**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 **more than 6 out of 10**, 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](http://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.

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