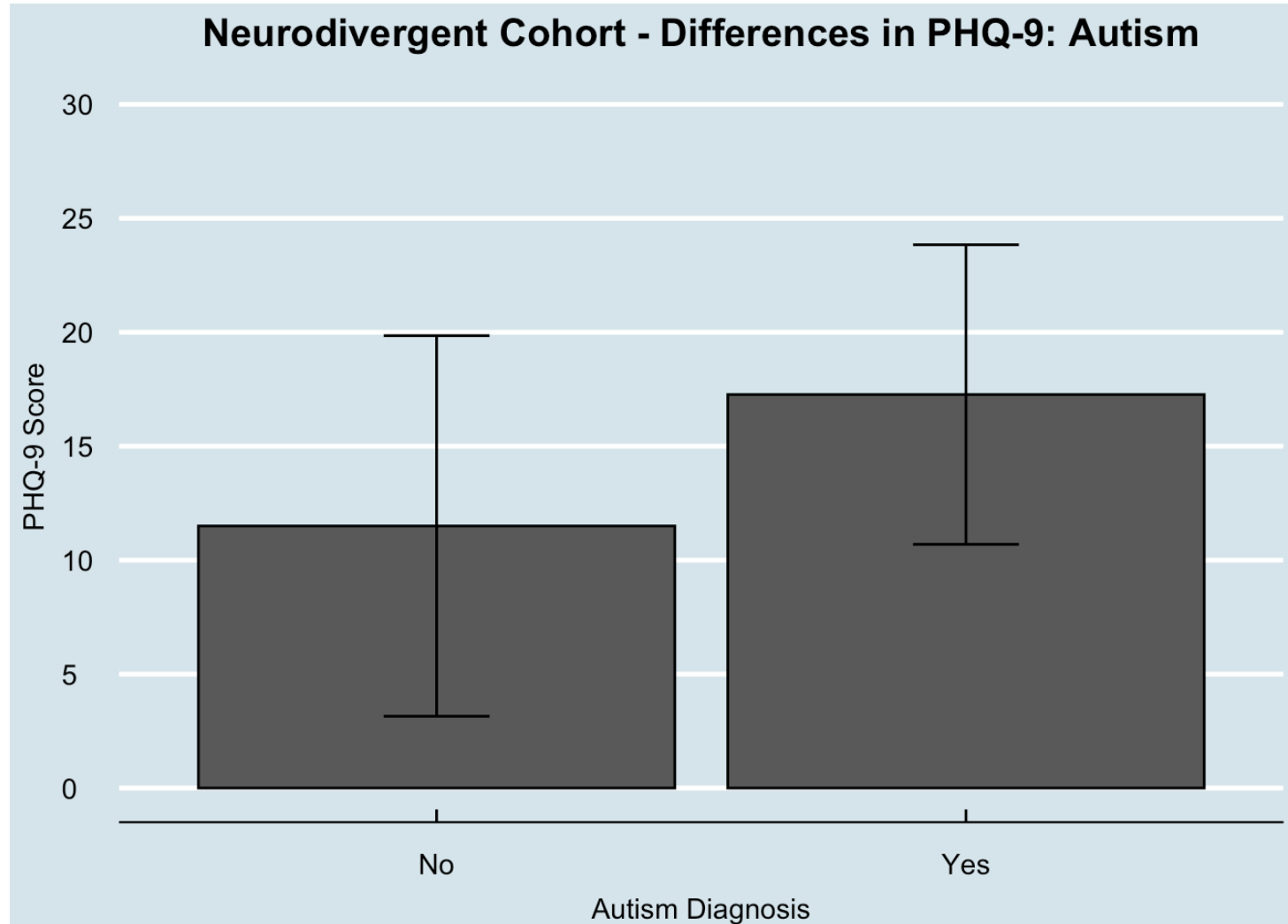
# NEURODIVERGENT COHORT ANALYSIS

J O R G E V A L D E R R A M A

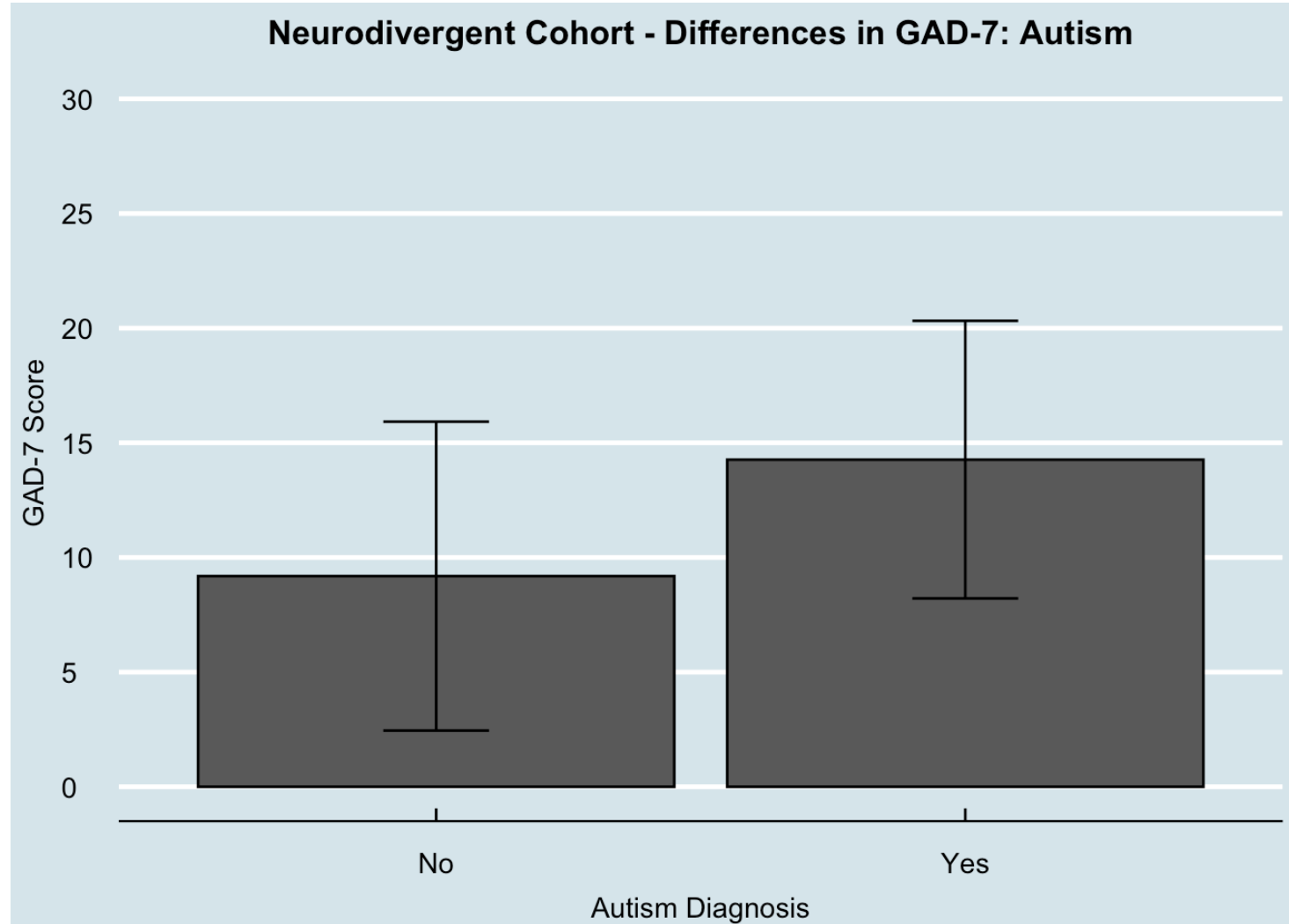


# IMPORTANT FINDINGS

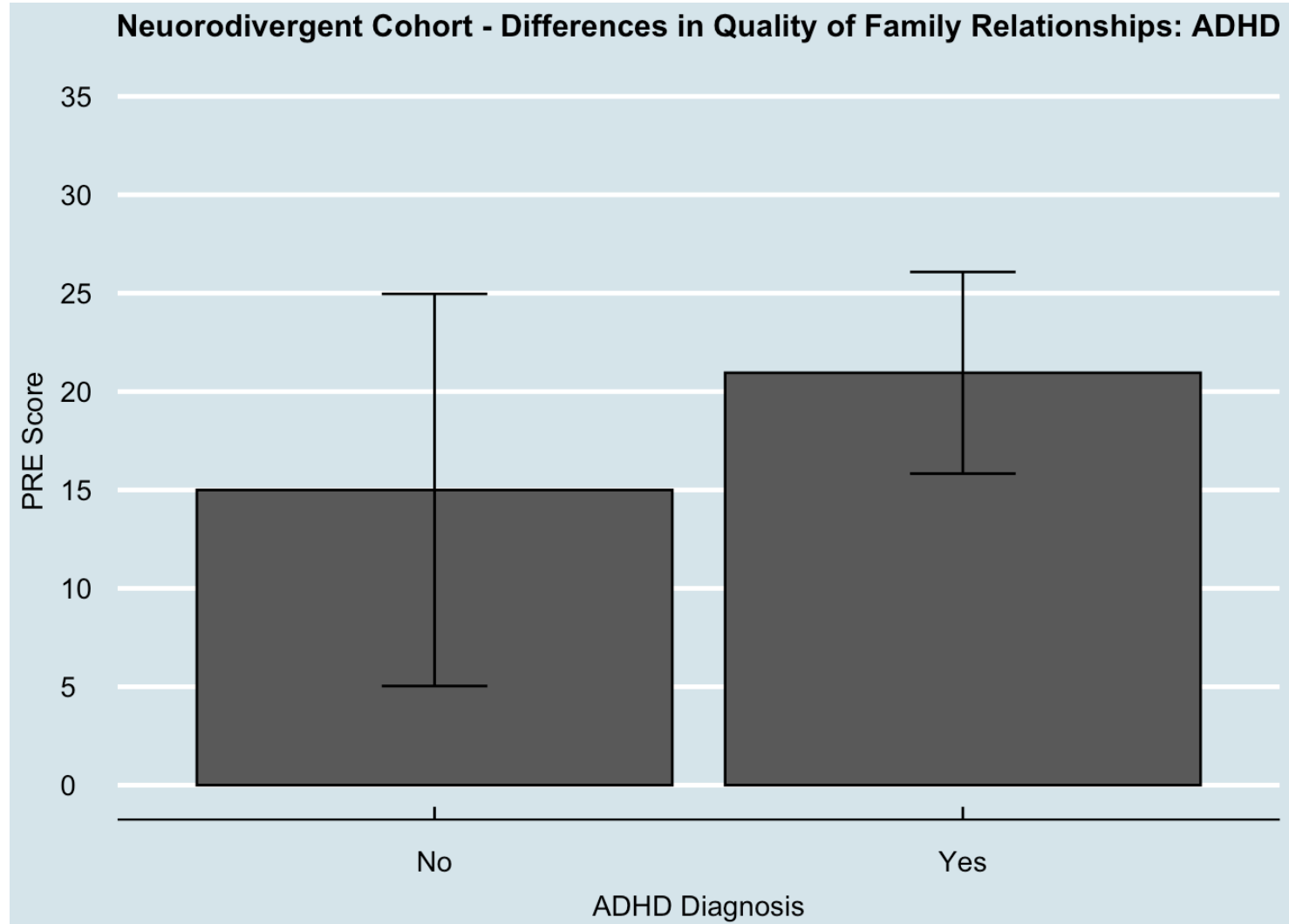
# DEPRESSIVE SYMPTOMS AMONG INDIVIDUALS WITH AUTISM



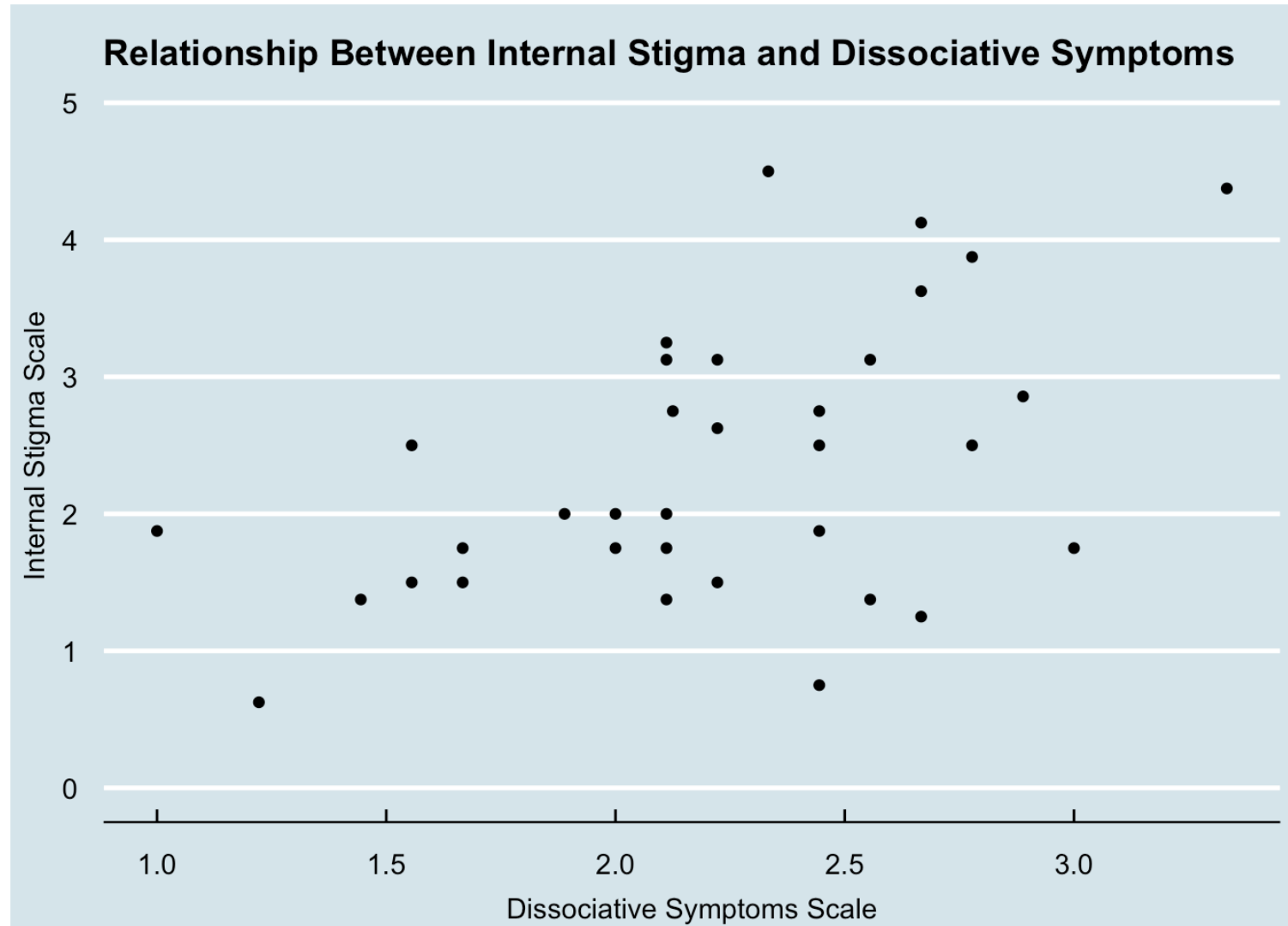
# ANXIETY SYMPTOMS AMONG INDIVIDUALS WITH AUTISM



# QUALITY OF FAMILY RELATIONSHIPS & ADHD DIAGNOSIS



# RELATIONSHIP BETWEEN INTERNAL STIGMA AND DISSOCIATIVE SYMPTOMS





# CLINICAL RECOMMENDATIONS



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- Clinical care can focus on alleviating depression & anxiety symptoms for greater clinical outcomes for individuals with Autism (with or without ADHD).
- Building stronger family relationships via group/family therapy may be beneficial in improving depressive symptoms and overall clinical well-being for individuals diagnosed with Autism.
- Treatment focused on lowering internal stigma can potentially improve dissociative symptoms, particularly among individuals who are diagnosed with ADHD.



# ADDITIONAL CONSIDERATIONS

- Follow-up surveys indicating change in scale scores (PHQ-9, GAD-7, WHO-5, PRE).
- Length of time individuals have been in treatment in the past (before entering Charlie Health treatment).
- Data related to early life trauma/adverse childhood experiences. Such information can be helpful in tailoring clinical care.

# LIMITATIONS

- The small sample size ( $n = 37$ ) limits the confidence of any clinical recommendations that can be made. As the Neurodivergent cohort grows larger, we will be able to make more confident recommendations.





**THANK YOU**