

## AQ-10 for Adults Aged 18+

### What is it?

'AQ-10' stands for Autism Spectrum Quotient, and is comprised of 10 statements. It is a tool used to identify people who may benefit from an autism assessment.

### Before you start:

You can choose to fill out the AQ-10 digitally or manually. Filling it out digitally is easier, because your score is calculated automatically for you. You must have Adobe Acrobat installed to fill it out digitally.

### How does it work?

Take some time to read the 10 statements carefully. Tick the box that most accurately represents how you relate to each statement. Note that it makes no difference to your score whether you choose 'slightly' or 'definitely'. Scoring is based on whether you agree or disagree, not on how strongly you feel.

Name of client	Date	Definitely agree	Slightly agree	Slightly disagree	Definitely disagree
1. I often notice small sounds when others do not		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I concentrate more on the whole picture, rather than the small details		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I find it easy to do more than one thing at once		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. If there is an interruption, I can switch back to what I was doing very quickly		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I find it easy to "read between the lines" when someone is talking to me		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know how to tell if someone listening to me is getting bored		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When I'm reading a story, I find it difficult to work out the characters intentions		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I like to collect information about categories of things (e.g. types of cars, birds, plants etc.)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I find it easy to work out what someone is thinking or feeling just by looking at their face		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I find it difficult to work out people's intentions		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Total</b>					

### Manual scoring

If you are unable to download Adobe Acrobat, or would simply prefer to complete the AQ-10 questionnaire by hand, you can print the form and fill it in using a pen. You will then need to calculate your child's score manually using the guidance below.

#### *How to score the AQ-10:*

- Each question is worth a maximum of 1 point.
- Award 1 point if you answered 'Definitely Agree' or 'Slightly Agree' to questions 1, 7, 8, and 10.
- Award 1 point if you answered 'Definitely Disagree' or 'Slightly Disagree' to questions 2, 3, 4, 5, 6 and 9.

Once you have completed all the questions, simply add up the total number of points. This gives you your AQ-10 score.

#### *Interpreting the score:*

If the total score is 6 or above, the clinician or healthcare professional who provided the questionnaire may consider referring you for a comprehensive autism assessment.

Please note: the AQ-10 is a screening tool only. It is not designed to provide a diagnosis but may indicate whether further assessment is recommended.