

'People should be allowed to do what they like': Autistic adults' views and experiences of stimming.

 Kapp, S. K., Steward, R., Crane, L., Elliott, D., Elphick, C., Pellicano, E., & Russell, G. (2019).

Introduction to Stimming?



Definition: Stimming, short for "self-stimulatory behavior," involves repetitive body movements or sounds. **Common Examples**: Hand flapping, rocking, spinning, tapping objects, and repeating sounds or phrases. 3

Purpose: Often used for self-regulation, sensory management, or as an emotional outlet.

Research Purpose

Purpose of the Study: Understand autistic adults' personal experiences with stimming. Gather insights into stimming's significance from the perspective of those who practice it.

Research Methods

Methodology: Qualitative interviews

Participants: Autistic adults from various backgrounds

Data Collection: Semi-structured interviews focusing on experiences with stimming

Participants' Background

Diverse backgrounds:

 Age, gender, and cultural differences among participants.

Varying experiences:

 Some had been discouraged from stimming, while others found acceptance.

Positive Aspects of Stimming



Self-regulation:

Reduces anxiety and sensory overload.



Focus and

control.



Self-expression:

Allows for the expression of individuality.

Negative Aspects of Stimming

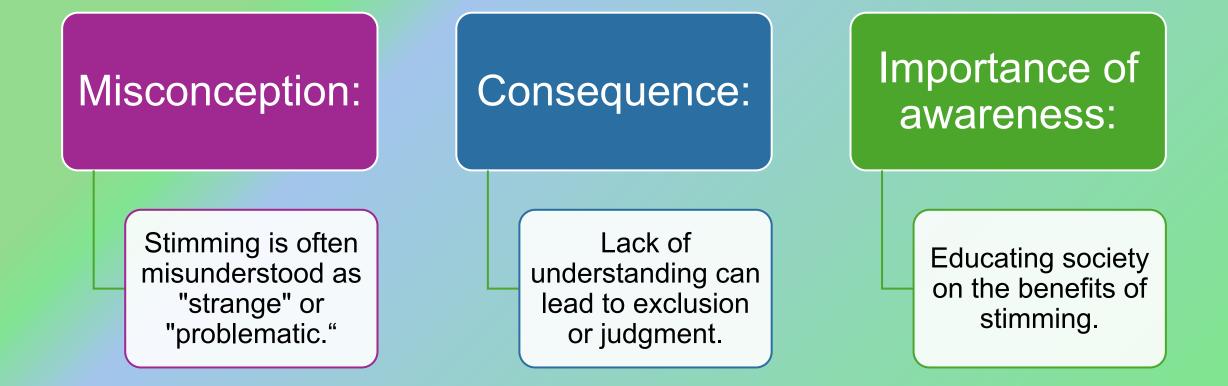
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Societal stigma: Viewed as "inappropriate" by others. 02

External pressures: Family, educators, or peers sometimes discourage stimming. 03

Internal conflict: Some participants experienced shame or confusion due to societal pressure.

Societal Views and Misconceptions



Impact of Suppressing Stimming



PSYCHOLOGICAL TOLL: SUPPRESSING STIMMING CAN INCREASE STRESS AND ANXIETY. REDUCED QUALITY OF LIFE: LEADS TO DISCOMFORT AND REDUCED EMOTIONAL REGULATION. LONG-TERM EFFECTS: POTENTIAL FOR LASTING NEGATIVE IMPACTS ON MENTAL HEALTH.

Recommendations from Autistic Adults



Implications for Practitioners

ABA Practitioners:

 Encourage practices that respect stimming as a valid behavior.

Clinical impact:

 Focus on reducing the stigma rather than the behavior itself.

Person-centere d approach:

 Prioritize the individual's needs and comfort.

Why We Do Not Address Reducing Stimming

Functional benefits:	 Stimming supports emotional and sensory regulation.
Avoiding harm:	 Reducing stimming can increase distress.
Alternative strategies:	 Focus on acceptance and education over reduction.

Practical Applications



Conclusion

Summary:

 Stimming provides vital self-regulation, comfort, and expression for autistic individuals.

Societal Shift:

 Understanding and acceptance can reduce stigma and promote well-being.

Final Thought:

 Embracing stimming as a positive behavior benefits both individuals with ASD and society as a whole.

Reference

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Why Do We Not Address Reducing Stimming Behavior for Kids with ASD?

Reducing stimming is typically avoided because these behaviors serve critical self-regulatory and expressive functions for autistic individuals. Stimming can help manage sensory input, reduce anxiety, and create a sense of comfort and control in otherwise overwhelming environments. For many, stimming is an essential aspect of well-being, and intervening to reduce it could potentially increase stress, disrupt emotional regulation, and diminish quality of life.