

# Joint Webinar on Gynecology-Obstetrics & Pediatrics

October 22-23, 2021 | Webinar

## Virtual autism-new era of autism spectrum disorder/ outcome of in-depth screen exposure among toddlers aged 1-4 years

From few years specially during covid pandemic many toddlers who were exposed to screen (Mobile/ Laptop/Tv) for any reason presented with symptoms similar to autism (poor speech/ poor eye contact/ lack of concentration / hyperactivity and so on) and exhibited exclusive behavior of continuous rhyming of virtual/media world (alphabets/numbers/colors/ rhymes) while couldn't recognize parents and surroundings. So, there is a need to compare extended causes of autism spectrum disorder.

**Methodology-** A study was done on 60 children who presented with autistic symptoms using online examination tool which was designed as google questionnaire and named c-vat (checklist for virtual autism) to understand normal development pattern of child and understand differences in learning behavior due to rigorous screen exposure. Consultation was done with parents on voice / video call at regular intervals MRI scan was also done for some children to differentiate between other developmental anomaly and virtual autism. Ethical consent-study was completely online. Data was kept confidential with me and identity of child and parents were not revealed. During research covid guideline was followed and interpretation was done on basis of results obtained.

**Results-** In-depth screen exposure resulted in development of autistic characters in toddlers named as virtual autism. Children improved after

reducing screen duration to zero and symptoms reduced markedly. It indicates that rigorous exposure interferes with learning process of child and induces autistic behavior. screen withdrawal improves behavior of kids.

**Conclusion-** Screen exposure is dangerous for toddlers and resulted in virtual autism. Toddlers must not be exposed to screen till proper language and learning development milestones are achieved. Screen creates a gap between learning process of child and real world resulting in virtual autism. Screen time must be limited to zero for kids under 2 years and should not exceed 1 hour for kids above 2 years that too under observation.

### Biography

Co-owner Jyoti physiotherapy clinic and child neurodevelopmental center Guna MP. Ex faculty Ayushmann hospital Bhopal. Treated more than 3000 neuropsychiatric children so far. Training from Nimham's Hosmat and Narayana Hrudayala Bangalore. Observer ship from Neurological Rehabilitation Group and Royal Children Hospital Melbourne. Mdt part a lumbar spine From McKenzie Institute Australia.

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