



# Understanding Evidence-Based Practice for Autism Spectrum Disorder: Korean Practice Clinical Guidelines

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Autism spectrum disorder (ASD) is a heterogeneous condition. Extremely complex genetic underpinning is involved in its development, followed by diverse physiological and neurological conditions. Therefore, the manifestation of ASD is different according to the person, to developmental trajectory, to the environment the person is facing, and comorbid physical and mental health issues. Such interpersonal diversity is one of the core characteristics of ASD, and this diversity is inherent in its nature. While diversity enriches the world of ASD, providing help to both professionals and laypeople in understanding ASD and how to intervene with autistic people and their families when necessary remains challenging. Moreover, professionals can have different understandings of ASD depending on their perspectives obtained from their own training and clinical practices.

Therefore, clinical guidelines are necessary to guide professionals toward optimal practices for ASD based on evidence from reliable resources. In the current issue, a total of 7 articles [1-7] have been published under the heading of Korean Practice Guideline for Autism Spectrum Disorder. These studies are the result of a long-standing collective effort to establish standard practice guidelines for ASD, which is supported by the Ministry of Health and Welfare, Behavior and Development Center, and the Headquarters of the National Autism and Developmental Disorder Centers [8]. The guidelines cover various clinical aspects of ASD, from diagnosis and assessment to intervention strategies for the whole life span. More clinically relevant issues include understanding problematic behavior, comorbidities, and principles of early behavioral intervention. Editors and reviewers of the journal attempted to formulate the guidelines to maintain balance, scientific soundness, and applicability through third-person perspectives. The articles will be trans-

lated into Korean, archived at the Ministry of Health and Welfare, and distributed to the professionals of the National Autism and Developmental Disorder Centers.

It will be a significant milestone for the journal if this issue becomes the vehicle to transmit these guidelines to readers worldwide. These guidelines might not become an encyclopedia that can apply to every autistic person, but it would provide professionals in the community something to follow rather than being distracted from evidence during their everyday encounters with autistic people.

## REFERENCES

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