

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				

SCORING: Only 1 point can be scored for each question. Score 1 point for Definitely or Slightly Agree on each of items 1, 7, 8, and 10. Score 1 point for Definitely or Slightly Disagree on each of items 2, 3, 4, 5, 6, and 9. If the individual scores 6 or above, consider referring them for a specialist diagnostic assessment.

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.



