

Am I Autistic??

A Place to Keep Track of Everything You Want to Tell Your Psychiatrist Regarding Your Experiences with Autism

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DSM 5-TR Autism Criteria

Source: <https://www.cdc.gov/ncbddd/autism/hcp-dsm.html>

To meet diagnostic criteria for ASD according to DSM-5, a person must have persistent deficits in each of three areas of social communication and interaction (see A.1. through A.3. below) plus at least two of four types of restricted, repetitive behaviors (see B.1. through B.4. below).

A. Persistent deficits in social communication and social interaction across multiple contexts, as manifested by the following, currently or by history (examples are illustrative, not exhaustive; see text):

DSM Criteria	Childhood Examples	Adulthood Examples
A1. Deficits in social-emotional reciprocity, ranging, for example, from abnormal social approach and failure of normal back-and-forth conversation; to reduced sharing of interests, emotions, or affect; to failure to initiate or respond to social interactions.		
A2. Deficits in nonverbal communicative behaviors		

used for social interaction, ranging, for example, from poorly integrated verbal and nonverbal communication; to abnormalities in eye contact and body language or deficits in understanding and use of gestures; to a total lack of facial expressions and nonverbal communication.		
A3. Deficits in developing, maintaining, and understand relationships, ranging, for example, from difficulties adjusting behavior to suit various social contexts; to difficulties in sharing imaginative play or in making friends; to absence of interest in peers.		

B. Restricted, repetitive patterns of behavior, interests, or activities, as manifested by at least two of the following, currently or by history (examples are illustrative, not exhaustive; see text):

DSM Criteria	Childhood Examples	Adulthood Examples
B1. Stereotyped or repetitive motor movements, use of objects, or speech (e.g., simple motor stereotypes, lining up toys or flipping objects, echolalia, idiosyncratic phrases).		
B2. Insistence on sameness, inflexible adherence to routines, or ritualized patterns of verbal or nonverbal behavior (e.g., extreme distress at small changes, difficulties with transitions, rigid thinking patterns, greeting rituals, need to take same route or eat same food every day).		
B3. Highly restricted, fixated interests that are		

abnormal in intensity or focus (e.g., strong attachment to or preoccupation with unusual objects, excessively circumscribed or perseverative interests).		
B4. Hyper- or hyporeactivity to sensory input or unusual interest in sensory aspects of the environment (e.g. apparent indifference to pain/temperature, adverse response to specific sounds or textures, excessive smelling or touching of objects, visual fascination with lights or movement).		

C. Symptoms must be present in the early developmental period (but may not become fully manifest until social demands exceed limited capacities, or may be masked by learned strategies in later life).

YES or NO

D. Symptoms cause clinically significant impairment in social, occupational, or other important areas of current functioning.

YES or NO

E. These disturbances are not better explained by intellectual disability (intellectual developmental disorder) or global developmental delay. Intellectual disability and autism spectrum disorder frequently co-occur; to make comorbid diagnoses of autism spectrum disorder and intellectual disability, social communication should be below that expected for general developmental level.

YES or NO

Autism Self-Assessment Responses and Reasonings

More information on Autism:

<https://embrace-autism.com/>

Where to find self-assessments:

<https://embrace-autism.com/autism-tests/>

****Information about the self-assessments including scoring instructions and interpretation, validity information, translations, and more are available at the link for each test****

Included Self-Assessments:

1. Short Autism Spectrum Quotient (AQ-10) [pg. 7-9]
2. Autism Spectrum Quotient (AQ) [pg. 10-16]
3. Empathy Quotient (EQ) [pg. 17-24]
4. Systemizing Quotient-Revised (SQ-R) [pg. 25-35]
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Short Autism Spectrum Quotient: AQ-10

Link to Test: <https://embrace-autism.com/aq-10/>

Who: For adults (16+) who are suspected of having Autism (but do not have a learning disability)

Why: Results can be used to determine if a person should be referred for an autism assessment

Question	Response	Reasoning
1. I often notice small sounds when others do not.		
2. When I'm reading a story, I find it difficult to work out the characters' intentions.		
3. I find it easy to 'read between the lines' when someone is talking to me.		
4. I usually concentrate more on the whole picture, rather than the small details.		
5. I know how to tell if someone listening to me is getting bored.		

6. I find it easy to do more than one thing at once.		
7. I find it easy to work out what someone is thinking or feeling just by looking at their face.		
8. If there is an interruption, I can switch back to what I was doing very quickly.		
9. I like to collect information about categories of things.		
10. I find it difficult to work out people's intentions.		

My Score:

Autism Spectrum Quotient: AQ

Link to Test: <https://embrace-autism.com/autism-spectrum-quotient/>

Who: For adults (16+) with an IQ in the normal range (IQ > 80)

Why: Measures autistic traits in adults

Question	Response	Reasoning
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 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 chit-chat.		
18. When I talk, it isn't always easy for others to get a word in edgeways.		
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 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.		
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 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 chit-chat.		
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.		
42. I find it difficult to imagine what it would be like to be someone else.		
43. I like to plan any activities I participate in carefully.		
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.		

