

Nörogelişimsel Bozukluklara Evrimsel Bakış

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Özet

Dikkat eksikliği hiperaktivite bozukluğu (DEHB) ve otizm spektrum bozukluğu (OSB) olmak üzere iki nörogelişimsel bozukluğu evrimsel perspektiften tartışmaktayız. Her iki tablonun da genetik bir temeli olup, bu genlerin doğal seçim sürecinde neden hayatta kalmış olabileceğini araştırmaktayız. Bunu yaparken, geçmişte avantaj sağlamış olan bir özelliğin ortam değiştiğinde dezavantajlı hale gelmesi anlamına gelen evrimsel uyumsuzluk kavramından yararlanmaktayız. Ayrıca bu rahatsızlıklar üzerindeki genetik olmayan etkileri de açıklamaktayız. Nörogelişimsel sorunları olan çocukların istismara uğrama ihtimalinin daha yüksek olduğunu, dolayısıyla hem genlerin hem de çocukların içinde büyüdüğü çevrenin önemini vurgulamaktayız. Avcı-toplayıcı toplumlarda, DEHB risk alma eğilimini desteklemiş olabilir, bu da DEHB'nin neden günümüze kadar geldiğini açıklayabilir. Çocukların günün büyük bir bölümünde saatlerce hareketsiz oturmalarının beklendiği çağdaş okul modeli ise bu durumu desteklememektedir. Bu nedenle DEHB'yi evrimsel uyumsuzluk açısından anlamak, hem ilaç tedavisi hem de okul ortamıyla ilgili etik sorunları gündeme getirmektedir. OSB'ler ise oldukça heterojen bir yapıda olup, tablo yüksek kalıtım ve azalmış üreme şansı ile karakterizedir. Spektrumun ağır ucundaki OSB'ler oldukça dezavantajlı bir pozisyondadır ve genellikle zihinsel yetersizlikle birlikte görülür. Spektrumun diğer ucundaki yüksek işlevli OSB ise evrimsel olarak spesifik becerilerin geliştirilmesi bakımından adaptif olması nedeniyle günümüze kadar gelmiş olabilir.

Anahtar kelimeler

DEHB, otizm spektrum bozuklukları, evrimsel uyumsuzluk, evrimsel perspektif, nörogelişimsel bozukluklar

Anahtar Noktalar

- Evrimsel düşünce, çocukluk çağı gelişimsel bozukluklarına dair yaklaşımımızı derinleştirebileceği gibi ve bu bozuklukların klinik tedavisine yardımcı olabilir.
- *Evrimsel uyumsuzluk (evolutionary mismatch)* kavramı, özellikle nörogelişimsel bozuklukların görece yüksek prevalansını anlamamızda yardımcı olabilir. Bu kavram, geçmişte avantaj sağlamış olabilecek, ancak şimdi çevredeki değişiklikler göz önüne alındığında dezavantajlı hale gelmiş durumları ifade eder.
- Evrimsel geçmişimizde, çocukların bir günde uzun saatler boyunca yerinde oturup akademik görevlere odaklanması beklenmiyordu. Dikkat eksikliği hiperaktivite bozukluğu (DEHB), adap-

tif yenilik arayışını ve risk almayı desteklemiş olabilir. DEHB'yi evrimsel uyumsuzluk bakışı ile ele almak, çocukluk çağı DEHB'sinin yönetimine ilişkin etik sorunlar da dahil olmak üzere önemli konuları gündeme getirir.

- Otizm spektrum bozuklukları (OSB'ler) oldukça heterojen olmakla birlikte yüksek kalıtım ve düşük üreme başarısı ile karakterizedir. Spektrumun şiddetli ucunda, eğer zihinsel yetersizlik de eşlik ediyorsa OSB oldukça dezavantajlı olabilir. Diğer taraftan, yüksek işlevli otizm evrimsel geçmişimize uyum sağlamanın sonucunda bugün uygun çevrede bu şekilde ortaya çıkmış olabilir.

15.1. Giriş

Klinisyenler ve bilim adamları olarak, psikiyatride halen baskın olan geleneksel hastalık modelinin,

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sal ilaçlar ya da yasadışı uyuşturucu madde (Ross vd., 2015) kullanımını sayılabilir. Bellek ve dürtü denetimi de dahil olmak üzere birçok beyin bölgesinde yıkıcı etkileri olan fetal alkol sendromu (Mohammadzadeh ve Farhat, 2014) oldukça tehlikeli bir durumdur (Rangmar vd., 2015). Sonuç olarak, evrimsel geçmişimizdeki hiçbir şey bizi günümüzdeki kadar erken doğan prematüre fetüslerin hayatta kalma olasılığına hazırlamamıştır. Dolayısıyla pek çok prematüre bebek ciddi nörogelişimsel sorunlar yaşamaktadır (Jarjour, 2015).

15.4 Sonuç

Evrimsel bir bakış açısının DEHB ve OSB ile ilgili tartışmalara katkı sağlayacağını düşünmekteyiz. Bu durumları belirli ortamlarda adaptif değeri olan biyolojik varyantlar olarak değerlendirmek, çocukların “yaramaz” veya “anormal” olarak görülmesinden ziyade ev-

rimsel uyumsuzluk yaşadıklarını algılamaya yardımcı olacaktır. Örneğin, okuldaki eğitim stratejileri, DEHB olan çocuklara bol miktarda fiziksel aktivite sağlama ve OSB olanların özel yeteneklerini destekleme üzerine odaklanmalıdır. Belki de ilerleyen zamanlarda okulların nasıl kavramsallaştırdığı ve işletildiği konusu da yeniden gözden geçirilmelidir. DEHB ve OSB olan bireyler için evrimsel bakış açısı, bu bireylerin güçlü yönlerini farketmelerine ve bu yönlerinin değer gördüğü meslekler aramalarına da yardımcı olacaktır. Muhtemelen tüm insan mizaçlarında olduğu gibi bu koşullarda da kaçınılmaz olarak olumsuz durumlar yaşanacaktır. Ancak, bu durumların evrimsel kavramlarla yeniden açıklanması, etyoloji, tanı ve tedavideki karmaşıklıkları azaltıp bu kişilerle ilgili etik ve sosyal sorumluluklarımızın daha bilinçli şekilde tartışılmasının önünü açacaktır.

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