

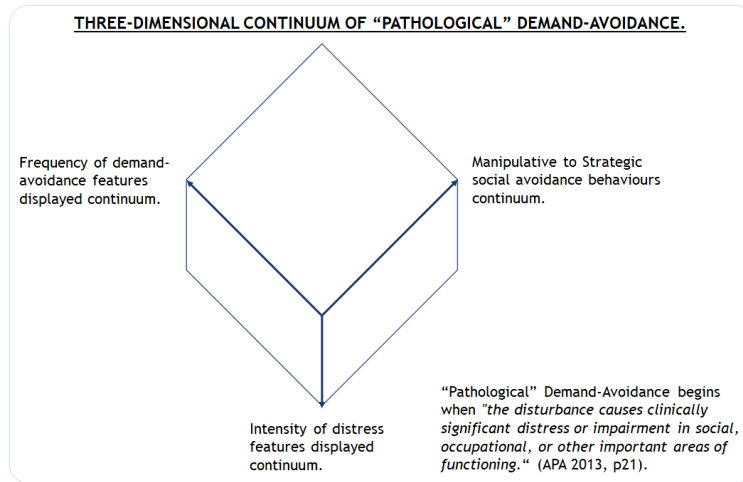


Richard Woods @Richard_Autism

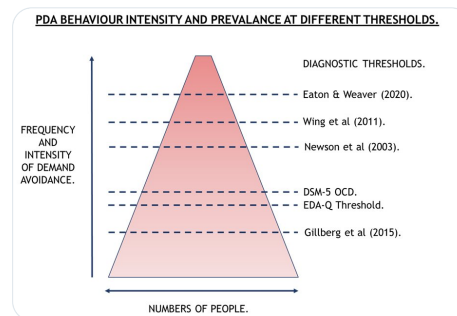
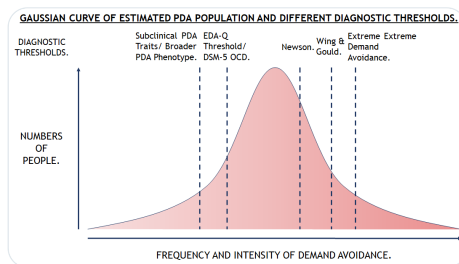
Oct 4, 2021 · 16 tweets · [Richard_Autism/status/1445045110857666560](https://twitter.com/Richard_Autism/status/1445045110857666560)



I am still playing around with this (mainly working out how to shade individual sides of the cube), I think I have a new 3D image for PDA. Although, it might be best doing a "radar" type chart.

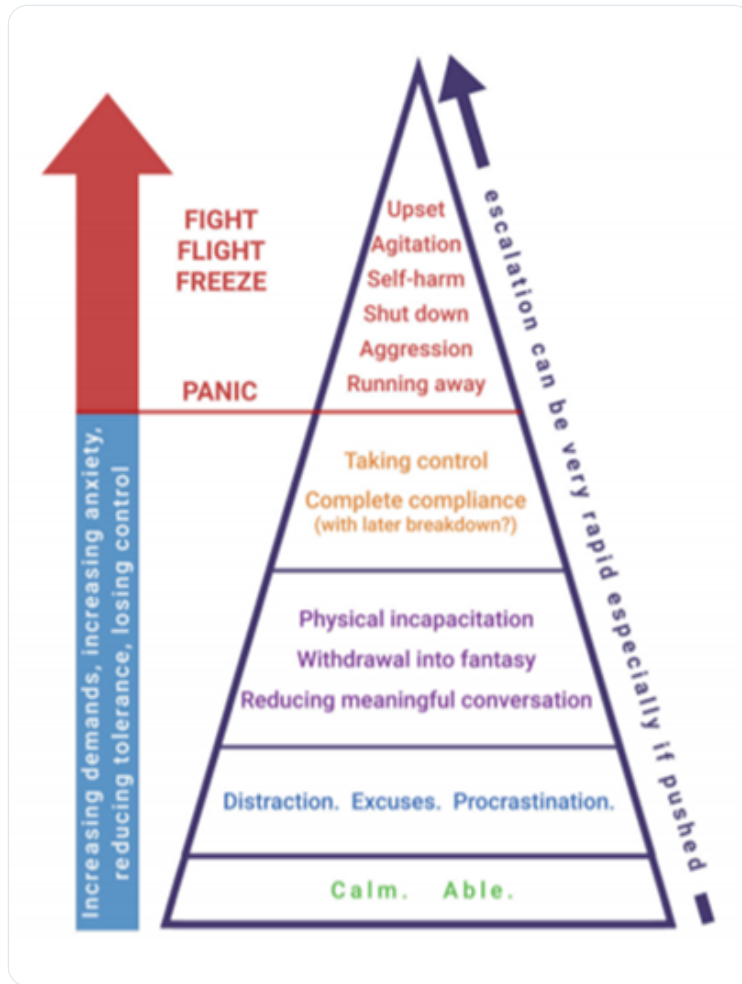


I have split the frequency & intensity of demand-avoidance axes from these charts in two.