My Score:

Empathy Quotient: EQ

Link to Test: <https://embrace-autism.com/empathy-quotient/>

Who: For autistic adults (16+) judged to have an IQ in the normal range (IQ ≥ 80)

Why: Designed to measure a person's empathy, research has shown the EQ to measure social and communication differences

Question	Response	Reasoning
1. I can easily tell if someone else wants to enter a conversation.		
2. I prefer animals to humans.		
3. I try to keep up with the current trends and fashions.		
4. I find it difficult to explain to others things that I understand easily, when they don't understand it the first time.		
5. I dream most nights.		
6. I really enjoy caring for other people.		

7. I try to solve my own problems rather than discussing them with others.		
8. I find it hard to know what to do in a social situation.		
9. I am at my best first thing in the morning.		
10. People often tell me that I went too far in driving my point home in a discussion.		
11. It doesn't bother me too much if I am late meeting a friend.		
12. Friendships and relationships are just too difficult, so I tend not to bother with them.		
13. I would never break a law, no matter how minor.		
14. I often find it difficult to judge if something is rude or polite.		
15. In a conversation, I		

tend to focus on my own thoughts rather than on what my listener might be thinking.		
16. I prefer practical jokes to verbal humor.		
17. I live life for today rather than the future.		
18. When I was a child, I enjoyed cutting up worms to see what would happen.		
19. I can pick up quickly if someone says one thing but means another.		
20. I tend to have very strong opinions about morality.		
21. It is hard for me to see why some things upset people so much.		
22. I find it easy to put myself in somebody else's shoes.		
23. I think that good manners are the most important thing a parent		

can teach their child.		
24. I like to do things on the spur of the moment.		
25. I am good at predicting how someone will feel.		
26. I am quick to spot when someone in a group is feeling awkward or uncomfortable.		
27. If I say something that someone else is offended by, I think that that's their problem, not mine.		
28. If anyone asked me if I liked their haircut, I would reply truthfully, even if I didn't like it.		
29. I can't always see why someone should have felt offended by a remark.		
30. People often tell me that I am very unpredictable.		
31. I enjoy being the		

center of attention at any social gathering.		
32. Seeing people cry doesn't really upset me.		
33. I enjoy having discussions about politics.		
34. I am very blunt, which some people take to be rudeness, even though this is unintentional.		
35. I don't find social situations confusing.		
36. Other people tell me I am good at understanding how they are feeling and what they are thinking.		
37. When I talk to people, I tend to talk about their experiences rather than my own.		
38. It upsets me to see an animal in pain.		
39. I am able to make decisions without being influenced by people's		

feelings.		
40. I can't relax until I have done everything I had planned to do that day.		
41. I can easily tell if someone else is interested or bored with what I am saying.		
42. I get upset if I see people suffering on news programs.		
43. Friends usually talk to me about their problems as they say that I am very understanding.		
44. I can sense if I am intruding, even if the other person doesn't tell me.		
45. I often start new hobbies, but quickly become bored with them and move on to something else.		
46. People sometimes tell me that I have gone too far with teasing.		

47. I would be too nervous to go on a big rollercoaster.		
48. Other people often say that I am insensitive, though I don't always see why.		
49. If I see a stranger in a group, I think that it is up to them to make an effort to join in.		
50. I usually stay emotionally detached when watching a film.		
51. I like to be very organized in day-to-day life and often make lists of the chores I have to do.		
52. I can tune into how someone else feels rapidly and intuitively.		
53. I don't like to take risks.		
54. I can easily work out what another person might want to talk about.		

55. I can tell if someone is masking their true emotion.		
56. Before making a decision, I always weigh up the pros and cons.		
57. I don't consciously work out the rules of social situations.		
58. I am good at predicting what someone will do.		
59. I tend to get emotionally involved with a friend's problems.		
60. I can usually appreciate the other person's viewpoint, even if I don't agree with it.		

My Score:

Systemizing Quotient-Revised: SQ-R

Link to Test: <https://embrace-autism.com/systemizing-quotient-revised/>

Who: For adults (16+) of average or higher intelligence

Why: Measures your proclivity to systemize, or the drive to analyze or construct systems

Question	Response	Reasoning
1. I find it very easy to use train timetables, even if this involves several connections.		
2. I like music or book shops because they are clearly organised.		
3. I would not enjoy organising events e.g. fundraising evenings, fetes, conferences.		
4. When I read something, I always notice whether it is grammatically correct.		
5. I find myself categorising people into types (in my own mind).		

6. I find it difficult to read and understand maps.		
7. When I look at a mountain, I think about how precisely it was formed.		
8. I am not interested in the details of exchange rates, interest rates, stocks and shares.		
9. If I were buying a car, I would want to obtain specific information about its engine capacity.		
10. I find it difficult to learn how to programme video recorders.		
11. When I like something I like to collect a lot of different examples of that type of object, so I can see how they differ from each other.		
12. When I learn a language, I become intrigued by its grammatical rules.		

