


2023 主辦機構：香港弱智人士家長聯會 協辦機構：精神健康資訊

# 《自閉症是理由嗎？再睇真ASD》研討會

從**感覺統合障礙**角度看  
ASD人士的  
生活挑戰

註冊職業治療師 陳子文 

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## 感覺統合的歷史



- 源自美國 南加州大學 (USC)
- 職業治療師艾爾絲博士 (Dr. Jean Ayres)
- Dr. A. Jean Ayres 艾爾絲博士 (1920-1988)
- BS & MA in Occupational Therapy
- PhD in Educational Psychology
- Registered Psychologist in California
- Faculty position in O.T. and /or Psychology in Southern California University from 1955 to 1984

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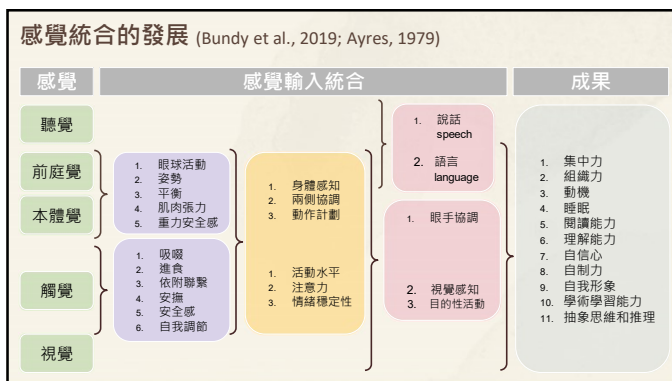
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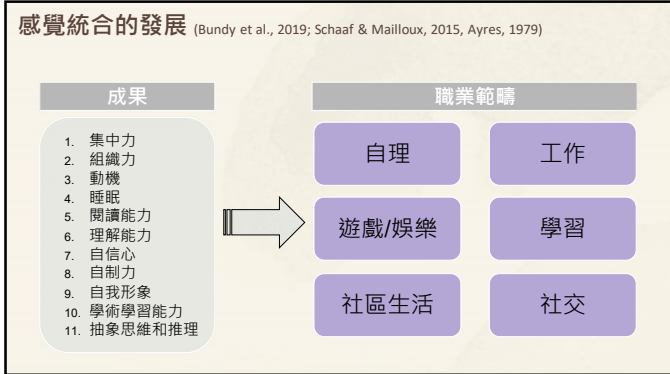
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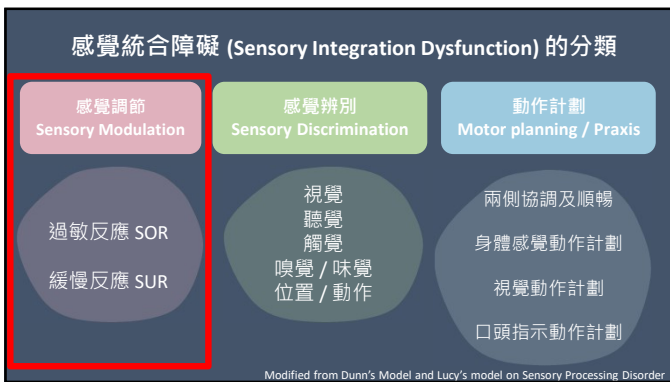
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**感覺統合障礙**  
於自閉症人士中  
非常普遍

•80%  
自閉症人士有感覺統  
合障礙

(Ben-Sasson et al., 2019; Tomchek & Dunn, 2007; Baranek et al. 2006)

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**Overreactive brain responses to sensory stimuli in youth with autism spectrum disorders**  
 自閉症譜系障礙 青少年對感官刺激的過度反應 (Green et al, 2013)

- 功能磁共振成像 (fMRI)
- ASD 對感官刺激的反應

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- 觀察到更強的大腦反應
- 例如杏仁核，皮質區域與相應的感覺輸入有關

杏仁核的工作

決定是否 安全嗎?

感覺調節  
Sensory Modulation

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**自閉症兒童的動作計劃**

有明顯差異的範疇：  
 模仿、前庭雙側整合、身體感覺知覺  
 (Imitation praxis, vestibular bilateral integration, somatosensory perception)

動作計劃  
Motor planning / Praxis

(Roley et al, 2015 ; Kilroy et al, 2022)

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動作計劃  
Motor planning / Praxis

感覺調節  
Sensory Modulation

杏仁核的工作

Higher cortex Thinking

amygdala

brain stem

Low emotion (calm, relaxed)

Thinking Higher cortex (disabled)

amygdala

brain stem

High emotion (anger, fear, excitement, love, hate, disgust, frustration)

決定是否 安全嗎?

Picture Source: <https://www.sexloveandot.com/post/the-amygdala-hijack-re-learning-emotional-intelligence>

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**過敏反應SOR** <https://youtu.be/pPhwW8mPAM7icH2zazpMH890xsl9C>



This animation gives the viewer a glimpse into sensory overload, and how often our sensory experiences intertwine in everyday life.

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## 生活挑戰

<p>盪鞦韆時，會過份緊張</p> <p>當手或臉被弄髒(如：沾了膠水或飯料)時，會表現過份緊張</p> <p>當手或臉被雨水或水花沾到時，會表現過份緊張</p> <p>當赤腳在地毯上行走時，會表現過份緊張</p>	<p>當看見鞦韆或盪盪轉時，會表現不安</p> <p>對於色彩較鮮艷或構圖複雜的圖畫，會感到不適</p> <p>對於電筒或太陽的光線，會感到不適、過份緊張</p> <p>當房間內有人走動、有人走近或有皮球滾過來時，會表現過份緊張</p>	<p>對於音量小的聲音(如：音樂盒、輕聲說話或輕力敲門的聲音)，會表現過份緊張</p> <p>突如其來的聲音(如：港鐵的廣播、鬧鐘響聲或吹風機聲)，會表現過份緊張</p> <p>能察覺一般人未能察覺得到的氣味並作出投訴</p>
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