Frequency of demand-avoidance features displayed continuum represents how often demand-avoidance features tend to expressed over a given time period, such as a week. It really is arbitrary which time period a person uses.

For "Intensity of distress features displayed continuum." axis it represents something akin to the image below from PDA Society What is PDA booklet.



It recognises there often are degrees of distress behaviours each person often progressively works through, this can be specific set of distress behaviours for each person; it allows for it individualised.

The point is is linked anxiety-based RRBI, and how "extreme"/ "difficult" for those expressing them, & those around them to experience.

"Manipulative to Strategic social avoidance behaviours continuum." axis represents continuum of "strategic" & "manipulative" social avoidance behaviours described in PDA literature & tools.

This axis represents that some social avoidance behaviours are done with intent (manipulative), while others are expressed in a compulsive manner (strategic).

Again this axis is related to anxiety, more anxious a person is, more likely to display compulsive (strategic) social demand-avoidance. It also reflects how most characteristics present as a continuum in human population.

I am trying to move away from false dichotomy of "strategic" vs "manipulative" demand-avoidance.

For "Frequency of demand-avoidance features displayed continuum", it represents continuum from "Rational" to "Extreme/ Pervasive" demand avoidance. Also views it

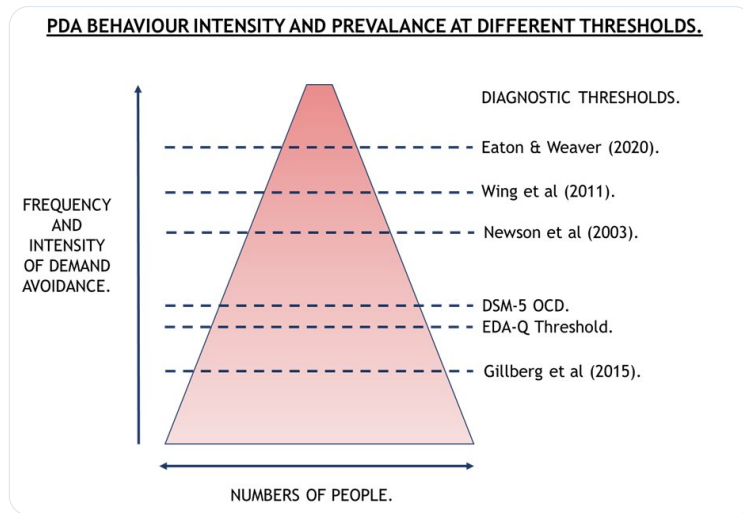
to be a continuum characteristic; i.e., again a false dichotomy between two constructs.

This is important due “Pathological” Demand-Avoidance begins when "the disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning." (APA 2013, p21), is around "Rational Demand Avoidance".

“...start to display avoidant behaviour and challenging behaviour in response to a particular stressor...” (Eaton 2018, p20).

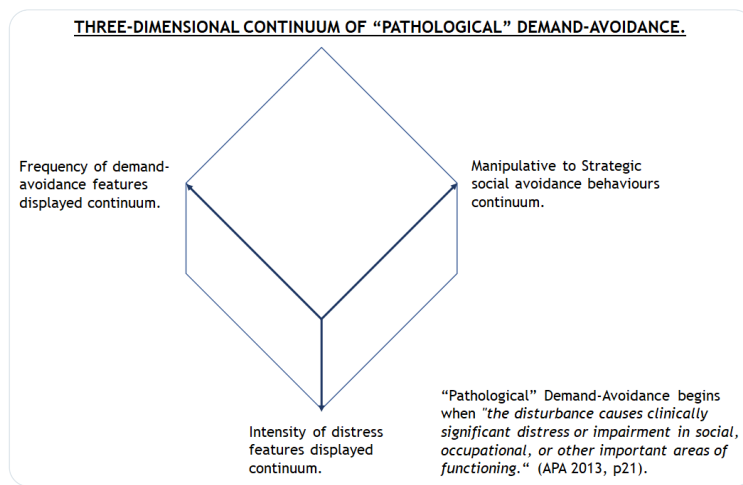
Around EDA-Q threshold and/ or “problematic demand avoidance” (O’Nions et al 2018b).

As with this diagram, the "profile" of features a person expresses changes depending on the situation they are in, & over lifespan, so it is a dynamic & influx presentation.



That is the core rationale for the image. One should see it is intrinsically a stress based model for PDA.

Finishing with the image.



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

Thank you in advance.

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