

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

ΑΥΤΙΣΜΟΣ ΚΑΙ ΔΙΑΤΡΟΦΗ

AYTISM AND DIET

της

Καλλιακούδα Ελένης

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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Περίληψη

Η παρούσα εργασία έχει ως στόχο να αναδείξει ότι οι άνθρωποι με αυτισμό αντιμετωπίζουν συχνότερα προβλήματα με τη διατροφή τους, σε σύγκριση με τα τυπικής ανάπτυξης άτομα, με αποτέλεσμα να παρουσιάζουν διαταραγμένες διατροφικές συμπεριφορές. Σκοπός αυτής της εργασίας είναι να εξετάσει τη σχέση μεταξύ του αυτισμού και της διατροφής καθώς επίσης και τι πιθανές διατροφικές προσεγγίσεις που μπορούν να συμβάλουν στη βελτίωση των συμπτωμάτων και της γενικής ευζωίας ατόμων με αυτισμό. Επίσης, διερευνώνται τόσο οι ευαισθησίες και οι περιορισμοί στη διατροφή των ατόμων με αυτισμό όσο και οι επιπτώσεις που μπορεί να έχει η διατροφή στη συμπεριφορά και την αντίληψή των ατόμων με αυτισμό.

Λέξεις κλειδιά: αυτισμός, διατροφικές συνήθειες, επιλεκτικότητα τροφίμων, άρνηση τροφής

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