

## SPOTTED

# Spotted around the web: Sleep problems, social comfort, police training

BY JILL ADAMS

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## Research roundup

- Suicidal behavior may be rooted in people feeling burdened by and excluded from society, both of which are heightened in those with autism. *Journal of Autism and Developmental Disorders*
- Sleep problems in autism persist into at least middle age. *Autism in Adulthood*
- Autistic people tend to feel most comfortable when they are around others on the spectrum. *Autism*
- Children and adults with autism can count their heartbeats — a skill related to processing emotions — as accurately as typical people can, but they display different brain activity during the task. *Autism Research*
- A family-based cognitive behavioral therapy may ease anxiety in autistic preschoolers. *Journal of Autism and Developmental Disorders*
- Vaccine exemptions for philosophical reasons, as opposed to medical or religious reasons, doubled in Texas between 2012 and 2018, and were concentrated in metropolitan areas. *PLOS Medicine*
- Parents of children with intellectual disability have increased odds of mental health problems. *The British Journal of Psychiatry*

## Science and society

- Some families introduce their autistic children to local police and educate officers on atypical behaviors, such as easily misinterpreted responses to commands. *The New York Times*
- A New York state legislator offers suggestions for families to inform and prepare their autistic children for the coronavirus pandemic. *Times Union*

- New York state has approved street signs alerting motorists that a child with autism lives nearby. [\*The Buffalo News\*](#)
- Two autistic writers share advice they would give their younger selves about fitting into a typical world. [\*Psychology Today\*](#)
- The perceived social difficulties of people with autism have more to do with perception than reality. [\*Scientific American\*](#)
- The shoe company Vans has released a new line of cushioned slip-on shoes designed for children with autism. [\*CNN\*](#)

## Autism and the arts

- Autistic artist Julius Trees Parrish is showing his abstract paintings at a gallery in Viroqua, Wisconsin. [\*Vernon County Broadcaster\*](#)
  - A documentary about an autistic teenager from Iceland who built the world's largest Lego model of the Titanic premiered this week in Tennessee, near the museum that holds the model. [\*WVLT\*](#)
  - An artists market and coffee shop outside Detroit, Michigan, trains and hires people with autism and sells their art. [\*Metromode\*](#)
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