

ASPERGER (AUTISM SPECTRUM - ASD) SYNDROME COLLECTIVE

Francisco J. Molina Martín

fcojmolina@ugr.es

University of Granada

We find different types of people in society. "Cities for people" must offer accessible spaces and services to groups with different profiles and who present diversity. **Asperger Syndrome** is a neurodevelopmental disorder that involves a neurobiologically determined alteration in information processing. People with this syndrome have a normal appearance and an IQ within the average.

In 1943, Hans Asperger, a psychiatrist and pediatrician, described the difficulties of four children with peculiar characteristics. These difficulties consisted of problems regarding non-verbal communication, lack of empathy and motor clumsiness. In 1994, the term Asperger Syndrome was included in the **Diagnostic and Statistical Manual of Mental Disorders** (DSM).

Not all people with Asperger syndrome present the same characteristics, but **it may be common for them to have the following:**

- Difficulties in relationships with others.
- Rigid routines.
- Restricted and focused interests.
- Difficulty expressing emotions.
- Difficulty in communication.
- Good memory in their interests.
- Sensitivity to certain noises
- Motor clumsiness.
- Extreme sincerity.

There are many **misconceptions** about Asperger Syndrome; it is not a disease, it cannot be identified by physical traits, and not all individuals with the syndrome have extraordinary intelligence. What they do share is a different cognitive and emotional style, which should not be confused with a lack of feeling.

People with Asperger Syndrome experience emotions deeply, although they might express them differently or adapt their reactions to what they believe is socially expected. The condition is more commonly diagnosed in men, but it also affects women, often going unnoticed due to gender biases in diagnosis.

While some individuals may display repetitive movements known as stereotypies, not all do, and when they do, these behaviors serve to help them manage their emotions. Respecting personal space and avoiding forced physical contact is important, as many people with Asperger do not feel comfortable with conventional social gestures like hugs or kisses.

Understanding and accepting these differences can help create **more inclusive environments** and reduce the social exclusion this group often faces. Promoting awareness is key to building accessible spaces and services where everyone, regardless of their neurological profile, can participate fully in society.