

# Life Style for Patient with Autism Disorder at Autism Center in Thi-Qar Center

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## ABSTRACT

WHO has identified the life style (LS) to be achieved by individuals for their position in life, It is required to be in good condition, but must be in good condition. As such, LS can simply be equal with health conditions, lifestyle, life satisfaction, pouch condition, or well-being (Mugno, Ruta, D'Arrigo, & Mazzone, 2007) To assessment life Style for patient with Autism at ,at autism Center in Thi-Qar , through its domains of affective ,physical ,nutrition, medication ,behavioral ,and testing . To identify the relationship between determined level of life style and some of parent's variable such as relationship with child, household income, educational status, childage, child gender. Most of individuals sample was urban, most of individuals sample was male, related to education most of individuals sample was illiterate, economic family to the autistic children not enough. The study results most member sample the blood group O+, related vaccination most kids who takes the vaccine DPT they are most prone to effected, cesarean section that effected on the kids, type of nutrition that able to a negative effect on behavior of autistic child The training of staff specialized in psychology child to follow kids training .

**Keywords:** Assessment Life Style , Patient With Autism

## INTRODUCTION

ADHD defect is neurodevelopment portrayed by weakened social collaboration ,verbal ,non-verbal correspondence and confined and child behavior family more often than not see signs in the initial (2) year their youngster s live<sup>(26)</sup>. While mental imbalance is exceptionally heritable, the searcher's speculate both environmental factors and hereditary factors as source incident<sup>(10)</sup>. In uncommon cases, chemical imbalance is unequivocally connected with operators that reason birth defect<sup>(1)</sup>. Discussions encompass other proposed ecological reasons for exam: the vaccinespeculations have been disproven, ADHD influences brain processing by adjusting how nerve cells and their neurotransmitters associate and arrange; how this no well understand what thinking.<sup>(24)</sup>

## Methodology

**Design of the Study:** An descriptive study was led at Autism Center in iraq- al-Nassriya Center from the time of the October first 2015 to April first 2016, was gotten from the health office an agreement by the Health department /development and training unit , and faculty of Nursing, and starting understandings of the health department of AL-Nassrya city with autism Center for rehabilitation and physiotherapy so as to gather the required information and interviewing every family child have Autism,

## Sample of the Study

A sampling is purposive " Non-probability" of (50) male and female ,person acceptant out of 350 patients, the individuals who were visits Autism Center in AL-Nassrya Center , were incorporated into the examination test. The examination test meets the incorporation criteria, this implies are subjects picked by explicit criteria,

## Study Instrument

The survey has been received after broad audit of accessible writing and related test. The test instrument comprises of two sections. The initial segment incorporates members' statistic attributes of age, sexual orientation, dimension of training, spss. The second part is identified with Quality of life apparatus used to distinguish potential things for the investigation of instrument. It is received QOL scale to the World Health Organization scale to measure the variables underlying the present study and based on (6) domains.

## Data Collection

The characteristic demographic data was acquired through an immediate interview with every patient in the investigation utilizing, embracing and creating poll organize. The information gathering process had been performed from (10)<sup>th</sup> January 2016 until (29)<sup>th</sup> February 2016. An around (10-15) minutes were gone through with each reacted to finish the filling of the poll design.

**Pilot Study**

A study pilot consider was directed on five patients , they were barred from unique example of the study.

It was directed on October twelfth; to nineteenth 2015

**Result**

**Table(1): Distribution of the Autism Patients by Their Socio- Demographic Characteristics**

Demographical data		F.	%	C. P.
Living	Urban	42	84.0	84.0
	Rural	8	16.0	100.0
Gender	Male	40	80.0	80.0
	Female	10	20.0	100.0
Age	1-4	5	10.0	10.0
	5-9	26	52.0	62.0
Education level	Illiterate	50	100.0	100.0
Father academic1	Yes	49	98.0	98.0
	No	1	2.0	100.0
Mother academic2	Yes	46	92.0	92.0
	No	4	8.0	100.0
Economic status	Not Enough	19	38.0	38.0
	Enough some what	15	30.0	68.0
	Enough	16	32.0	100.0
patient smoking	No	50	100.0	100.0
Blood group	A -	3	6.0	6.0
	A +	8	16.0	22.0
	AB -	3	6.0	28.0
	AB +	7	14.0	42.0
	B -	3	6.0	48.0
	B +	4	8.0	56.0
	O -	1	2.0	58.0
	O +	21	42.0	100.0
DPT Vaccination	Yes	45	90.0	90.0
	No	5	10.0	100.0
birth type	Normal delivery	9	18.0	18.0
	S/C	41	82.0	100.0

