



Autism Spectrum Quotient (AQ)

Instructions:

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		0	1	1
2	I prefer to do things the same way over and over again	1	1	0	0
3	If I try to imagine something, I find it very easy to create a picture in my mind	0	0	1	1
4	I frequently get so strongly absorbed in one thing that I lose sight of other things	1	1	0	0
5	I often notice small sounds when others do not	1	1	0	0
6	I usually notice car number plates or similar strings of information	1	1	0	0
7	Other people frequently tell me that what I've said is impolite, even though I think it is polite	1	1	0	0
8	When I'm reading a story, I can easily imagine what the characters might look like	0	0	1	1
9	I am fascinated by dates	1	1	0	0
10	In a social group, I can easily keep track of several different people's conversations	0	0	1	1
11	I find social situations easy	0	0	1	1
12	I tend to notice details that others do not	1	1	0	0
13	I would rather go to a library than a party	1	1	0	0
14	I find making up stories easy	0	0	1	1
15	I find myself drawn more strongly to people than to things	0	0	1	1
16	I tend to have very strong interests, which I get upset about if I can't pursue	1	1	0	0
17	I enjoy social chit-chat	0	0	1	1

0



		Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
18	When I talk, it isn't always easy for others to get a word in edgeways	1	1	0	0
19	I am fascinated by numbers	1	1	0	0
20	When I'm reading a story, I find it difficult to work out the characters' intentions.	1	1	0	0
21	I don't particularly enjoy reading fiction	1	1	0	0
22	I find it hard to make new friends	1	1	0	0
23	I notice patterns in things all the time	1	1	0	0
24	I would rather go to the theatre than a museum	0	0	1	1
25	It does not upset me if my daily routine is disturbed	0	0	1	1
26	I frequently find that I don't know how to keep a conversation going	1	1	0	0
27	I find it easy to "read between the lines" when someone is talking to me	0	0	1	1
28	I usually concentrate more on the whole picture, rather than the small details	0	0	1	1
29	I am not very good at remembering phone numbers	0	0	1	1
30	I don't usually notice small changes in a situation, or a person's appearance	0	0	1	1
31	I know how to tell if someone listening to me is getting bored	0	0	1	1
32	I find it easy to do more than one thing at once	0	0	1	1
33	When I talk on the phone, I'm not sure when it's my turn to speak	1	1	0	0
34	I enjoy doing things spontaneously	0	0	1	1
35	I am often the last to understand the point of a joke	1	1	0	0
36	I find it easy to work out what someone is thinking or feeling just by looking at their face	0	0	1	1
37	If there is an interruption, I can switch back to what I was doing very quickly	0	0	1	1



		Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
38	I am good at social chit-chat	0	0	1	1
39	People often tell me that I keep going on and on about the same thing	1	1	0	0
40	When I was young, I used to enjoy playing games involving pretending with other children	0	0	1	1
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.)	1	1	0	0
42	I find it difficult to imagine what it would be like to be someone else	1	1	0	0
43	I like to plan any activities I participate in carefully	1	1	0	0
44	I enjoy social occasions	0	0	1	1
45	I find it difficult to work out people's intentions	1	1	0	0
46	New situations make me anxious	1	1	0	0
47	I enjoy meeting new people	0	0	1	1
48	I am a good diplomat	0	0	1	1
49	I am not very good at remembering people's date of birth	0	0	1	1
50	I find it very easy to play games with children that involve pretending	0	0	1	1

Developer Reference:

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.

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