

Autism Spectrum Quotient

Choose one response that best describes how strongly each item applies to you.

	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.				
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 to 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 chitchat.				
18. When I talk, it isn't always easy for others to get a word in edgewise.				
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 theater than to 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.				

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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 on 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.				
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 chitchat.				
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 cars, birds, trains, plants).				
42. I find it difficult to imagine what it would be like to be someone else.				
43. I like to carefully plan any activities I participate in.				
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.				

Sources

1. M. Woodbury-Smith. Screening adults for Asperger Syndrome using the AQ: a preliminary study of its diagnostic validity in clinical practice. *J Autism Dev Disord.* 2005.
2. Simon Baron-Cohen et al. The Autism-Spectrum Quotient (AQ): Evidence from Asperger Syndrome/High-Functioning Autism, Males and Females, Scientists and Mathematicians. *31 Journal of Autism and Developmental Disorders* 5-17. February 2001.
3. Dorothy V.M. Bishop et al. Using self-report to identify the broad phenotype in parents of children with autistic spectrum disorders: a study using the Autism-Spectrum Quotient. *45:8 Journal of Child Psychology and Psychiatry* 1431-1436. November 2004.