13. I like to know how committees are structured in terms of who the different committee members represent or what their functions are.		
14. If I had a collection (e.g. CDs, coins, stamps), it would be highly organised.		
15. I find it difficult to understand instruction manuals for putting appliances together.		
16. When I look at a building, I am curious about the precise way it was constructed.		
17. I am not interested in understanding how wireless communication works (e.g. mobile phones).		
18. When travelling by train, I often wonder exactly how the rail networks are coordinated.		
19. I enjoy looking through catalogues of products to see the details		

of each product and how it compares to others.		
20. Whenever I run out of something at home, I always add it to a shopping list.		
21. I know, with reasonable accuracy, how much money has come in and gone out of my bank account this month.		
22. When I was young I did not enjoy collecting sets of things e.g. stickers, football cards etc.		
23. I am interested in my family tree and in understanding how everyone is related to each other in the family.		
24. When I learn about historical events, I do not focus on exact dates.		
25. I find it easy to grasp exactly how odds work in betting.		
26. I do not enjoy games that involve a high degree		

of strategy (e.g. chess, Risk, Games Workshop).		
27. When I learn about a new category I like to go into detail to understand the small differences between different members of that category.		
28. I do not find it distressing if people who live with me upset my routines.		
29. When I look at an animal, I like to know the precise species it belongs to.		
30. I can remember large amounts of information about a topic that interests me e.g. flags of the world, airline logos.		
31. At home, I do not carefully file all important documents e.g. guarantees, insurance policies.		
32. I am fascinated by how machines work.		
33. When I look at a		

piece of furniture, I do not notice the details of how it was constructed.		
34. I know very little about the different stages of the legislation process in my country.		
35. I do not tend to watch science documentaries on television or read articles about science and nature.		
36. If someone stops to ask me the way, I'd be able to give directions to any part of my home town.		
37. When I look at a painting, I do not usually think about the technique involved in making it.		
38. I prefer social interactions that are structured around a clear activity, e.g. a hobby.		
39. I do not always check off receipts etc. against my bank statement.		
40. I am not interested in how the government is		

organised into different ministries and departments.		
41. I am interested in knowing the path a river takes from its source to the sea.		
42. I have a large collection e.g. of books, CDs, videos etc.		
43. If there was a problem with the electrical wiring in my home, I'd be able to fix it myself.		
44. My clothes are not carefully organised into different types in my wardrobe.		
45. I rarely read articles or webpages about new technology.		
46. I can easily visualise how the motorways in my region link up.		
47. When an election is being held, I am not interested in the results for each constituency.		

48. I do not particularly enjoy learning about facts and figures in history.		
49. I do not tend to remember people's birthdays (in terms of which day and month this falls).		
50. When I am walking in the country, I am curious about how the various kinds of trees differ.		
51. I find it difficult to understand information the bank sends me on different investment and saving systems.		
52. If I were buying a camera, I would not look carefully into the quality of the lens.		
53. If I were buying a computer, I would want to know exact details about its hard drive capacity and processor speed.		
54. I do not read legal documents very carefully.		

55. When I get to the checkout at a supermarket I pack different categories of goods into separate bags.		
56. I do not follow any particular system when I'm cleaning at home.		
57. I do not enjoy in-depth political discussions.		
58. I am not very meticulous when I carry out D.I.Y or home improvements.		
59. I would not enjoy planning a business from scratch to completion.		
60. If I were buying a stereo, I would want to know about its precise technical features.		
61. I tend to keep things that other people might throw away, in case they might be useful for something in the future.		
62. I avoid situations		

which I can not control.		
63. I do not care to know the names of the plants I see.		
64. When I hear the weather forecast, I am not very interested in the meteorological patterns.		
65. It does not bother me if things in the house are not in their proper place.		
66. In maths, I am intrigued by the rules and patterns governing numbers.		
67. I find it difficult to learn my way around a new city.		
68. I could list my favourite 10 books, recalling titles and authors' names from memory.		
69. When I read the newspaper, I am drawn to tables of information, such as football league scores or stock market indices.		

70. When I'm in a plane, I do not think about the aerodynamics.		
71. I do not keep careful records of my household bills.		
72. When I have a lot of shopping to do, I like to plan which shops I am going to visit and in what order.		
73. When I cook, I do not think about exactly how different methods and ingredients contribute to the final product.		
74. When I listen to a piece of music, I always notice the way it's structured.		
75. I could generate a list of my favourite 10 songs from memory, including the title and the artist's name who performed each song.		

My Score:

Ritvo Autism Asperger Diagnostic Scale–Revised: RAADS-R

Link to Test: <https://embrace-autism.com/raads-r/>

Who: For adults (16+) of average or higher intelligence with ASD level 1 or subclinical autism

Why: Assesses developmental symptoms correlating with the three DSM-5 diagnostic categories for autism

Question	Response	Reasoning
1. I am a sympathetic person.		
2. I often use words and phrases from movies and television in conversations.		
3. I am often surprised when others tell me I have been rude.		
4. Sometimes I talk too loudly or too softly, and I am not aware of it.		
5. I often don't know how to act in social situations.		
6. I can 'put myself in other people's shoes.'		