This result majority was living in urban residential area (84%) and more than half study subjects (80%) were males. was age group (5-9) years (52%), levels of education, the results was illiterate (100%). In addition, the majority study sample in regarding to their father academic the result was yes(98%) but mother academic was also yes (92%). Also in regarding to the subjects economic status the result was not enough (38%),In addition to patient smoking

the results show that the patient don't smoke(100%) .in the above table and in regarding to the subjects blood group the result show that less than half group of the study sample were within the blood group (O +);(42%) also in regarding to the subject take DPT the majority result was yes (90%)finally in regarding to the subject of birth type result wereC/S(82%)

**Table (2): Related affective factors domain items**

Items		F	%	M.S.	ASS.
1. Did you have an jaundice or suffocation after labour	NO	19	38.0		
	Yes	31	62.0	1.62	M
2. Taking vaccine mumps .measles. rubella	NO	4	8.0		
	Yes	46	92.0	1.92	H

3. The situation is hereditary	NO	47	94.0		
	Yes	3	6.0	1.06	L
4. It has siblings	NO	3	6.0		
	Yes	47	94.0	1.94	H
5. They are influential environmental factors on the child life	NO	9	18.0		
	Yes	41	82.0	1.82	H
6. Its addicted on computer games	NO	13	26.0		
	Yes	37	74.0	1.74	H
7. It has congenital deformities or congenital diseases	NO	42	84.0		
	Yes	8	16.0	1.16	L
8. It was having a lot of foods containing preservatives	NO	11	22.0		
	Yes	39	78.0	1.78	H
Total overall				1.63	M

Result to cut of point (0.33) this result concerning the affective domain were high at items number (2,4,5,6,8) moderate at items number (1); while low at item number (3,7).

**Table (3): Related to the physical domain items**

Items		F	%	MS	Ass
1. Do you feel tired and fatigue	NO	37	74.0		
	Yes	13	26.0	1.26	L
2. Soreness and pain in the extremities	NO	45	90.0		
	Yes	5	10.0	1.10	L
3. Sleep disorder	NO	28	56.0		
	Yes	22	44.0	1.44	M
4. Undigested..constipation	NO	37	74.0		
	Yes	13	26.0	1.26	L
5. pain in abdomen	NO	48	96.0		
	Yes	2	4.0	1.04	L
6. Shortness of breath	NO	47	94.0		
	Yes	3	6.0	1.06	L
7. Change in the color of faces and urine	NO	38	76.0		
	Yes	12	24.0	1.24	L
8. The sensitivity excessive of foods	NO	42	84.0		
	Yes	8	16.0	1.16	L
9. Itching of the body	NO	44	88.0		
	Yes	6	12.0	1.12	L
10. Not too hot and cold sensation	NO	38	76.0		
	Yes	12	24.0	1.24	L
11. Seeing lack of focus	NO	34	68.0		
	Yes	16	32.0	1.32	L
12. Complete inactivity and continuous	NO	16	32.0		

movement	Yes	34	68.0	1.68	H
13. The weakness of play and imagination	NO	32	64.0		
	Yes	18	36.0	1.36	M
14. Laughter for no reason	NO	25	50.0		
	Yes	25	50.0	1.50	M
15. Defect in the senses	NO	36	72.0		
	Yes	14	28.0	1.28	L
16. Problem in understanding the visual things	NO	30	60.0		
	Yes	20	40.0	1.40	M
17. Intermittent use of language	NO	14	28.0		
	Yes	36	72.0	1.72	H
Total overall				1.30	L

F= frequencies, %= percentages, M.S. = mean of scores. Ass.= Assessment of scores cut off point= (0.33),cut off point intervals (1.68-2)=high, (1.34-1.67)= moderate, and (1-1.33)= low cut of point (0.33) result concerning the physical domain(sign and symptom)was high at the items number (12,17) and moderate at items (3,13,14,16) while low at items number (1,2,4,5,6,7,8,9,10,11,15).

