

Oxford CBT
Autism Spectrum Quotient (AQ)



Patient Name

Today's Date

Instructions:

Choose one response that best describes how strongly each item applies to you

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

		Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
16	I tend to have very strong interests, which I get upset about if I can't pursue				
17	I enjoy social chit-chat				
18	When I talk, it isn't always easy for others to get a word in edgeways				
19	I am fascinated by numbers				
20	When I'm reading a story, I find it difficult to work out the characters' intentions.				
21	I don't particularly enjoy reading fiction				
21	I find it hard to make new friends				
23	I notice patterns in things all the time				
24	I would rather go to the theatre than a museum				
25	It does not upset me if my daily routine is disturbed				
26	I frequently find that I don't know how to keep a conversation going				
27	I find it easy to "read between the lines" when someone is talking to				
28	I usually concentrate more on the whole picture, rather than the small details				
29	I am not very good at remembering phone numbers				
30	I don't usually notice small changes in a situation, or a person's				
31	I know how to tell if someone listening to me is getting bored				
32	I find it easy to do more than one thing at once				
33	When I talk on the phone, I'm not sure when it's my turn to speak				
34	I enjoy doing things spontaneously				

		Definitely Agree	Slightly Agree	Slightly Disagree	Definitely Disagree
35	I am often the last to understand the point of a joke				
36	I find it easy to work out what someone is thinking or feeling just by looking at their face				
37	If there is an interruption, I can switch back to what I was doing very quickly				
38	I am good at social chit-chat				
39	People often tell me that I keep going on and on about the same thing				
40	When I was young, I used to enjoy playing games involving pretending with other children				
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.)				
42	I find it difficult to imagine what it would be like to be someone else				
43	I like to plan any activities I participate in carefully				
44	I enjoy social occasions				
45	I find it difficult to work out people's intentions				
46	New situations make me anxious				
47	I enjoy meeting new people				
48	I am a good diplomat				
49	I am not very good at remembering people's date of birth				
50	I find it very easy to play games with children that involve pretending				

Developer Reference:

Baron-Cohen, S, Wheelwright, S, Skinner, R, Martin, J, & Clubley, E. (2001). The autism-spectrum quotient (AQ): Evidence from asperger syndrome/high-functioning autism, males and females, scientists and mathematicians. *Journal of autism and developmental disorders*, 31(1), 5-17.