

Higher Depressive Symptoms Predict Lower Social Adaptive Functioning in Children and Adolescents with ASD

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Children and adolescents with autism spectrum disorder (ASD) often find it difficult to socialize, communicate, and take care of themselves. This study explored how depression may impact these specific skills in children and adolescents with ASD. To do this, we measured symptoms of depression in children and adolescents with ASD and found that individuals showed more social difficulties when they were more depressed. Depression did not impact their ability to communicate or to take care of themselves. These findings show that children and adolescents with ASD who also feel depressed may find social interaction more challenging than children and adolescents who have ASD but do not feel depressed. When clinicians are determining how to best help children and adolescents with ASD, it is also important to consider mood and depression symptoms.