

Social Cognition in Autism Spectrum Disorder

Information for Adult Clients/Families

Did you know that difficulties with social cognition are very common in autism spectrum disorder, even among verbal adults without a co-occurring intellectual disability?



What are typical social cognitive problems in ASD?

- Difficulty understanding other people's thoughts and feelings
- Problems recognizing and understanding facial expressions and body language in others
- Difficulty figuring out how to act and/or what to say in different social settings
- Difficulty expressing empathy and support to others
- Saying too much, or too little when interacting with others
- Difficulty communicating effectively
- Difficulty managing emotions

How does this affect me?

- Feeling like I don't belong or "fit in" with others
- Difficulty starting and maintaining a conversation
- Challenges forming and maintaining friendships
- Difficulty interacting successfully with teachers and other students
- Difficulty interacting successfully with an employer and co-workers

What can be done to help?

We are raising awareness to identify individuals who may benefit from resources and innovative treatment approaches to help with social cognition.



Pitt Center for Excellence
in Autism Research

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