**Table (4): Related to the Nutritional Domain(allowed foods) Items**

Items		F	%	M.S	A SS .
1. Do deals fruits with banana and apricot	NO	4	8.0		
	Yes	46	92.0	1.92	H
2. Deals with fresh meat such as cattle .sheep .chicken and fish	NO	9	18.0		
	Yes	41	82.0	1.82	H
3. Deals with natural nuts	NO	10	20.0		
	Yes	40	80.0	1.80	H
4. Deals with natural juices	NO	4	8.0		
	Yes	46	92.0	1.92	H
5. Deals with fat (Grease.fat free .olive oil)	NO	6	12.0		
	Yes	44	88.0	1.88	H
ITEMS	NO	7	14.0		
	Yes	43	86.0	1.86	H
1. Do deals with canned and preserved fruit	Total	50	100.0		
2. Deals with okra .cowpea .white potatoes					
3. Take cheeses					
4. Dealing with frozen meat or canned					
5. Deals with salted nuts or coated					
6. Dealing with wheat or barley bread					
7. Deals with coffee or cocoa					
8. Ready deals juices and canned					
9. Deals with all kinds of soft drinks					
10. Deals with fresh milk or pasteurized					
Total					
6. Deals with legumes with beans and lentils					

7.	Deals with natural egg	NO	3	6.0		
		Yes	47	94.0	1.94	H
8.	Put salt on meals	NO	2	4.0		
		Yes	48	96.0	1.96	H
9.	Put spicery on eating such as coriander or cumin	NO	5	10.0		
		Yes	45	90.0	1.90	H
Total					1.88	H

F= frequencies, %= percentages, M.S. = mean of scores. Ass.= Assessment of scores cut off point= (0.33),cut off point intervals (1.68-2)=low, (1.34-1.67)= moderate, and (1-1.33)= high cut of point (0.33) result responses to the all items of nutritional (food) domain was high.

**Table (5): Related to the Nutritional Domain(not allowed foods)**

ITEMS		F	%	M.S	ASS	
1. Do deals with canned and preserved fruit	NO	30	60.0			
	Yes	20	40.0	1.40	M	
2. Deals with okra .cowpea .white potatoes	NO	15	30.0			
	Yes	35	70.0	1.70	H	
3. Take cheeses	NO	46	92.0			
	Yes	4	8.0	1.08	L	
4. Dealing with frozen meat or canned	NO	49	98.0			
	Yes	1	2.0	1.02	L	
5. Deals with salted nuts or coated	NO	24	48.0			
	Yes	26	52.0	1.52	M	
6. Dealing with wheat or barley bread	NO	43	86.0			
	Yes	7	14.0	1.14	L	
7. Deals with coffee or cocoa	NO	47	94.0			
	Yes	3	6.0	1.06	L	
8. Ready deals juices and canned	NO	29	58.0			
	Yes	21	42.0	1.42	M	
9. Deals with all kinds of soft drinks	NO	44	88.0			
	Yes	6	12.0	1.12	L	
10. Deals with fresh milk or pasteurized	NO	35	70.0			
	Yes	15	30.0	1.30	L	
Total					1.27	L

F= frequencies, %= percentages, M.S. = mean of scores. Ass.= Assessment of scores cut off point= (0.33),cut off point intervals (1.68-2)=high, (1.34-1.67)= moderate, and (1-1.33)= low cut of point (0.33) in regarding to the nutritional (food not allowed) domain was high at the items number (2) and moderate at items (1,5,8) while low at items number (3,4,6,7,9,10).

**Table (6): Related to the Medication Domain Items**

Medication domain Items		F	%	M.S	ASS.	
1. It uses vitamin C	NO	36	72.0			
	Yes	14	28.0	1.28	L	
2. It usesrisperdal syrup	NO	27	54.0			
	Yes	23	46.0	1.46	M	
3. Omega3 uses the syrup	NO	22	44.0			
	Yes	28	56.0	1.56	M	
Total overall					1.43	M

F= frequencies, %= percentages, M.S. = mean of scores. Ass.= Assessment of scores cut off point= (0.33),cut off point intervals (1.68-2)=high, (1.34-1.67)= moderate, and (1-1.33)= low cutoff point (0.33)that the study subjects' responses to the medication domain were moderate at item number (2,3) and low responses at the items numbers (1).

