# Article information:

Current and lifetime somatic symptom burden among transition‐aged autistic young adults - Williams - 2022 - Autism Research - Wiley Online Library  
<https://onlinelibrary.wiley.com/doi/10.1002/aur.2671>

# Article summary:

1. Somatic symptoms are highly prevalent in transition-aged autistic young adults, particularly women.

2. The most commonly reported current symptoms were fatigue, sleep problems, and menstrual problems (in females).

3. Somatic symptoms were associated with worse mental health and quality of life in the autistic adult population.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "Current and lifetime somatic symptom burden among transition‐aged autistic young adults" provides valuable insights into the prevalence, impact, and clinical correlates of somatic symptoms in a sample of 290 transition-aged autistic young adults. The study found that somatic symptom burden was much higher in autistic young adults than previously reported in the general population, with fatigue, sleep problems, and menstrual problems being the most commonly reported current symptoms. The study also found that both individual symptoms and total symptom burden were related to higher levels of depression, anxiety, and autistic traits, along with lower quality of life.

Overall, the article is well-written and provides important information about an understudied topic. However, there are some potential biases and limitations to consider. For example:

- The study relied on self-report data from a single source (the Simons Foundation SPARK participant pool), which may limit the generalizability of the findings.

- The study did not include a control group of non-autistic individuals for comparison purposes.

- The article does not provide information about potential confounding variables that may have influenced the results (e.g., medication use).

- The article does not explore potential mechanisms underlying the relationship between somatic symptoms and mental health outcomes.

- The article does not discuss potential interventions or treatments for somatic symptoms in autistic individuals.

Despite these limitations, the article provides important insights into an overlooked aspect of health in autistic individuals. Future research should aim to replicate these findings using larger samples and more diverse populations to better understand the prevalence and impact of somatic symptoms in autism. Additionally, future studies should explore potential interventions or treatments for somatic symptoms in this population to improve overall health outcomes.

# Topics for further research:

* Interventions for somatic symptoms in autistic individuals
* Mechanisms underlying the relationship between somatic symptoms and mental health outcomes
* Prevalence of somatic symptoms in non-autistic individuals
* Factors that may confound the relationship between somatic symptoms and mental health outcomes
* Long-term impact of somatic symptoms on quality of life in autistic individuals
* Effectiveness of current treatments for somatic symptoms in autistic individuals

# Report location:

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