

## Autism Spectrum Quotient (AQ)

For each statement below, choose one response that best describes how strongly that statement 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 theatre than to a museum.  |                  |                |                   |                     |

|   | Definitely Agree | Slightly Agree | Slightly Disagree | Definitely Disagree |
|---|------------------|----------------|-------------------|---------------------|
| 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 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 don't 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.                              |                  |                |                   |                     |