



Time *Perception*

Dyschronometria Time agnosia

Perception of passage of time can be different in autistic persons. Some may have no recognition of time passage at all (agnosia).

Severely Deficient Autobiographical Memory SDAM

Palumbo et al. (2015) described a reduced ability or inability to recollect personally experienced events (such as their wedding or graduation), which was corroborated by absence of imaging and laboratory biomarkers.

Monotropism

Monotropism is allocation of all attention resources into deep, isolated channels. Shifting between attentional states can feel discontinuous and compartmentalized (Murray et al., 2005).

Aphantasia

Aphantasia, the inability to produce images in the mind, can result in reduced autobiographical vividness and re-experiencing (Watkins, 2018).

Anoesis vs autoanoesis (Now or not-now)

Tulving (1985) described 3 states of consciousness.

- **Noetic:** Semantic memory, knowledge of the world, knowledge of concepts and patterns
- **Anoetic:** Awareness of here-and-now, sensations, procedures
- **Autoanoetic:** Self-awareness across time, past and future

Autoanoetic memory may be reduced or absent in autistic persons, while noetic and anoetic memory remains intact (Skirrow et al, 2015; Westby, 2022) .

Structural dissociation Dissociative amnesia

Personality and consciousness can be compartmentalized, such that different parts show up at different times, but there is no integration of the whole. It can feel like shifting from world to world, time to time. This can happen in autistic persons even in absence of conventional trauma, simply from heightened stress responses and chronic emotional dysregulation (Parikh et al, 2025).