**Table (7): Related to the Behavioral Domain Items**

Behavioral domain Items		F	%	M.S	ASS.
1. Do you join in playing games with other children easily	No	29	58.0	1.42	M
	Yes	21	42.0		
	Total	50	100.0		
2. Automatically come to chat	No	34	68.0	1.32	L
	Yes	16	32.0		
3. Enjoy sports games	No	24	48.0	1.52	M
	Yes	26	52.0		
4. Tend to take things literally	No	43	86.0	1.14	L
	Yes	7	14.0		
5. Saves talks that occurred previously	No	40	80.0	1.20	L
	Yes	10	20.0		
6. Read appropriately for his age	No	44	88.0	1.12	L
	Yes	6	12.0		
7. Enjoy jokes	No	20	40.0	1.60	M
	Yes	30	60.0		
8. Find it difficult to take apolite behavior	No	19	38.0	1.62	M
	Yes	31	62.0		
9. Can be easily dressed	No	40	80.0	1.20	L
	Yes	10	20.0		
10. It has repetitive movement	No	14	28.0	1.72	H
	Yes	36	72.0		
11. You can talk what runs	No	46	92.0	1.08	L
	Yes	4	8.0		
12. Showing his unusual daily that do not pay attention to it others	No	37	74.0	1.26	L
	Yes	13	26.0		
13. Easily interact with children	No	32	64.0	1.36	M
	Yes	18	36.0		
14. Hitting his head wall	No	27	54.0	1.46	M
	Yes	23	46.0		
15. Turn ablind eye repeatedly	No	25	50.0	1.50	M
	Yes	25	50.0		
16. Delayed to speak	No	12	24.0	1.76	H
	Yes	38	76.0		
17. Dragging people in the case need to thing	No	26	52.0	1.48	M
	Yes	24	48.0		
18. Fast boredom of thing and games	No	22	44.0	1.56	M
	Yes	28	56.0		
19. Characterized by stub borness	No	9	18.0	1.82	H
	Yes	41	82.0		
	Total	50	100.0		
20. Hits closest family members	No	19	38.0	1.62	M
	Yes	31	62.0		
21. The withdrawal of aspecific type of food	No	12	24.0	1.76	H
	Yes	38	76.0		
22. He loves jumping from high place	No	11	22.0	1.78	H
	Yes	39	78.0		
23. Hates noise	No	35	70.0	1.30	L
	Yes	15	30.0		
24. Likes to watch cartoon .especially (vocal) of which	No	15	30.0	1.70	H
	Yes	35	70.0		
25. It is about the same	No	18	36.0	1.64	M
	Yes	32	64.0		
26. Seen constantly roof	No	23	46.0	1.54	M
	Yes	27	54.0		
Total overall				1.48	M

F= frequencies, %= percentages, M.S. = mean of scores. Ass.= Assessment of scores cut off point= (0.33),cut off point intervals (1.68-2)=high, (1.34-1.67)= moderate, and (1-1.33)= low cut of point (0.33) that the study subjects' responses to the behavioral domain were high at the item number (10,16,19,21,22,24), and the items number (1,3,7,8,13,14,15,17,18,20,25,26,) is moderate while at the item number (2,4,5,6,9,11,12,23) their responses were low .

**Table (8): Related to the Testing Domain Items**

Testing domain Items		F	%	M.S	AS S.
1. The mercury conducts examination	No	2	4.0		
	Yes	48	96.0	1.96	H
2. He conducts a check of brain cells ( MRI+ CT scan )	No	2	4.0		
	Yes	48	96.0	1.96	H
3. The examination was conducted by hormones	No	24	48.0		
	Yes	26	52.0	1.52	M
4. The examination was conducted by magnesium	No	1	2.0		
	Yes	49	98.0	1.98	H
5. The examination was conducted by food allergies	No	11	22.0		
	Yes	39	78.0	1.78	H
6. The conduct examination of chromosomes	No	41	82.0		
	Yes	9	18.0	1.18	L
7. Performed examination of the ear	No	3	6.0		
	Yes	47	94.0	1.94	H
8. The zinc conduct examination	No	1	2.0		
	Yes	49	98.0	1.98	H
	Total	50	100.0		
9. He conducted a lead screening	No	1	2.0		
	Yes	49	98.0	1.98	H
10. The conduct of copper screening	No	1	2.0		
	Yes	49	98.0	1.98	H
11. The conduct examination of the brain stem	No	30	60.0		
	Yes	20	40.0	1.40	M
12. The conduct audiogram	No	1	2.0		
	Yes	49	98.0	1.98	H
<b>Total</b>				<b>1.80</b>	<b>H</b>

cut off point= (0.33),cut off point intervals (1.68-2)=high, (1.34-1.67)= moderate, and (1-1.33)= low cut of point (0.33) regarding to the testing domain were high at the items number (1,2,4,5,7,8,9,10,12) and moderate at items (3,11) while low at items number (6).

