Asperger's Syndrome Test

Instructions: Please answer the following questions based on your own experiences and behaviors. Be honest and consider how often each statement applies to you. Keep in mind that this is not a diagnostic tool, but it may help identify traits associated with Asperger's syndrome.

1. Social Interaction

I find it challenging to interpret social cues or understand non-verbal communication.	☐ Yes ☐ No
Large social gatherings are overwhelming or anxiety-inducing for me.	☐ Yes ☐ No
I have specific routines or preferences in social interactions.	☐ Yes ☐ No

2. Communication

I often have difficulty initiating or sustaining conversations.	☐ Yes ☐ No
My tone of voice or facial expressions may not always match my feelings.	☐ Yes ☐ No
I tend to take language literally and may struggle with sarcasm or figurative speech.	☐ Yes ☐ No

3. Sensory Sensitivities

I am particularly sensitive to bright lights, loud noises, or specific textures.	☐ Yes ☐ No
It's difficult for me to filter out background noise in busy environments.	☐ Yes ☐ No
Certain sensory experiences cause discomfort or distress.	☐ Yes ☐ No

4. Attention and Focus

I frequently find it hard to stay focused on a task for an extended period.	☐ Yes ☐ No
I am easily distracted or prone to daydreaming.	☐ Yes ☐ No
I have specific strategies or habits to help me concentrate.	☐ Yes ☐ No

5. Learning and Work Patterns

I have a unique way of learning that differs from traditional methods.	☐ Yes ☐ No
I am exceptionally skilled or interested in a specific area or topic.	☐ Yes ☐ No
I struggle with certain academic or work-related tasks.	☐ Yes ☐ No

6. Repetitive Behaviors and Interests

I engage in repetitive movements or behaviors, like hand-flapping or pacing.	☐ Yes	☐ No
I am intensely interested in specific topics or activities, often to the exclusion of others.	☐ Yes	☐ No
I prefer routines and get distressed when they are disrupted.	☐ Yes	☐ No

7. Emotional Well-being

I experience heightened anxiety or stress in certain situations.	☐ Yes	☐ No
Mood swings or emotional intensity are part of my daily experiences.	☐ Yes	☐ No
There are specific activities or environments that help regulate my emotions.	☐ Yes	☐ No