WHAT IS ASPERGER’S SYNDROME?

Asperger’s Syndrome is a developmental disorder that is classified as falling within the autistic spectrum. It was discovered in the mid-20th century by Hans Asperger, and seems to affect more males than females. Each individual diagnosed with Asperger’s Syndrome will have varying symptoms, and to varying degrees.

**Symptoms** of Asperger’s may include:

- Difficulty with social interaction (not understanding non-verbal clues)
- Difficulty with social conversation (taking things literally, unable to recognise sarcasm or jokes)
- Difficulty with imagination and flexibility of thought (not being able to see another point of view; difficulty with abstract thinking)
- Sensitivity to sensory stimuli (feeling easily ‘overloaded’ by levels of noise, light or smell)
- Organisational difficulties (not coping with unpredictable situations or changes of plan)
- Motor difficulties (affecting writing ability and general coordination)

People with Asperger’s Syndrome may also have learning differences such as Attention Deficit Hyperactivity Disorder (ADHD) or dyspraxia. They may also have high levels of anxiety and/or experience depression as a result of the difficulties they experience in living with Asperger’s.

**Possible Strengths:** People with Asperger’s tend to be

- Honest
- Reliable
- Dedicated
- Determined
- Of average or above-average intelligence

Adapted from material on the Asperger’s Syndrome Foundation website ([www.aspergerfoundation.org.uk](http://www.aspergerfoundation.org.uk) [accessed 23 January 2012]).

**Useful Contacts**

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