**Adult Autism Diagnostic and Consultation Service (AADCS)**

**Camden & Islington Mental Health Assessment and Advice Team**

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There are three questionnaires in this pack:

1. The Autism Spectrum Quotient – for you to fill in
2. The Empathy Quotient – for you to fill in
3. The CAST Relatives Questionnaire – to be filled in by someone who knew you as a child.

The Adult Autism Spectrum Quotient (AQ)

Ages 16+

**How to fill out the questionnaire**:

*Below are a list of statements. Please read each statement very carefully and rate how strongly you agree or disagree with it by circling your answer.*

 **DO NOT MISS ANY STATEMENT OUT.**

*Examples*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| E1. I am willing to take risks. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| E2. I like playing board games. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| E3. I find learning to play musical instruments easy. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| E4. I am fascinated by other cultures. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 1. | I prefer to do things with others rather than on my own. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 2. | I prefer to do things the same way over and over again. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 3. | If I try to imagine something, I find it very easy to create a picture in my mind. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 4. | I frequently get so strongly absorbed in one thing that I lose sight of other things. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 5. | I often notice small sounds when others do not. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 6. | I usually notice car number plates or similar strings of information. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 7. | Other people frequently tell me that what I’ve said is impolite, even though I think it is polite. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 8. | When I’m reading a story, I can easily imagine what the characters might look like. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 9. | I am fascinated by dates. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 10. | In a social group, I can easily keep track of several different people’s conversations. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 11. | I find social situations easy. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 12. | I tend to notice details that others do not. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 13. | I would rather go to a library than a party. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 14. | I find making up stories easy. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 15. | I find myself drawn more strongly to people than to things. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 16. | I tend to have very strong interests which I get upset about if I can’t pursue. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 17. | I enjoy social chit-chat. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 18. | When I talk, it isn’t always easy for others to get a word in edgeways. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 19. | I am fascinated by numbers. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 20. | When I’m reading a story, I find it difficult to work out the characters’ intentions. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 21. | I don’t particularly enjoy reading fiction. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 22. | I find it hard to make new friends. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 23. | I notice patterns in things all the time. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 24. | I would rather go to the theatre than a museum. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 25. | It does not upset me if my daily routine is disturbed. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 26. | I frequently find that I don’t know how to keep a conversation going. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 27. | I find it easy to “read between the lines” when someone is talking to me. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 28. | I usually concentrate more on the whole picture, rather than the small details. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 29. | I am not very good at remembering phone numbers. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 30. | I don’t usually notice small changes in a situation, or a person’s appearance. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 31. | I know how to tell if someone listening to me is getting bored. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 32. | I find it easy to do more than one thing at once. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 33. | When I talk on the phone, I’m not sure when it’s my turn to speak. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 34. | I enjoy doing things spontaneously. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 35. | I am often the last to understand the point of a joke. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 36. | I find it easy to work out what someone is thinking or feeling just by looking at their face. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 37. | If there is an interruption, I can switch back to what I was doing very quickly. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 38. | I am good at social chit-chat. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 39. | People often tell me that I keep going on and on about the same thing. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 40. | When I was young, I used to enjoy playing games involving pretending with other children. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 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.). | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 42. | I find it difficult to imagine what it would be like to be someone else. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 43. | I like to plan any activities I participate in carefully. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 44. | I enjoy social occasions. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 45. | I find it difficult to work out people’s intentions. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 46. | New situations make me anxious. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 47. | I enjoy meeting new people. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 48. | I am a good diplomat. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 49. | I am not very good at remembering people’s date of birth. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 50. | I find it very easy to play games with children that involve pretending. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |

**Empathy Quotient (EQ) for Adults**

*Below are a list of statements. Please read each statement very carefully and rate how strongly you agree or disagree with it by circling your answer.*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. | I can easily tell if someone wants to enter a conversation. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 2. | I prefer animals to humans. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 3. | I try to keep up with the current trends and fashions. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 4. | I find it difficult to explain to others that I understand easily, when they don’t understand it first time. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 5. | I dream most nights. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 6. | I really enjoy caring for other people. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 7. | I try to solve my own problems rather than discussing them with others. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 8. | I find it hard to know what to do in a social situation. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 9. | I am at my best first thing in the morning. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 10. | People often tell me that I went too far in driving my point home in a discussion. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 11. | It doesn’t bother me too much if I am late meeting a friend. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 12. | Friendships and relationships are just too difficult so I tend not to bother with them. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 13. | I would never break a law, no matter how minor. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 14. | I often find it difficult to judge if something is rude or polite. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 15. | In a conversation, I tend to focus on my own thoughts rather than on what my listener might be thinking. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 16. | I prefer practical jokes to verbal humour. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 17. | I live life for today rather than the future. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 18. | When I was a child, I enjoyed cutting up worms to see what would happen. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 19. | I can pick up quickly if someone says one thing but means another. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 20. | I tend to have very strong opinions about morality. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 21. | It is hard for me to see why some things upset people so much. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 22. | I find it easy to put myself in somebody else’s shoes. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 23. | I think that good manners are the most important thing a parent can teach their child. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 24. | I like to do things on the spur of the moment. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 25. | I am good at predicting how someone will feel. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 26. | I am quick to spot when someone in a group is feeling awkward or uncomfortable. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 27. | If I say something that someone else is offended by, I think that that’s their problem not mine. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 28. | If anyone asked me if I liked their haircut, I would reply truthfully, even if I didn’t like it. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 29. | I can’t always see why someone should have felt offended by a remark. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 30. | People often tell me that I am very unpredictable. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 31. | I often enjoy being the centre of attention at any social gathering. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 32. | Seeing people cry doesn’t really upset me. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 33. | I enjoy having discussions about politics. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 34. | I am very blunt, which some people take to be rudeness, even though this is unintentional. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 35. | I don’t tend to find social situations confusing. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 36. | Other people tell me I am good at understanding how they are feeling and what they are thinking. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 37. | When I talk to people, I tend to talk about their experiences rather than my own. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 38. | It upsets me to see an animal in pain. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 39. | I am able to make decisions without being influenced by people’s feelings. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 40. | I can’t relax until I have done everything I had planned to do that day. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 41. | I can easily tell if someone else is interested or bored with what I am saying. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 42. | I get upset if I see people suffering on news programmes. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 43. | Friends usually talk to me about their problems as they say that I am very understanding. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 44. | I can sense if I am intruding, even if the other person doesn’t tell me. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 45. | I often start new hobbies, but quickly become bored with them and move on to something else. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 46. | People sometimes tell me that I have gone too far with teasing. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 47. | I would be too nervous to go on a big rollercoaster. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 48. | Other people often say that I am insensitive though I don’t always see why. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 49. | If I see a stranger in a group, I think that it is up to them to make an effort to join in. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 50. | I usually stay emotionally detached when watching a film. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 51.  | I like to be very organized in day to day life and often makes lists of the chores I have to do. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 52.  | I can tune into how someone else feels rapidly and intuitively. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 53. | I don’t like to take risks. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 54. | I can easily work out what another person might want to talk about. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 55. | I can tell if someone is masking their true emotion. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 56. | Before making a decision I always weigh up the pros and cons. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 57. | I don’t consciously work out the rules of social situations. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 58. | I am good at predicting what someone will do. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 59.  | I tend to get emotionally involved with a friend’s problems. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |
| 60. | I can usually appreciate the other person’s viewpoint, even if I don’t agree with it. | definitelyagree | slightlyagree | slightlydisagree | definitelydisagree |

