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## ABSTRACT

A case report of a student who has autistic spectrum disorder diagnosed with adjustment disorder during an emerging pandemic of infectious diseases

MANABE, Issui

Mental Health Division, Department of Healthcare, JSDF Iruma Hospital

Emerging infectious diseases severely impact students, particularly those who have autistic spectrum disorder. We describe the process of providing clinical psychological support to a student diagnosed with adjustment disorder during the emerging infection pandemic. The case study aims to clarify the effects of using adaptive coping as well as its critical aspects. To support the student, we provided cognitive interventions to reduce self-blame and positively reinforced adaptive coping behaviors such as breathing, relaxation, and outdoor activities. Furthermore, we reorganized the student's sleeping patterns and eating habits and designed a new study plan. Through this process, the student's routines of work, home, and outside lives were preserved as an adaptive coping strategy. In providing supportive clinical psychology interventions, it is preferable that students are positively reinforced for cognitive/behavioral adaptive coping, reorganizing their daily living and study patterns, and reducing maladaptive disengagement coping (i.e., frequent smartphone use). Future studies should examine ways to provide more long-term support for students with autistic spectrum disorders during and after any global pandemic.

**Key Words:** emerging infectious diseases, support for students with disabilities, autistic spectrum disorders, crisis intervention, case study

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