

SEEKING A DIAGNOSIS

Pathological Demand Avoidance

Pathological Demand Avoidance is a complex condition and is part of the Autism Spectrum.

You cannot actually receive a PDA diagnosis on its own, it is not a standalone condition, however many people will describe themselves as having a PDA profile or having PDA.

For adults with Pathological Demand Avoidance traits this will typically be identified during an autism assessment, where the assessment report may state that an individual has autism with PDA tendencies or with a PDA profile. Therefore if you suspect you have PDA then you need to request an autism assessment initially to determine if PDA is part of your autism profile.

Unfortunately one of the challenges with PDA is that not all diagnostic professionals recognise this as a condition or profile and will just categorise the traits as part of your autism profile. If you suspect you have Pathological Demand Avoidance and want to explore this as part of your diagnosis then do check first if the professional you are seeing recognises this as a profile and will assess for this at the same time.

If you would like to explore if you have PDA traits then you could take a look at some online tests, but please remember that these are not formal diagnosis but may help you to understand how your needs present themselves and give you ideas on how you can better understand yourself and your condition.

To find out more or to access our services: Visit: www.autismplus-employmentservices.co.uk
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