

AQ-10

Autism Spectrum Quotient (AQ)

A quick referral guide for adults with suspected autism who do not have a learning disability.

Please tick one option per question only:

		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.				

This test is recommended in 'Autism: recognition, referral, diagnosis and management of adults on the autism spectrum' (NICE clinical guideline CG142). www.nice.org.uk/CG142

Key reference: Allison C, Auyeung B, and Baron-Cohen S, (2012) Journal of the American Academy of Child and Adolescent Psychiatry 51(2):202-12.