

Autism Spectrum Quotient (AQ)

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The Autism-Spectrum Quotient Test (abbreviated to 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 at the Cambridge Autism Research Centre as part of the 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:

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

18. When I talk, it isn't always easy for others to get a word in edgewise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I am fascinated by numbers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. When I'm reading a story, I find it difficult to work out the characters' intentions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I don't particularly enjoy reading fiction.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I find it hard to make new friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I notice patterns in things all the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I would rather go to the theater than to a museum.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. It does not upset me if my daily routine is disturbed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I frequently find that I don't know how to keep a conversation going.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I find it easy to "read between the lines" when someone is talking to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I usually concentrate more on the whole picture, rather than on the small details.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. I am not very good at remembering phone numbers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. I don't usually notice small changes in a situation or a person's appearance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I know how to tell if someone listening to me is getting bored.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I find it easy to do more than one thing at once.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. When I talk on the phone, I'm not sure when it's my turn to speak.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I enjoy doing things spontaneously.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. I am often the last to understand the point of a joke.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36. I find it easy to work out what someone is thinking or feeling just by looking at their face.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. If there is an interruption, I can switch back to what I was doing very quickly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. I am good at social chitchat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. People often tell me that I keep going on and on about the same thing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. When I was young, I used to enjoy playing games involving pretending with other children.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41. I like to collect information about categories of things (e.g., types of cars, birds, trains, plants).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. I find it difficult to imagine what it would be like to be someone else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. I like to carefully plan any activities I participate in.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. I enjoy social occasions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. I find it difficult to work out people's intentions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

46. New situations make me anxious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47. I enjoy meeting new people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48. I am a good diplomat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49. I am not very good at remembering people's date of birth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50. I find it very easy to play games with children that involve pretending.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score my Answers

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 Dev. Disord 5-17. 2001.
 2. M Woodbury-Smith. Screening Adults for Asperger Syndrome using the AQ: a Preliminary Study of its Diagnostic Validity in Clinical Practice. 35(3): J. Autism Dev. 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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