**Table (9): Quality of Life by their Mean of Scores**

Main Domains of the studied questionnaire	M.S.	Ass.
Affective side	1.63	M
Physical side	1.30	L
Nutritional field (food allowed)	1.88	H
Nutritional field (food not allowed)	1.27	L
Medication field	1.43	M
Behavioral field	1.48	M
Testing field	1.80	H
<b>Overall Measures of Quality of Life Domains</b>	<b>1.54</b>	<b>M</b>

F= frequencies, %= percentages, M.S. = mean of scores. Ass. = Assessment of scores cut off point= (0.33),cut off point intervals (1.68-2)=high, (1.34-1.67)= moderate, and (1-1.33)= low

Table (9) shows the summarizes of the subjects responding at the main domains levels, that were done by using mean of score (MS).In the light of cutoff point (0.33) the results show in regarding to the overall responses of the affective domain are moderate. In addition, the overall responses to the physical domains were low. Moreover, the responses to the nutritional (food allowed) domain were high and nutritional domain (food not allowed) were low. In addition, the responses to the medication domain were moderate responses.

Regarding to the behavioral domains the responses were moderate at the behavioral main domain. Finally, in this table the responses to the testing domains were high . In addition, the overall responses to the quality of life main domains were moderate.

## Discussion of the study

### Part-I: the socio-Demographic data related to the autism patients

Table (1) majority of the sample (84%) at urban area because of that QOL or life style of children or families still in the city is different from life style of the country side. This result agrees with<sup>(33)</sup>. Regarding to gender the findings indicate that more than half study sample (80%) were male, because of the attention of the boy more than the girls. This result agrees with<sup>(16)</sup>. Regarding to the age groups within (5-9) years is more affected of the study sample (52%) because of in this stage high lights the most clear and behaviors of the child which distinguishes the affect of injury. Concerning with education levels the study sample were illiterate (100%) because of disability and disease and it need to private school and specialize to educate autistic child. This result agrees with<sup>(38)</sup>. Most of the study sample of parent of autistic children were educated indicating they are working and the child stay alone in the house with what makes him biggest people in a life him and cannot be express about his problems. Regarding the economic status of the family appear less than of the study sample is not enough (38%) because of the child needs to providing the requirements and needs special care and the costs of treated and treatment. This result agrees with<sup>(29)</sup>. About (100%) of the study sample of the autistic children is not smoking because of that this person is child and is not aware of the issue of smoking. Regarding the blood group the majority of the study sample were O+ (48%) because of the ration between the faction more blood in the community. This result agrees with<sup>(46)</sup>. Regarding DPT vaccine the majority of the study sample (90%) were taking because has been development of autism may be related with exposure to mercury in vaccines that containing the preservative thimerosal we further result from our – cent case – control study to evaluate the effect of exposure to (DPT) vaccines the only thimerosal that about vaccines routinely, result agrees with<sup>(41)</sup>. Regarding birth type the majority of the study sample (82%) were CS because of cesarean operation labor is ainjury incident to child immediate and long term consequences. This result agrees with<sup>(13)</sup>.

**Part II:** Discussion about aspects of the evaluation of the quality of life of patient who suffer from disease of autism. In affective domain the influencing factors having a moderate impact on the average respondents indicating the effectiveness of these factors. This result agrees with<sup>(39)</sup>. The sign and symptoms that appear on autistic children are indications of weak spectrum because of the evolution of the situation pearls patient is better because of the application of behavioral education center for autism program. This result agrees with<sup>(4)</sup>. Through the influence of nutrition on the behaviors of autistic children the best study showed that feeding an impact on the reduction of hazardous incorrect

behaviors of the child and their application to the program autism center which showed that children nutritional palms commitment to making the intensity categorize their behavior to help reduce behavior. This sample agree with<sup>(17)</sup>. Most respondents are committed to taking treatment because of the ongoing visit to the autism center. This sample agree with<sup>(34)</sup>. The behaviors of autism is moderate because they are committed to the therapeutic program that apply approved by ministry of health and autism center and weakness of behavioral autism disorder from above to moderate average. This sample agree with<sup>(40)</sup>. As for the tests because the majority of respondents standup that their examination required by the autism center for being from reviewer we are committed to conducting laboratory tests. The life style is the average level because of continuing their review and also control on autism for children or the impact of programs disease modifying taken to correction behaviors of an autistic child.

### Recommendation

The training of staff specialized in psychology child to follow kids training, development environment new wide integrated in terms of setup and supplies, to provide staff specialized centers and the doctors the same autistic specialized in the analysis pathological and hormones and mercury iron and brass, Hb, and additional courses educate his family in relation to how cooperation with the child behavior aspects of nutrition and his passion

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