



**ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ ΣΧΟΛΗ  
ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ ΤΜΗΜΑ  
ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ σε συνεργασία με το  
ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ  
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ΤΗΛΕΠΙΚΟΙΝΩΝΙΩΝ**

ΔΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ: ΕΞΕΙΔΙΚΕΥΣΗ ΣΤΙΣ Τ.Π.Ε.  
ΚΑΙ ΕΙΔΙΚΗ ΑΓΩΓΗ – ΨΥΧΟΠΑΙΔΑΓΩΓΙΚΗ ΤΗΣ ΕΝΤΑΞΗΣ

**ΔΙΑΧΕΙΡΗΣΗ ΑΓΧΟΥΣ/ΕΜΜΟΝΩΝ/ΨΥΧΑΝΑΓΚΑΣΜΩΝ  
ΑΤΟΜΩΝ ΜΕ ΔΙΑΤΑΡΑΧΗ ΑΥΤΙΣΤΙΚΟΥ ΦΑΣΜΑΤΟΣ**

Καβαλιεράτου Ελισάβετ Α.Μ.638

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 Επικοινωνιών με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

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## ΠΕΡΙΛΗΨΗ

Η παρούσα διπλωματική εργασία αποτελεί μια συστηματική βιβλιογραφική ανασκόπηση η οποία εξετάζει τις αγχώδεις διαταραχές, την ιδεοψυχαναγκαστική διαταραχή (ΙΨΔ) και τη διαταραχή κοινωνικού άγχους σε σχέση με τον αυτισμό καθώς και στρατηγικές και μεθόδους για την αντιμετώπιση αυτών. Στόχος της έρευνας είναι η παρουσίαση τρόπων διαχείρισης των παραπάνω καταστάσεων, που συχνά συνοδεύουν τη Διαταραχή Αυτιστικού Φάσματος (ΔΑΦ), καθώς και η ανάλυση των παρεμβάσεων, όπως η φαρμακευτική αγωγή, η γνωστική-συμπεριφορική θεραπεία και οι τεχνικές ενσυνειδητότητας. Εξετάζεται επίσης ο ρόλος των γονέων και εκπαιδευτικών στην υποστήριξη αυτών των ατόμων. Σημαντική έμφαση δίνεται στις επιπτώσεις των αγχωδών και ψυχαναγκαστικών συμπεριφορών στην ποιότητα ζωής των ατόμων με αυτισμό, ενώ προτείνονται βελτιωμένες στρατηγικές παρέμβασης και η σημασία της πρώιμης διάγνωσης και παρακολούθησης για τη βελτίωση των συμπτωμάτων. Η μεθοδολογία που ακολουθήθηκε είναι η ανασκόπηση της σχετικής βιβλιογραφίας της τελευταίας δεκαετίας. Στην παρούσα έρευνα συμπεριλήφθηκαν 83 μελέτες (ποιοτικές και ποσοτικές). Τα κύρια αποτελέσματα δείχνουν ότι οι εκάστοτε παρεμβάσεις για αγχώδεις διαταραχές και ΙΨΔ στα άτομα με ΔΑΦ έχουν την βέλτιστη αποτελεσματικότητα όταν είναι προσαρμοσμένες στις ανάγκες του κάθε ατόμου. Ακόμη, καθοριστική είναι και η συμβολή των γονέων και εκπαιδευτικών στις παραπάνω αναφερόμενες παρεμβάσεις.

**Λέξεις κλειδιά:** Διαταραχή Αυτιστικού Φάσματος, άγχος, αγχώδεις διαταραχές, Ιδεοψυχαναγκαστική διαταραχή, εμμονές, Γνωσιακή Συμπεριφορική Θεραπεία, ειδικές εκπαιδευτικές ανάγκες, ενυειδητότητα.

## 8. ΒΙΒΛΙΟΓΡΑΦΙΑ

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