

DSM-5 自閉症類群障礙症 ASD 診斷基準

A. 在多重情境中持續有社交溝通及社交互動的缺損，於現在或過去曾有下列 3 項表徵(範例為闡明之用，非為詳盡範例):

Persistent deficits in social communication and social interaction across multiple contexts, as manifested by the following, currently or by history (examples are illustrative, not exhaustive, see text):

A1. 社會—情緒相互性的缺損。包含範圍如:從異常的社交接觸及無法正常一來一往的會話交談，到興趣、情緒或情感分享的不足，到無法開啟或回應社交互動。

Deficits in social-emotional reciprocity, ranging, for example, from abnormal social approach and failure of normal back-and-forth conversation; to reduced sharing of interests, emotions, or affect; to failure to initiate or respond to social interactions.

A2. 用於社交互動的非語言溝通行為的缺損，包含範圍如:從語言及非語言溝通整合不良，到眼神接觸及肢體語言異常或理解及運用手勢的缺損，到完全缺乏臉部表情及非語言溝通。

Deficits in nonverbal communicative behaviors used for social interaction, ranging, for example, from poorly integrated verbal and nonverbal communication; to abnormalities in eye contact and body language or deficits in understanding and use of gestures; to a total lack of facial expressions and nonverbal communication.

A3. 發展、維繫及了解關係的缺損，包含範圍如:從調整行為以符合不同社會情境的困難到分享想像遊戲或交友的困難，到對同儕們沒興趣。

Deficits in developing, maintaining, and understanding relationships, ranging, for example, from difficulties adjusting behavior to suit various social contexts; to difficulties in sharing imaginative play or in making friends; to absence of interest in peers.

B. 侷限、重覆的行為、興趣或活動模式，於現在或過去至少有下列二種表徵（範例為闡明之用，非詳盡範例）:

Restricted, repetitive patterns of behavior, interests, or activities, as manifested by at least two of the following, currently or by history (examples are illustrative, not exhaustive; see text):

B1. 刻板的（stereotyped）或重複的動作、使用物件或言語（例如：簡單的刻板動作、排列玩具或翻彈東西、仿說、奇異語詞）。

Stereotyped or repetitive motor movements, use of objects, or speech (e.g., simple motor stereotypies, lining up toys or flipping objects, echolalia, idiosyncratic phrases).

B2. 堅持同一性、固著依循常規或語言及非語言行為的儀式化模式（例如：對微小的變化感覺極端困擾、在面臨情境轉換的調節上有困難、僵化的思考模式、問候/打招呼的儀式化行為、每天固定路徑或吃相同食物）。

Insistence on sameness, inflexible adherence to routines, or ritualized patterns or verbal nonverbal behavior (e.g., extreme distress at small changes, difficulties with transitions, rigid thinking patterns, greeting rituals, need to take same route or eat food every day).

B3. 高度侷限、固著的興趣，在強度或焦點上顯現不尋常的程度（例如：強烈依戀或於不尋常的物件、過度侷限的或堅持的興趣）。

Highly restricted, fixated interests that are abnormal in intensity or focus (e.g., strong attachment to or preoccupation with unusual objects, excessively circumscribed or perseverative interest).

B4. 對感官輸入訊息反應過強或過低或是對環境的感官刺激面有不尋常的興趣（例如：明顯對疼痛/溫度的反應淡漠、對特定的聲音或材質有不良反應、過度聞或觸摸物件、對光或動作的視覺刺激著迷）。

Hyper- or hyporeactivity to sensory input or unusual interests in sensory aspects of the environment (e.g., apparent indifference to pain/temperature, adverse response to specific sounds or textures, excessive smelling or touching of objects, visual fascination with lights or movement).

C. 症狀必須在早期發展階段出現（但是缺損可能到社交溝通需求超過受限能力時才完全顯現，或是可能被年長後習得的策略所掩飾）。

D. 症狀引起臨床上社交、職業或其他重要領域方面顯著功能減損。

E. 這些困擾無法以智能不足（智能發展障礙症）或整體發展遲緩做更好的解釋。智能不足與自閉症類群障礙症常並存；在做出智能不足與自閉症類群障礙症共病診斷時，社交溝通能力應低於一般發展程度所預期的水平。