

Oxford CBT
Screening questionnaire for ASD



	Definitely agree	Slightly agree	Definitely disagree	Slightly disagree
1. I prefer to do things on my own, rather than with others.				
2. I prefer doing things the same way - for instance my morning routine or trip to the supermarket				
3. I find myself becoming strongly absorbed in something – even obsessional				
4. I am very sensitive to noise and will wear earplugs or cover my ears in certain situations				
5. Sometimes people say I am being rude, even though I think I am being polite.				
6. I find it easy to imagine what characters from a book might look like.				
7. I find it easy to talk in groups of people				
8. I am more interested in finding out about 'things' than people				
9. I find numbers, dates and strings of information fascinating				
10. I prefer non-fiction books and films to fiction				
11. I find it upsetting if my daily routine is upset or changed				
12. It's difficult for me to understand other people's facial expression and body language				
13. I don't have any problems making small talk with new people				
14. I notice very small changes in a person's appearance				