7. I have a hard time figuring out what some phrases mean, like 'you are the apple of my eye.'		
8. I only like to talk to people who share my special interests.		
9. I focus on details rather than the overall idea.		
10. I always notice how food feels in my mouth. This is more important to me than how it tastes.		
11. I miss my best friends or family when we are apart for a long time.		
12. Sometimes I offend others by saying what I am thinking, even if I don't mean to.		
13. I only like to think and talk about a few things that interest me.		
14. I'd rather go out to eat in a restaurant by myself than with someone I know.		

15. I cannot imagine what it would be like to be someone else.		
16. I have been told that I am clumsy or uncoordinated.		
17. Others consider me odd or different.		
18. I understand when friends need to be comforted.		
19. I am very sensitive to the way my clothes feel when I touch them. How they feel is more important to me than how they look.		
20. I like to copy the way certain people speak and act. It helps me appear more normal.		
21. It can be very intimidating for me to talk to more than one person at the same time.		
22. I have to 'act normal' to please other people and make them like me.		

23. Meeting new people is usually easy for me.		
24. I get highly confused when someone interrupts me when I am talking about something I am very interested in.		
25. It is difficult for me to understand how other people are feeling when we are talking.		
26. I like having a conversation with several people, for instance around a dinner table, at school or at work.		
27. I take things too literally, so I often miss what people are trying to say.		
28. It is very difficult for me to understand when someone is embarrassed or jealous.		
29. Some ordinary textures that do not bother others feel very offensive when they touch my skin.		

30. I get extremely upset when the way I like to do things is suddenly changed.		
31. I have never wanted or needed to have what other people call an 'intimate relationship.'		
32. It is difficult for me to start and stop a conversation. I need to keep going until I am finished.		
33. I speak with a normal rhythm.		
34. The same sound, color or texture can suddenly change from very sensitive to very dull.		
35. The phrase 'I've got you under my skin' makes me uncomfortable.		
36. Sometimes the sound of a word or a high-pitched noise can be painful to my ears.		
37. I am an		

understanding type of person.		
38. I do not connect with characters in movies and cannot feel what they feel.		
39. I cannot tell when someone is flirting with me.		
40. I can see in my mind in exact detail things that I am interested in.		
41. I keep lists of things that interest me, even when they have no practical use (for example sports statistics, train schedules, calendar dates, historical facts and dates).		
42. When I feel overwhelmed by my senses, I have to isolate myself to shut them down.		
43. I like to talk things over with my friends.		
44. I cannot tell if someone is interested or		

bored with what I am saying.		
45. It can be very hard to read someone's face, hand and body movements when they are talking.		
46. The same thing (like clothes or temperatures) can feel very different to me at different times.		
47. I feel very comfortable with dating or being in social situations with others.		
48. I try to be as helpful as I can when other people tell me their personal problems.		
49. I have been told that I have an unusual voice (for example flat, monotone, childish, or high-pitched).		
50. Sometimes a thought or a subject gets stuck in my mind and I have to talk about it even if no one is interested.		

51. I do certain things with my hands over and over again (like flapping, twirling sticks or strings, waving things by my eyes).		
52. I have never been interested in what most of the people I know consider interesting.		
53. I am considered a compassionate type of person.		
54. I get along with other people by following a set of specific rules that help me look normal.		
55. It is very difficult for me to work and function in groups.		
56. When I am talking to someone, it is hard to change the subject. If the other person does so, I can get very upset and confused.		
57. Sometimes I have to cover my ears to block out painful noises (like vacuum cleaners or		

people talking too much or too loudly).		
58. I can chat and make small talk with people.		
59. Sometimes things that should feel painful are not (for instance when I hurt myself or burn my hand on the stove).		
60. When talking to someone, I have a hard time telling when it is my turn to talk or to listen.		
61. I am considered a loner by those who know me best.		
62. I usually speak in a normal tone.		
63. I like things to be exactly the same day after day and even small changes in my routines upset me.		
64. How to make friends and socialize is a mystery to me.		
65. It calms me to spin		

around or to rock in a chair when I'm feeling stressed.		
66. The phrase, 'He wears his heart on his sleeve,' does not make sense to me.		
67. If I am in a place where there are many smells, textures to feel, noises or bright lights, I feel anxious or frightened.		
68. I can tell when someone says one thing but means something else.		
69. I like to be by myself as much as I can.		
70. I keep my thoughts stacked in my memory like they are on filing cards, and I pick out the ones I need by looking through the stack and finding the right one (or another unique way).		
71. The same sound sometimes seems very loud or very soft, even		

though I know it has not changed.		
72. I enjoy spending time eating and talking with my family and friends.		
73. I can't tolerate things I dislike (like smells, textures, sounds or colors).		
74. I don't like to be hugged or held.		
75. When I go somewhere, I have to follow a familiar route or I can get very confused and upset.		
76. It is difficult to figure out what other people expect of me.		
77. I like to have close friends.		
78. People tell me that I give too much detail.		
79. I am often told that I ask embarrassing questions.		

