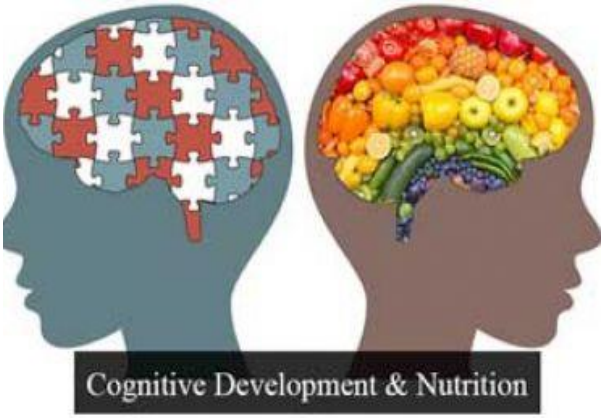
Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

ΑΥΤΙΣΜΟΣ ΚΑΙ ΔΙΑΤΡΟΦΗ

AUTISM AND NUTRITION

του

Ασημομύτη Ιωάννη



Μεταπτυχιακή διατριβή που υποβάλλεται
Στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης
Του Τ.Ε.Φ. – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο
Πληροφορικής και Τηλεπικοινωνιών
Με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

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ΠΕΡΙΛΗΨΗ

Η διαταραχή του φάσματος του αυτισμού (ASD) είναι μια γενετική νευροαναπτυξιακή διαταραχή που χαρακτηρίζεται κυρίως από έλλειψη κοινωνικών δεξιοτήτων, επαναλαμβανόμενη συμπεριφορά, περιορισμένα ενδιαφέροντα, ελλείμματα στη γλώσσα και τις γνωστικές λειτουργίες, όπως στη μάθηση και τη μνήμη. Η παθοφυσιολογία της ASD είναι περίπλοκη και ετερογενής. Επομένως, δεν υπήρξε πλήρης πρόληψη ή θεραπεία για αυτή τη διαταραχή. Μέχρι τώρα, οι πιο γνωστές θεραπείες που χρησιμοποιούνται στον αυτισμό βασίζονται σε συνδυασμό φαρμακοθεραπείας, εκπαιδευτικών και συμπεριφορικών παρεμβάσεων. Ωστόσο, η αποτελεσματικότητά τους δεν είναι σίγουρη και μερικές φορές αυτές οι θεραπείες είναι δαπανηρές, δύσκολες στην εφαρμογή και κουραστικές τόσο για τα παιδιά, όσο και για τις οικογένειές τους. Επιπλέον, τα άτομα με ASD εμφανίζουν συχνά και γαστρεντερικά προβλήματα, τα οποία μπορεί να προκληθούν ή να επιδεινωθούν από τις περιοριστικές αυτιστικές συμπεριφορές. Τα άτομα με γαστρεντερικά προβλήματα τείνουν να παρουσιάζουν περισσότερα συμπεριφορικά ελλείμματα (ευερεθιστότητα, διέγερση, υπερκινητικότητα). Η διατροφική παρέμβαση μπορεί να βελτιώσει αυτά τα γαστρεντερικά προβλήματα. Ως αποτέλεσμα, πολλοί γονείς και φροντιστές επιλέγουν συγκεκριμένες διατροφικές παρεμβάσεις, με την ελπίδα να ανακουφίσουν τα συμπτώματα των παιδιών τους και να τα βοηθήσουν να αντιμετωπίσουν τη διαταραχή όσο το δυνατόν καλύτερα.

Στόχος αυτής της μελέτης είναι να αξιολογήσει, με βάση τις τελευταίες επιστημονικές έρευνες, την αποτελεσματικότητα και την ασφάλεια της διατροφικής παρέμβασης στη θεραπεία της ASD. Αυτή η βιβλιογραφική εργασία πραγματοποιήθηκε με χρήση των βάσεων δεδομένων του Google Scholar, του PubMed και του Scopus, χρησιμοποιώντας μια στρατηγική αναζήτησης για τον εντοπισμό των τελευταίων επιστημονικών μελετών και άρθρων στα ελληνικά, τα αγγλικά και τα ισπανικά. Συμπεριλήφθηκαν μελέτες που περιέγραφαν τη ASD, ως προς τον επιπολασμό, τα συμπτώματα, τις αιτίες και τις πιο γνωστές παρεμβάσεις, περιέγραφαν διατροφικές παρεμβάσεις σε παιδιά και εφήβους με ASD και αξιολογούσαν την αυτιστική συμπεριφορά και τα γαστρεντερικά συμπτώματα. Αλλά αποκλείσαμε επίσης άλλα άρθρα και μελέτες κριτικής που δεν συμπεριέλαβαν ομάδα ελέγχου στον σχεδιασμό της έρευνας.

Οι έρευνες σχετικά με τις διατροφικές παρεμβάσεις για τη διαχείριση της ASD είναι περιορισμένες και τα αποτελέσματα αμφιλεγόμενα. Ωστόσο, μερικές παρεμβάσεις, όπως η δίαιτα χωρίς γλουτένη ή/και καζεΐνη, τα συμπληρώματα λιπαρών οξέων και πρεβιοτικών – προβιοτικών έχουν δείξει βελτίωση της γαστρεντερικής υγείας και των συμπτωμάτων συμπεριφοράς. Επιπλέον, μια ισορροπημένη διατροφή της μητέρας κατά την εγκυμοσύνη και συγκεκριμένα συμπληρώματα διατροφής μπορεί να επηρεάσουν τη συμπεριφορική ανάπτυξη των παιδιών κατά τα πρώτα χρόνια της ζωής τους. Τέλος, μια ισορροπημένη διατροφή και μια συγκεκριμένη διατροφική παρέμβαση, που συστήνεται από έναν ειδικευμένο διαιτολόγο, προσαρμοσμένη στις ατομικές ανάγκες μπορεί να καλύψει τις διατροφικές ανεπάρκειες και τις διατροφικές ανάγκες του παιδιού για σωματική και πνευματική ανάπτυξη. Ως αποτέλεσμα, η διατροφή μπορεί να προσφέρει μια φτηνή και εύκολα εφαρμόσιμη παρέμβαση για τη βελτίωση της ζωής των ατόμων με ASD.

Αν και ορισμένοι συγγραφείς αναφέρουν βελτίωση των συμπτωμάτων των ατόμων με ASD που υποβάλλονται σε διατροφικές παρεμβάσεις, δεν υπάρχουν επαρκείς έγκυρες μελέτες.

Απαιτούνται, επομένως, περισσότερες ελεγχόμενες δοκιμές, σχεδιασμένες για να προσδιορίσουν τη σχέση μεταξύ ASD και διατροφής και για να καθορίσουν την αποτελεσματικότητα των διατροφικών παρεμβάσεων ως θεραπεία της ASD.

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