



**Richard Woods** @Richard\_Autism

23 Feb · 20 tweets · [Richard\\_Autism/status/1364357726743183363](#)



[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#)

PDA is not a good defense against FII. I explain why on my blog (somewhere). I think PDA is related to stress management, which is obviously affected by trauma (as most people's ability to manage stress is).

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) I should be discussing this with [@Andylowarousal](#) at some point soon.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#)  
<https://rationaldemandavoidancecom.files.wordpress.com/2020/08/06-august-2020-pda-is-a-trauma-response-not-specific-to-autism-evidence.pdf>

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) When you stop to consider how PDA operates as a "condition"/ entity. It seems to make sense that PDA behaviours are mainly about a person managing their stress levels. When viewed as such, it is not specific to autism.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) "Once anxiety or aversion have been triggered by demands, parents report that increasing pressure on the child to comply can precipitate more severe forms of problem behaviour (e.g. threats, meltdowns, destructive...

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) behaviour, harm to self and others; Newson et al., 2003; O'Nions et al., 2018). This is in line with other work with children with developmental disabilities, which describes distress, arousal and attempts to physically escape from demand contexts"

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) O'Nions and Neons (2018), 389.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) "60% have extreme outbursts or panic attacks." In Surface Sociability. Newson et al (2003), p596.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) "\*\*Reducing meaningful conversation: bombards adult with speech (or other noises, e.g. humming) to drown out demands; mimics purposefully; refuses to speak. \*(As last resort): outbursts, screaming, hitting, kicking; best construed as panic attack."

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) p597 part of strategies of avoidance are essentially socially manipulative, which is a subtrait for Continues to resist and avoid ordinary demands of life. (Newson et al, 2003).

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) "Repetitive questions used for distraction, but may signal panic." Newson et al (2003), p597. For Language delay trait.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) "Very impetuous, has to follow impulse. Switching of mood may be response to perceived pressure; goes "over the top" in protest or in fear reaction, or even in affection; emotions may seem like an "act"."

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) Newson et al (2003, p597). Part of Lability of Mood trait.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) Now consider the empirical studies that either associated PDA to anxiety, or PDA is predicted by anxiety.

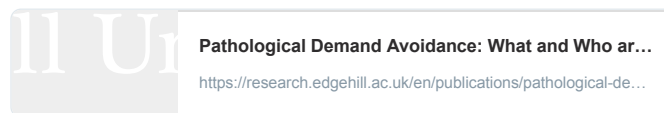
[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) The point of me referring to quotes from Newson, is for me to show that PDA features, across most/ all of its dx traits should be seen as related to regulating stress.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) When you view PDA as a being about stress management, the entire notion PDA is an autism subtype quickly seems preposterous.

Autism, as a way of being is not about stress management; which PDA seems to be.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) If you want more evidence for this, consider [@Allison66746425](#) work highlighting how PDA pathologises actions that children often use to assert their self agency when stressed. Then how my own content analysis of PDA tools replicated her results.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#)



And

[openresearch.lsbu.ac.uk/item/8v18z](https://openresearch.lsbu.ac.uk/item/8v18z)

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) The point here is that often, PDA social demand avoidance behaviours escalate, in how extreme they are, described by O'Nions (off the top of my head). This is reflected in [@Allison66746425](#) work.

[@tinkerbellbites](#) [@milton\\_damian](#) [@Allison66746425](#) [@Andylowarousal](#) I will end here.

[@threadreaderapp](#) please could you unroll?

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