**Autism Spectrum Quotient (AQ50)**

|  |  |
| --- | --- |
| Patient Full Name: |  |
| D.O.B: |  |
| NHS Number/Client ID: |  |
| Date of completion: |  |

The Autism-Spectrum Quotient Test (abbreviated AQ) is a diagnostic questionnaire designed to measure the expression of Autism-Spectrum traits in an individual, by his or her own subjective self-assessment.

It was first published in 2001 by Simon Baron-Cohen and his colleagues Cambridge Autism Research Centre as part of the widely cited study entitled *The Autism Spectrum Quotient (AQ): Evidence from Asperger syndrome/high-functioning autism, males and females, scientists and mathematicians*.

**For each statement below, choose one response that best describes how strongly that statement applies to you**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | SlightlyAgree | DefinitelyAgree | SlightlyDisagree | DefinitelyDisagree |
| 1. I prefer to do things with others rather than on my own.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I prefer to do things the same way over and over again.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. If I try to imagine something, I find it very easy to create a picture in my mind.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I frequently get so strongly absorbed in one thing that I lose sight of other things.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I often notice small sounds when others do not.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I usually notice car number plates or similar strings of information.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. Other people frequently tell me that what I've said is impolite, even though I think it is polite.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. When I’m reading a story, I can easily imagine what the characters might look like.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I am fascinated by dates.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. In a social group, I can easily keep track of several different people’s conversations.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find social situations easy.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I tend to notice details that others do not.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I would rather go to a library than to a party.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find making up stories easy.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find myself drawn more strongly to people that to things.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I tend to have very strong interests, which I get upset about if I can’t pursue.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I enjoy social chit chat
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. When I talk, it isn’t’ always easy for others to get a word in edgewise
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I am fascinated by numbers.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. When I'm reading a story, I find it difficult to work out the characters’ intentions.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I don’t particularly enjoy reading fiction.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find it hard to make new friends.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I notice patterns in things all the time.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I would rather go to the theatre than to a museum.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. It does not upset me if my daily routine is disturbed.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I frequently find that I don’t know how to keep a conversation going.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find it easy to “read between the lines” when someone is talking to me.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I usually concentrate more on the whole picture, rather than on the small details.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I am very good at remembering phone numbers.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I don’t usually notice small changes in a situation or a person’s appearance.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I know how to tell if someone listening to me is getting bored.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find it easy to do more than one thing at once.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. When I talk on the phone, I'm not sure when its my turn to speak.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I enjoy doing things spontaneously.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I am often the last to understand the point of a joke.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find it easy to work out what someone is thinking or feeling just by looking at their face.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. If there is an interruption, I can switch back to what I was doing very quickly.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I am good at social chit chat.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. People often tell me that I keep going on and on about the same thing.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. When I was young, I used to enjoy playing games involving pretending with other children.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I like to collect information about categories of things (e.g., types of cars, birds, trains, plants).
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find it difficult to imagine what it would be like to be someone else.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I like to carefully plan any activities I participate in.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I enjoy social occasions.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find it difficult to work out people’s intentions.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. New situations make me anxious.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I enjoy meeting new people.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I am a good diplomat.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I am not very good at remembering people’s date of birth.
 | [ ]  | [ ]  | [ ]  | [ ]  |
| 1. I find it very easy to play games with children that involve pretending.
 | [ ]  | [ ]  | [ ]  | [ ]  |

Sources

1. Simon Baron-Cohen, et al. *The Autism Spectrum Quotient (AQ): Evidence from Asperger Syndrome/High-Functioning Autism, Males and Females, Scientists and Mathematicians*. 31: J Autism Dey Disord 5-17. 2001.
2. M Woodbury-Smith. Screening Adults for Asperger Syndrome Using The AO: A Preliminary Study of its Diagnostic Validity in Clinical Practice. 35(3) J Autism Dey Disord 331-335. 2005
3. Dorothy VM 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): J Child Psychol Psychiatry 1431-1436. 2004

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