80. I tend to point out other people's mistakes.		
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My Score:

Camouflaging Autistic Traits

Questionnaire: CAT-Q

Link to Test: <https://embrace-autism.com/cat-q/>

Who: For adults (16+) of average or higher intelligence

Why: Measures the degree to which you use social camouflaging strategies

Question	Response	Reasoning
1. When I am interacting with someone, I deliberately copy their body language or facial expressions.		
2. I monitor my body language or facial expressions so that I appear relaxed.		
3. I rarely feel the need to put on an act in order to get through a social situation.		
4. I have developed a script to follow in social situations.		
5. I will repeat phrases that I have heard others say in the exact same		

way that I first heard them.		
6. I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.		
7. In social situations, I feel like I'm 'performing' rather than being myself.		
8. In my own social interactions, I use behaviours that I have learned from watching other people interacting.		
9. I always think about the impression I make on other people.		
10. I need the support of other people in order to socialise.		
11. I practice my facial expressions and body language to make sure they look natural.		
12. I don't feel the need to make eye contact with other people if I don't		

want to.		
13. I have to force myself to interact with people when I am in social situations.		
14. I have tried to improve my understanding of social skills by watching other people.		
15. I monitor my body language or facial expressions so that I appear interested by the person I am interacting with.		
16. When in social situations, I try to find ways to avoid interacting with others.		
17. I have researched the rules of social interactions to improve my own social skills.		
18. I am always aware of the impression I make on other people.		
19. I feel free to be myself when I am with		

other people.		
20. I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.		
21. I adjust my body language or facial expressions so that I appear relaxed.		
22. When talking to other people, I feel like the conversation flows naturally.		
23. I have spent time learning social skills from television shows and films, and try to use these in my interactions.		
24. In social interactions, I do not pay attention to what my face or body are doing.		
25. In social situations, I feel like I am pretending to be 'normal'.		

My Score:

Adult Repetitive Behaviours

Questionnaire-2: RBQ-2A

Link to Test: [RBQ-2A | Embrace Autism \(embrace-autism.com\)](https://embrace-autism.com/rbq-2a)

Who: For adults (16+) of average or higher intelligence

Why: Measures restricted and repetitive behaviors in adults

Question	Response	Reasoning
1. Do you like to arrange items in rows or patterns?		
2. Do you repetitively fiddle with items? (e.g. spin, twiddle, bang, tap, twist, or flick anything repeatedly?)		
3. Do you like to spin yourself around and around?		
4. Do you rock backwards and forwards, or side to side, either when sitting or when standing?		
5. Do you pace or move around repetitively (e.g. walk to and fro across a room, or around the same path in the garden?)		

6. Do you make repetitive hand and/or finger movements? (e.g. flap, wave, or flick your hands or fingers repetitively?)		
7. Do you have a fascination with specific objects (e.g. trains, road signs, or other things?)		
8. Do you like to look at objects from particular or unusual angles?		
9. Do you have a special interest in the smell of people or objects?		
10. Do you have a special interest in the feel of different surfaces?		
11. Do you have any special objects you like to carry around?		
12. Do you collect or hoard items of any sort?		
13. Do you insist on things at home remaining the same? (e.g. furniture staying in the same place,		

things being kept in certain places, or arranged in certain ways?)		
14. Do you get upset about minor changes to objects (e.g. flecks of dirt on your clothes, minor scratches on objects?)		
15. Do you insist that aspects of daily routine must remain the same?		
16. Do you insist on doing things in a certain way or re-doing things until they 'just right'?		
17. Do you play the same music, game or video, or read the same book repeatedly?		
18. Do you insist on wearing the same clothes or refuse to wear new clothes?		
19. Do you insist on eating the same foods, or a very small range of foods, at every meal?		
20. If you are left to		

occupy yourself, will you choose from a restricted range of repetitive activities?		
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My Score:

Autism Related Aspects and Co-Occurring Disorders Self-Assessment Responses and Reasonings

More information on Autism:

<https://embrace-autism.com/>

Where to find self-assessments:

<https://embrace-autism.com/autism-tests/>

****Information about the self-assessments including scoring instructions and interpretation, validity information, translations, and more are available at the link for each test****

Included Self-Assessments:

1. Online Alexithymia Questionnaire (OAQ-G2) [pg. 57-63]
2. Toronto Alexithymia Scale (TAS) [pg. 64-66]
3. Toronto Empathy Questionnaire (TEQ) [pg. 67-69]
4. Extreme Demand Avoidance Questionnaire for Adults (EDA-QA) [pg. 70-73]
5. Adult ADHD Self-Report Scale (ASRS v1.1) [pg. 74-77]
6. Adult ADHD Self-Report Scale for DSM-5 (ASRS-5) [pg. 78-79]
7. Big Five Inventory-A (BFI-A) [pg. 80-84]
8. Executive Skills Questionnaire (ESQ) [pg. 85-89]
9. Executive Skills Questionnaire Revised (ESQ-R) [pg. 90-93]

Online Alexithymia Questionnaire: OAQ-G2

Link to Test: <https://embrace-autism.com/online-alexithymia-questionnaire/>

Who: For adults (16+) of average or higher intelligence with ASD level 1

Why: measures difficulty in identifying and describing emotions and feelings, and distinguishing among the accompanying bodily sensations.

