

Autism Test for Adults

Name: _____ Date of Birth: _____

Gender: Male Female Other: _____ Today's Date: _____

Email: _____ Telephone #: _____

How to fill out the questionnaire

Below are a list of statements. Please read each statement very carefully and rate how strongly you agree or disagree with it.

DO NOT MISS ANY STATEMENT OUT.

Statements	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
1. I prefer to do things with others rather than on my own.				
2. I prefer to do things the same way over and over again.				
3. If I try to imagine something, I find it very easy to create a picture in my mind.				
4. I frequently get so strongly absorbed in one thing that I lose sight of other things.				
5. I often notice small sounds when others do not.				
6. I usually notice car number plates or similar strings of information.				
7. Other people frequently tell me that what I've said is impolite, even though I think it is polite.				

Statements	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
8. When I'm reading a story, I can easily imagine what the characters might look like.				
9. I am fascinated by dates.				
10. In a social group, I can easily keep track of several different people's conversations.				
11. I find social situations easy.				
12. I tend to notice details that others do not.				
13. I would rather go to a library than a party.				
14. I find making up stories easy.				
15. I find myself drawn more strongly to people than to things.				
16. I tend to have very strong interests which I get upset about if I can't pursue.				
17. I enjoy social chit-chat.				
18. When I talk, it isn't always easy for others to get a word in edgeways.				

Statements	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
19. I am fascinated by numbers.				
20. When I'm reading a story, I find it difficult to work out the characters' intentions.				
21. I don't particularly enjoy reading fiction.				
22. I find it hard to make new friends.				
23. I notice patterns in things all the time.				
24. I would rather go to the theatre than a museum.				
25. It does not upset me if my daily routine is disturbed.				
26. I frequently find that I don't know how to keep a conversation going.				
27. I find it easy to "read between the lines" when someone is talking to me.				
28. I usually concentrate more on the whole picture, rather than the small details.				
29. I am not very good at remembering phone numbers.				
30. I don't usually notice small changes in a situation, or a person's appearance.				

Statements	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
31. I know how to tell if someone listening to me is getting bored.				
32. I find it easy to do more than one thing at once.				
33. When I talk on the phone, I'm not sure when it's my turn to speak.				
34. I enjoy doing things spontaneously.				
35. I am often the last to understand the point of a joke.				
36. I find it easy to work out what someone is thinking or feeling just by looking at their face.				
37. If there is an interruption, I can switch back to what I was doing very quickly.				
38. I am good at social chit-chat.				
39. People often tell me that I keep going on and on about the same thing.				
40. When I was young, I used to enjoy playing games involving pretending with other children.				
41. I like to collect information about categories of things (e.g. types of car, types of bird, types of train, types of plant, etc.).				

Statements	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
42. I find it difficult to imagine what it would be like to be someone else.				
43. I like to plan any activities I participate in carefully.				
44. I enjoy social occasions.				
45. I find it difficult to work out people's intentions.				
46. New situations make me anxious.				
47. I enjoy meeting new people.				
48. I am a good diplomat.				
49. I am not very good at remembering people's date of birth.				
50. I find it very easy to play games with children that involve pretending.				

Adapted from:

Advanced Assessments. (2018). *The Adult Autism Spectrum Quotient (AQ) Ages 16+.* <https://www.advancedassessments.co.uk/resources/Autism-Screening-Test-Adult.pdf>

Baron-Cohen, S., Wheelwright, S., Skinner, R., Martin, J., & Clubley, E. (2001). The autism-spectrum quotient (AQ): Evidence from Asperger syndrome/high-functioning autism, males and females, scientists and mathematicians. *Journal of Autism and Developmental Disorders*, 31(1), 5–17. <https://doi.org/10.1023/a:1005653411471>