Video Game Play May Attenuate Cortisol Response to Psychosocial Stress in Individuals with Autism Spectrum Disorders

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Video game play may distract plasma cortisol response to stressful situations used in this study was not so strong to induce any increases. However, plasma cortisol levels in the 10 children with ASD were not significantly increased in the above described test setting. As described above, video game did not induce in change serum [8] or salivary [9] cortisol levels. Moreover, the video game successfully distracted stress of patients during the dental procedure [15]. Drawing these strands together, the video game play may distract plasma cortisol response to stressful setting.

Although detailed neurobiological mechanisms associated with flat responses of cortisol profile in the 10 children with ASD are not clearly understood, there were two factors may be considered as follows: stressful situation used in this study was not so strong to induce any changes in plasma cortisol levels; 2) considering previously reported findings that younger children who showed willingness to approach to others did not increase cortisol response [16], the 10 individuals with ASD in this study may be willing to approach unfamiliar adults, and thus showed no changes of plasma cortisol response.

Collectively, it is plausible that video game play may be able to distract cortisol response to psychosocial stress.
References