Question	Response	Reasoning
1. When asked which emotion I'm feeling, I frequently don't know the answer.		
2. I'm unsure of which words to use when describing my feelings.		
3. I prefer to find out the emotional intricacies of my problems rather than just describe them in terms of practical facts.		
4. When other people are hurt or upset, I have difficulty imagining what they are feeling.		
5. People tell me to describe my feelings		

more, as if I haven't elaborated enough.		
6. Sex as a recreational activity seems kind of pointless.		
7. I can describe my emotions with ease.		
8. You cannot functionally live your life without being aware of your deepest emotions.		
9. People sometimes get upset with me, and I can't imagine why.		
10. People tell me I don't listen to their feelings properly, when in fact I'm doing my utmost to understand what they're saying!		
11. When I am upset I find it difficult to identify the feelings causing it.		
12. Describing the feelings I have about		

other people is often difficult.		
13. I prefer doing physical activities with friends rather than discussing each others emotional experiences.		
14. I am not much of a daydreamer.		
15. I don't like people's constant assumptions that I should understand or guess their needs... its as if they want me to read their minds!		
16. I sometimes experience confusing sensations in my body.		
17. For me sex is more a functional activity than it is an emotional one.		
18. Some people have told me I am cold or unresponsive to their needs.		

19. I don't dream frequently, and when I do the dreams usually seem rather boring.		
20. Friends have indicated, in one way or another, that I'm more in my head than in my heart.		
21. I can't identify feelings that I vaguely sense are going on inside of me.		
22. I often ask other people what they would feel if in my personal situation (any situation), as this better helps me understand what to do.		
23. I find it useful to ponder on my feelings as much as the practical issues when setting my priorities.		
24. I use my imagination mainly for practical means, eg., like how to		

work out a problem or construct a useful idea or object.		
25. I often feel incompetent, awkward, uncomfortable, or occasionally physically sick in sexual situations.		
26. When involved in difficult or turbulent relationships, I sometimes develop confusing physical symptoms.		
27. I tend to rely on other people for interpreting the emotional details of personal/social events.		
28. I don't like conversations in which more time is spent discussing emotional matters than daily activities because it detracts from my enjoyment.		
29. I often get confused about what the other		

person wants from a sexual relationship.		
30. People I've been in close relationships with have complained that I neglect them emotionally.		
31. I like it when someone describes the feelings they experience under circumstances similar to my own, because this helps me see what my own feelings might be.		
32. My imagination is often spontaneous, unpredictable and involuntary.		
33. When helping others I prefer to assist with physical tasks rather than offering counsel about their feelings.		
34. I have puzzling physical sensations that even friends/aquaintances/others don't understand.		

35. I get in a muddle when I try to describe how I feel about an important event.		
36. My imagination is usually not spontaneous and surprising, but rather used/employed in a more controlled fashion.		
37. I make decisions based on principles rather than gut feelings.		

My Score:

Toronto Alexithymia Scale: TAS-20

Link to Test: <https://embrace-autism.com/toronto-alexithymia-scale/>

Who: For adults (16+) of average or higher intelligence

Why: Measures difficulty in identifying and describing emotions

Question	Response	Reasoning
1. I am often confused about what emotion I am feeling.		
2. It is difficult for me to find the right words for my feelings.		
3. I have physical sensations that even doctors don't understand.		
4. I am able to describe my feelings easily.		
5. I prefer to analyze problems rather than just describe them.		
6. When I am upset, I don't know if I am sad, frightened, or angry.		
7. I am often puzzled by sensations in my body.		

8. I prefer to just let things happen rather than to understand why they turned out that way.		
9. I have feelings that I can't quite identify.		
10. Being in touch with emotions is essential.		
11. I find it hard to describe how I feel about people.		
12. People tell me to describe my feelings more.		
13. I don't know what's going on inside me.		
14. I often don't know why I am angry.		
15. I prefer talking to people about their daily activities rather than their feelings.		
16. I prefer to watch "light" entertainment shows rather than psychological dramas.		

17. It is difficult for me to reveal my innermost feelings, even to close friends.		
18. I can feel close to someone, even in moments of silence.		
19. I find examination of my feelings useful in solving personal problems.		
20. I look for hidden meanings in movies or plays.		

My Score:

Toronto Empathy Questionnaire: TEQ

Link to Test: <https://embrace-autism.com/toronto-empathy-questionnaire/>

Who: For adults (16+) of average or higher intelligence

Why: Measures a person's emotional ability to understand and respond to others

Question	Response	Reasoning
1. When someone else is feeling excited, I tend to get excited too.		
2. Other people's misfortunes do not disturb me a great deal.		
3. It upsets me to see someone being treated disrespectfully.		
4. I remain unaffected when someone close to me is happy.		
5. I enjoy making other people feel better.		
6. I have tender, concerned feelings for people less fortunate than		

me.		
7. When a friend starts to talk about his\her problems, I try to steer the conversation towards something else.		
8. I can tell when others are sad even when they do not say anything.		
9. I find that I am “in tune” with other people’s moods.		
10. I do not feel sympathy for people who cause their own serious illnesses.		
11. I become irritated when someone cries.		
12. I am not really interested in how other people feel.		
13. I get a strong urge to help when I see someone who is upset.		

