

# Autistic Phenotypes: Bridging Research and Clinical Perspectives for a Comprehensive Understanding

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## ABSTRACT

aims to explore autistic phenotypes through a lens that integrates research and clinical practice. A key focus will be on diagnostic comorbidity, distinguishing between co-occurring neurodevelopmental disorders—such as ADHD and intellectual disability—and psychopathological comorbidity, including conditions like anxiety, depression, and emotional dysregulation, to which individuals with neurodevelopmental disorders are more susceptible. The effectiveness and adaptation of treatments from early childhood to adolescence will be discussed, highlighting both strengths and challenges identified in current research. Finally, the talk will examine the developmental trajectory of autism, analyzing how symptoms and abilities evolve over time and which factors influence long-term outcomes. The goal is to provide an integrated understanding of autism, enhancing the effectiveness of clinical interventions.