Writer's Memo: "Implications of Camouflage on the Delayed Diagnosis of Autism Spectrum Disorder (ASD) in Women"
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In the Fall 2021 semester, I was challenged with writing an original review paper for my class Writing in the Health Professions. I knew right away that I wanted to explore an issue of health inequity, and I was loosely aware of the gender gap in Autism Spectrum Disorder (ASD) diagnosis for women. As I was compiling sources surrounding this topic, I noticed a lack of research into the specific nature of this gender gap. The more I read, the more I understood that a general female phenotype of ASD is missing from the diagnostic process, contributing to many women either being diagnosed much later in life, or never getting a diagnosis. Along the way, I found a call for the necessity of a female phenotype. At the time of writing, there was no single source explaining the female presentation of ASD, but many sources had reported similar traits of ASD in women. This review attempts to explore the gender gap and provide the beginnings of a succinct female phenotype of ASD in women. By creating a better understanding of how ASD presents in women, the gender gap can be lessened. More importantly, women that are struggling can find the answers they need and can be given the tools they need to alleviate these struggles.