14. When I see someone being treated unfairly, I do not feel very much pity for them.		
15. I find it silly for people to cry out of happiness.		
16. When I see someone being taken advantage of, I feel kind of protective towards him\her.		

My Score:

Extreme Demand Avoidance Questionnaire for Adults: EDA-QA

Link to Test: <https://embrace-autism.com/eda-qa/>

Who: For adults (16+) of average or higher intelligence

Why: Measures traits and behaviors related to pathological demand avoidance (PDA)

Question	Response	Reasoning
1. I obsessively resist and avoid ordinary demands and requests		
2. I complain about illness or physical incapacity to avoid a request or demand		
3. I am driven by the need to be in charge		
4. I find everyday pressures (e.g. having to go on a routine trip/visit dentist) intolerably stressful		
5. I tell other people how they should behave, but do not feel these rules apply to me		

6. I mimic other people's mannerisms and styles (e.g., use phrases adopted from other people to express myself to others)		
7. I have difficulty complying with demands and requests from others unless they are carefully presented		
8. I take on roles or characters (from TV/real life) and 'act them out'		
9. I show little shame or embarrassment (e.g., I might throw a tantrum in public and not be embarrassed)		
10. I invent fantasy worlds or games and act them out		
11. I am good at getting around others and making them do as I want		
12. I am unaware or indifferent to the differences between myself and figures of authority (e.g. parents, teachers, and police)		

13. I will still sometimes have a 'meltdown' (e.g., scream, tantrum, hit, or kick) if I feel pressurized to do something		
14. I like to be told I have done a good job		
15. I have a very rapidly changing mood (e.g., I can switch from affectionate to angry in an instant)		
16. I know what to do or say to upset particular people		
17. I blame or target a particular person/persons		
18. I deny things I have done, even if I am caught "red-handed"		
19. I can be distracted (preoccupied) 'from within' (i.e., absorbed in my own world)		
20. I make an effort to maintain my reputation with other people		

21. I sometimes use outrageous or shocking behaviour to get out of doing something		
22. I have periods when I have extremely emotional responses (e.g., crying/giggling, becoming furious) to what others would think small events		
23. I ensure any social interaction is on my own terms		
24. I prefer to interact with others in an adopted role or communicate through props or objects		
25. I seek to quibble and change rules set by others		
26. I can be passive and difficult to engage		

My Score:

Adult ADHD Self-Report Scale: ASRS v1.1

Link to Test: <https://embrace-autism.com/asrs-v1-1/>

Who: For adults (16+) of average or higher intelligence

Why: Screening scale for ADHD in adults

Question	Response	Reasoning
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?		
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?		
3. How often do you have problems remembering appointments or obligations?		
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?		
5. How often do you fidget or squirm with your hands or feet when		

you have to sit down for a long time?		
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?		
7. How often do you make careless mistakes when you have to work on a boring or difficult project?		
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?		
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?		
10. How often do you misplace or have difficulty finding things at home or at work?		
11. How often are you distracted by activity or noise around you?		

12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?		
13. How often do you feel restless or fidgety?		
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?		
15. How often do you find yourself talking too much when you are in social situations?		
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?		
17. How often do you have difficulty waiting your turn in situations when turn taking is required?		
18. How often do you interrupt others when		

they are busy?		
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My Score:

Adult ADHD Self-Report Scale for DSM-5: ASRS-5

Link to Test: <https://embrace-autism.com/asrs-5/>

Who: For adults (16+) of average or higher intelligence

Why: Screening scale for ADHD in adults

Question	Response	Reasoning
1. How often do you have difficulty concentrating on what people are saying to you even when they are speaking to you directly?		
2. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?		
3. How often do you have difficulty unwinding and relaxing when you have time to yourself?		
4. When you're in a conversation, how often		

do you find yourself finishing the sentences of the people you are talking to before they can finish them themselves?		
5. How often do you put things off until the last minute?		
6. How often do you depend on others to keep your life in order and attend to details?		

My Score:

Big Five Inventory-A: BFI-A

Link to Test: <https://embrace-autism.com/big-five/>

Who: For adults (16+) of average or higher intelligence

Why: Gives a measure of an individual's personality

Question	Response	Reasoning
1. Is talkative [around people that you know]		
2. Tends to find fault with others [meaning that you are judging them, either against yourself or against what you hold to be the ideal way of being]		
3. Does a thorough job		
4. Is depressed, blue [idiom: meaning to experience emotions of sadness or gloominess]		
5. Is original, comes up with new ideas [this does not mean always; just in general, do you come up with new ideas?]		

