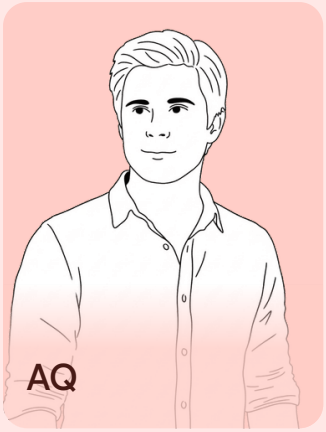


Autism-Spectrum Quotient (AQ)

The Autism-Spectrum Quotient (AQ) is a screening tool that measures the degree of autistic traits in adults. It is often used to assess individuals with suspected autism spectrum disorder (ASD), but it is not designed to replace a professional diagnosis. The test includes questions spread across five different dimensions of behavior and personality typically associated with ASD.

Number of questions	50 questions
Estimated duration	12 minutes
Language	English
Original name	Autism Quotient
Target audience	Adults
Authors	Simon Baron-Cohen, Sally Wheelwright (2001)
Category	Autism spectrum

Preview of the 50 questions

How much do you agree with the following statement?

I prefer doing activities with other people rather than alone.

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

How much do you agree with the following statement?

I prefer doing everything the same way, all the time.

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

How much do you agree with the following statement?

When I try to imagine something, it is very easy for me to form a mental picture of it.

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

How much do you agree with the following statement?

I am frequently so absorbed in one thing that I lose sight of everything else.

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

How much do you agree with the following statement?

My attention is often drawn to faint sounds that other people don't notice.

Strongly agree | Somewhat agree | Somewhat disagree | Strongly disagree

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item scores 1 point if the answer indicates an autistic tendency. For some items (e.g., 2, 4, 5...), the answers "Definitely agree" or "Slightly agree" count. For others (e.g., 1, 3, 8...), the answers "Slightly disagree" or "Definitely disagree" count. The total score reflects the intensity of autistic traits. Neurotypical individuals score on average 19 (women) or 21.5 (men), while a score above 32 is considered a clinical threshold for Asperger syndrome.

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Laura V. - Online Psychologist