Sensory Processing Disorder

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Symptoms

- Over or under-sensitive to sensory stimuli.
- Difficulty filtering background noise.
- Emotional dysregulation when overwhelmed.

Age & Gender

- Often identified in early childhood.
- Diagnosed more often in males.
- Females are often missed due to masking.

Misconceptions

- It’s not bad behaviour, sensory input is genuinely overwhelming.
- Not the same as autism, though they often co-occur.
- Not something people can push through with willpower.

Diagnosis

- It isn't a separate diagnosis in the DSM-5, the main diagnostic manual.
- Often identified by an occupational therapist.
- Frequently co-occurs with other conditions.

Support options

- Sensory integration therapy with an Occupational Therapist.
- A personalised 'sensory diet' of daily activities.
- Environmental adjustments to reduce stimuli.

Support

- Offer quiet or low-stimulation workspaces.
- Reduce sensory triggers like flickering lights.
- Allow headphones, sunglasses, or fidget tools.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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