6. Is reserved		
7. Is helpful and unselfish with others		
8. Can be somewhat careless [the opposite of a person who is careful]		
9. Is relaxed, handles stress well		
10. Is curious about many different things		
11. Is full of energy		
12. Starts quarrels with others		
13. Is a reliable worker		
14. Can be tense		
15. Is original, and inventive		
16. Generates a lot of enthusiasm		

17. Has a forgiving nature		
18. Tends to be disorganized		
19. Worries a lot		
20. Has an active imagination		
21. Tends to be quiet		
22. Is generally trusting		
23. Tends to be lazy		
24. Is emotionally stable, not easily upset		
25. Is inventive		
26. Has an assertive personality [respects the rights of other people as well as your own]		
27. Can be cold and aloof		
28. Perseveres until the		

task is finished		
29. Can be moody [unpredictable changes of mood, especially sudden bouts of gloominess]		
30. Values artistic, aesthetic experiences		
31. Is sometimes shy, inhibited		
32. Tries to be considerate and kind to almost everyone		
33. Does things efficiently		
34. Remains calm in tense situations		
35. Prefers work that is routine [as opposed to work that includes many changes]		
36. Is outgoing, sociable		
37. Is sometimes rude to others		

38. Makes goals and follows through with them		
39. Gets anxious easily		
40. Likes to reflect, play with ideas		
41. Has few artistic interests		
42. Likes to cooperate with others		
43. Is easily distracted		
44. Experienced and knowledgeable in art, music, or literature		

My Score:

Executive Skills Questionnaire: ESQ

Link to Test: <https://embrace-autism.com/esq/>

Who: For adults (16+) of average or higher intelligence

Why: Designed to rate your executive skills, the mental processes that enable us to plan, focus attention, remember instructions, juggle multiple tasks successfully, and self-regulate

Question	Response	Reasoning
1. I don't jump to conclusions.		
2. I think before I speak.		
3. I don't take action without having all the facts.		
4. I have a good memory for facts, dates, and details.		
5. I am very good at remembering the things I have committed to do.		
6. I seldom need reminders to complete tasks.		
7. My emotions seldom		

get in the way when performing the job.		
8. Little things do not affect me emotionally or distract me from the task at hand.		
9. I can defer my personal feelings until after a task has been completed.		
10. No matter what the task, I believe in getting started as soon as possible.		
11. Procrastination is usually not a problem for me.		
12. I seldom leave tasks to the last minute.		
13. I find it easy to stay focused on my work.		
14. Once I start an assignment, I work diligently until it's completed.		
15. Even when interrupted, I find it easy		

to get back and complete the job at hand.		
16. When I plan out my day, I identify priorities and stick to them.		
17. When I have a lot to do, I can easily focus on the most important things.		
18. I typically break big tasks down into subtasks and timelines.		
19. I am an organized person.		
20. It is natural for me to keep my work area neat and organized.		
21. I am good at maintaining systems for organizing my work.		
22. At the end of the day, I've usually finished what I set out to do.		
23. I am good at estimating how long it takes to do something.		

24. I am usually on time for appointments and activities.		
25. I take unexpected events in stride.		
26. I easily adjust to changes in plans and priorities.		
27. I consider myself to be flexible and adaptive to change.		
28. I routinely evaluate my performance and devise methods for personal improvement.		
29. I am able to step back from a situation in order to make objective decisions.		
30. I “read” situations well and can adjust my behavior based on the reactions of others.		
31. I think of myself as being driven to meet my goals.		
32. I easily give up		

immediate pleasures to work on long-term goals.		
33. I believe in setting and achieving high levels of performance.		
34. I enjoy working in a highly demanding, fast-paced environment.		
35. A certain amount of pressure helps me to perform at my best.		
36. Jobs that include a fair degree of unpredictability appeal to me.		

My Score:

Executive Skills Questionnaire Revised: ESQ-R

Link to Test: <https://embrace-autism.com/executive-skills-questionnaire-revised/>

Who: For adults (14+) of average or higher intelligence

Why: Designed to assess executive skill strengths and challenges

Question	Response	Reasoning
1. I act on impulse.		
2. I say things without thinking.		
3. I lose things.		
4. I have a short fuse.		
5. I get upset when things don't go as planned.		
6. I run out of steam before finishing a task.		
7. It's hard for me to set priorities when I have a lot of things to do.		
8. My desk or work space is a mess.		

9. I have trouble keeping my house or room clean.		
10. I have trouble estimating how long it will take to complete a task.		
11. I'm slow at getting ready for school, work, or appointments.		
12. If the first solution to a problem doesn't work, I have trouble thinking of a different one.		
13. I skip checking my work for mistakes, even when the stakes are high.		
14. I get annoyed when tasks are too hard.		
15. It's hard for me to put aside fun activities to start things I know I need to do.		
16. I have trouble with tasks where I have to		

come up with my own ideas.		
17. It's hard for me to tell how well I'm doing on a task.		
18. I have trouble reaching long-term goals.		
19. I "go with my gut" when making decisions.		
20. I get so wrapped up in what I'm doing that I forget about other things I need to do.		
21. Little things frustrate me.		
22. I have trouble getting back on track if I'm interrupted.		
23. I have trouble making a plan.		
24. I miss the big picture.		
25. I live for the moment.		

My Score: