

Autism-Spectrum Quotient

Remember that each of us is individual, and different, so this test is NOT a definite diagnosis, but merely a helpful test of possibilities. No test has been devised that can accurately measure ADD/ADHD and/or the continuum from ADD to Autism. This is for adults. If the choice of answers is close, try to determine which is more like you.

- 1*. I prefer to do things with others rather than on my own.....Yes No**
- 2. I prefer to do things the same way over and over again.Yes No**
- 3*. If I try to imagine something, I find it very easy to create a picture in my mind.Yes No**
- 4. I frequently get so strongly absorbed in one thing that I lose sight of other things..... Yes No**
- 5. I often notice small sounds when others do not.....Yes No**
- 6. I usually notice car number plates or similar strings of information.Yes No**
- 7. Other people frequently tell me that what I've said is impolite, even though I think it is polite.....Yes No**
- 8*. When I'm reading a story, I can easily imagine what the characters might look like.....Yes No**
- 9. I am fascinated by dates.....Yes No**
- 10. In a social group, I can easily keep track of several different people's conversations.....Yes No**
- 11*. I find social situations easy.....Yes No**
- 12. I tend to notice details that others do not.....Yes No**
- 13. I would rather go to a library than to a party.....Yes No**
- 14*. I find making up stories easy.....Yes No**
- 15*. I find myself drawn more strongly to people than to things. Yes No**

16. I tend to have very strong interests, which I get upset about if I can't pursue..... Yes No

17*. I enjoy social chitchat.....Yes No

18. When I talk, it isn't always easy for others to get a word in edgewise.....Yes No

19. I am fascinated by numbers.....Yes No

20. When I'm reading a story, I find it difficult to work out the characters' intentions.Yes No

21. I don't particularly enjoy reading fiction.....Yes No

22. I find it hard to make new friends.....Yes No

23. I notice patterns in things all the time.....Yes No

24*. I would rather go to the theater than to a museum. Yes No

25*. It does not upset me if my daily routine is disturbed.....Yes No

26. I frequently find that I don't know how to keep a conversation going..... Yes No

27*. I find it easy to 'read between the lines' when someone is talking to me..... Yes No

28*. I usually concentrate more on the whole picture, rather than on the small details. Yes No

29*. I am not very good at remembering phone numbers.....Yes No

30*. I don't usually notice small changes in a situation or a person's appearance.....Yes No

31*. I know how to tell if someone listening to me is getting bored. Yes No

32*. I find it easy to do more than one thing at once.....Yes No

33. When I talk on the phone, I'm not sure when it's my turn to speak.....Yes No

34*. I enjoy doing things spontaneously.Yes No

35. I am often the last to understand the point of a joke.....Yes No

36*. I find it easy to work out what someone is thinking or feeling just by looking at their face. Yes No

37*. If there is an interruption, I can switch back to what I was doing very quickly.....Yes No

38*. I am good at social chitchat.....Yes No

39. People often tell me that I keep going on and on about the same thing.....Yes No

40*. When I was young, I used to enjoy playing games involving pretending with other children.....Yes No

41. I like to collect information about categories of things (e.g., types of cars, birds, trains, plants)..... Yes No

42. I find it difficult to imagine what it would be like to be someone else.....Yes No

43. I like to carefully plan any activities I participate in..... Yes No

44*. I enjoy social occasions.....Yes No

45. I find it difficult to work out people's intentions.Yes No

46. New situations make me anxious..... Yes No

47*. I enjoy meeting new people. Yes No

48*. I am a good diplomat.....Yes No

49*. I am not very good at remembering people's date of birth. Yes No

50*. I find it very easy to play games with children that involve pretending..... Yes No

Scoring

If you answered "yes" to questions 2, 4, 5, 6, 7, 9, 12, 13, 16, 18, 19, 20, 21, 22, 23, 26, 33, 35, 39, 41, 42, 43, 45, 46 score 1 point.

If you scored "no" to questions 1, 3, 8, 10, 11, 14, 15, 17, 24, 25, 27, 28, 29, 30, 31, 32, 34, 36, 37, 38, 40, 44, 47, 48, 49, 50 score 1 point.

Add the points together to get a score. If you scored above 32, then you are statistically probable as being classified autistic - even if you are able to function normally in your life.

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