**Relatives Questionnaire (CAST)**

***To be completed by a relative or guardian that knew the individual as a child*.**

Birth Order of Individual: .........................................

Was the individual a twin or a single birth? .....................................

Name of Parent/Guardian: ........................................................................................

**Please consider what the individual was like as a child and read the following questions carefully. Please circle the appropriate answer.**

|  |  |  |
| --- | --- | --- |
| 1. Did s/he join in playing games with other children easily?
 | Yes | No |
| 1. Did s/he come up to you spontaneously for a chat?
 | Yes | No |
| 1. Was s/he speaking by 2 years old?
 | Yes | No |
| 1. Did s/he enjoy sports?
 | Yes | No |
| 1. Was it important to him/her to fit in with the peer group?
 | Yes | No |
| 1. Did s/he appear to notice unusual details that others miss?
 | Yes | No |
| 1. Did s/he tend to take things literally?
 | Yes | No |
| 1. When s/he was 3 years old, did s/he spend a lot of time pretending (e.g., play-acting being a superhero, or holding teddy’s tea parties)?
 | Yes | No |
| 1. Did s/he like to do things over and over again, in the same way all the time?
 | Yes | No |
| 1. Did s/he find it easy to interact with other children?
 | Yes | No |
| 1. Could s/he keep a two-way conversation going?
 | Yes | No |
| 1. Could s/he read appropriately for his/her age?
 | Yes | No |
| 1. Did s/he mostly have the same interests as his/her peers?
 | Yes | No |
| 1. Did s/he have an interest which takes up so much time that s/he did little else?
 | Yes | No |
| 1. Did s/he have friends, rather than just acquaintances?
 | Yes | No |
| 1. Did s/he often bring you things s/he is interested in to show you?
 | Yes | No |
| 1. Did s/he enjoy joking around?
 | Yes | No |
| 1. Did s/he have difficulty understanding the rules for polite behaviour?
 | Yes | No |
| 1. Did s/he appear to have an unusual memory for details?
 | Yes | No |
| 1. Was his/her voice unusual (e.g., overly adult, flat, or very monotonous)?
 | Yes | No |
| 1. Were people important to him/her?
 | Yes | No |
| 1. Could s/he dress him/herself?
 | Yes | No |
| 1. Was s/he good at turn-taking in conversation?
 | Yes | No |
| 1. Did s/he play imaginatively with other children, and engage in role-play?
 | Yes | No |
| 1. Did s/he often do or say things that are tactless or socially inappropriate?
 | Yes | No |
| 1. Could s/he count to 50 without leaving out any numbers?
 | Yes | No |
| 1. Did s/he make normal eye-contact?
 | Yes | No |
| 1. Did s/he have any unusual and repetitive movements?
 | Yes | No |
| 1. Was his/her social behaviour very one-sided and always on his/her own terms?
 | Yes | No |
| 1. Did s/he sometimes say “you” or “s/he” when s/he means “I”?
 | Yes | No |
| 1. Did s/he prefer imaginative activities such as play-acting or story-telling, rather than numbers or lists of facts?
 | Yes | No |
| 1. Did s/he sometimes lose the listener because of not explaining what s/he is talking about?
 | Yes | No |
| 1. Could s/he ride a bicycle (even if with stabilisers)?
 | Yes | No |
| 1. Did s/he try to impose routines on him/herself, or on others, in such a way that it causes problems?
 | Yes | No |
| 1. Did s/he care how s/he is perceived by the rest of the group?
 | Yes | No |
| 1. Did s/he often turn conversations to his/her favourite subject rather than following what the other person wants to talk about?
 | Yes | No |
| 1. Did s/he have odd or unusual phrases?
 | Yes | No |