Adult autism screening

Autism Spectrum Quotient (AQ-10)

For adults aged 18 and over without a moderate or severe intellectual disability.

Tick one box for each statement.

Statement	Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
1. I often notice small sounds when others do not	☐	☐	☐	☐
2. I usually concentrate more on the whole picture, rather than the small details	☐	☐	☐	☐
3. I find it easy to do more than one thing at once	☐	☐	☐	☐
4. If there is an interruption, I can switch back to what I was doing very quickly	☐	☐	☐	☐
5. I find it easy to 'read between the lines' when someone is talking to me	☐	☐	☐	☐
6. I know how to tell if someone listening to me is getting bored	☐	☐	☐	☐
7. When I'm reading a story I find it difficult to work out the characters' intentions	☐	☐	☐	☐
8. I like to collect information about categories of things (e.g. types of car, types of bird, types of train, types of plant etc)	☐	☐	☐	☐
9. I find it easy to work out what someone is thinking or feeling just by looking at their face	☐	☐	☐	☐
10. I find it difficult to work out people's intentions	☐	☐	☐	☐

Scoring

Total _____ / 10

Give 1 point for either degree of agreement on items 1, 7, 8 and 10.
Give 1 point for either degree of disagreement on items 2, 3, 4, 5, 6 and 9.
All other answers score 0. Add the points for all 10 completed items.

What the score means

At 6 or above, NICE recommends that a clinician offer a comprehensive autism assessment. NICE also recommends assessment at a lower score when a clinician suspects autism. The AQ-10 alone cannot diagnose or rule out autism.

AQ-10 © SBC/CA/BA/ARC/Cambridge University 1/5/12.

Allison, Auyeung & Baron-Cohen (2012), doi:10.1016/j.jaac.2011.11.003. NICE CG142, §1.2.3.

Online survey and sources ragnaranthony.com/adult-autism-screening/