

Explicit and Implicit Biases Toward Autism

Therapist Neurodiversity Collective International

• Therapy • Advocacy • Education •
Established January 2018

Research highlighting the Reality of Prejudice that Autistic People Face on a daily basis:

Effects of autism acceptance training on explicit and implicit biases toward autism Desiree R Jones et al. *Autism*. 2021.

This research concurs with similar findings from other research papers which confirmed that non-autistic people reject autistic people based on superficial 'thin slice judgments' and that allistic people have less favorable perceptions of autistic people. **No matter how hard autistic people try to 'fit in' and bear hostile environments, their efforts are in vain.**

Abstract:

"Autistic adults face prejudice from non-autistic people. They are often judged unfairly and left out of social activities because of their differences.

This can make it difficult for autistic people to make friends and find jobs. Some training programs have tried to teach autistic people to act more like non-autistic people to help them gain acceptance. **Fewer have focused on teaching non-autistic people how to be more autism-friendly.**

In this study, we used a short training video that teaches people about autism. The video was created with the help of autistic adults and included clips of real autistic people. We found that non-autistic people who watched this video had better knowledge about autism and showed more autism-friendly attitudes than those who watched a video about mental health or those who did not watch any video.

They were more open to having a relationship with an autistic person and had more positive beliefs about autism. However, our video did not affect people's unconscious attitudes about autism. People in our study connected autism with unpleasant traits, even if they had watched the autism training video.

This suggests that teaching non-autistic people about autism may promote more autism-friendly attitudes, but some beliefs may be harder to change."

Sadly, this research shows that those who have the predominant neurotype are unable, unwilling, incapable of changing their negative, ableist views of autistic people.

For the good of our society, we must combine our efforts to ensure that ALL human beings are valued.

We are not doing a good job of that when we push autistic children and adults to change in order to accommodate the predominant neurotype when society is so clearly not accommodating of their needs.

Therapists must use their position of privilege to effect change for Autism Acceptance (instead of continuing to 'train neurotypical social skills to autistic children and adolescents)

We should all be restless in our efforts to support and empower authentic autistic communication.

Jones DR, DeBrabander KM, Sasson NJ. Effects of autism acceptance training on explicit and implicit biases toward autism. *Autism*. January 2021. doi:10.1177/1362361320984896
<https://journals.sagepub.com/doi/10.1177/1362361320984896>