

Glasgow Sensory Questionnaire (GSQ)

The Glasgow Sensory Questionnaire is a self-report tool designed to measure sensory features in adults. Initially developed to identify sensory differences in people with autism spectrum disorder, it assesses both hyper- and hyposensitivities across different sensory domains, such as vision, hearing, touch, smell, taste and proprioception.

Number of questions	42 questions
Estimated duration	10 minutes
Language	English
Original name	Glasgow Sensory Questionnaire
Target audience	Adults, autism spectrum
Authors	Sarah R. Robertson, Sue E. Leekam, Emma D. T. Jones (2016)
Category	Autism spectrum

Preview of the 42 questions

Over the last 12 months:

Do you dislike the physical sensation you get when people hug you?

Never | Rarely | Sometimes | Often | Always

Over the last 12 months:

Do you gag when you are eating certain foods (perhaps feeling as if you are going to be sick)?

Never | Rarely | Sometimes | Often | Always

Over the last 12 months:

Do you find it difficult to manipulate your hands when completing a delicate task (for example, picking up small objects or transferring objects from one hand to the other)?

Never | Rarely | Sometimes | Often | Always

Over the last 12 months:

Do you ever run your hand around the outside of an object before picking it up?

Never | Rarely | Sometimes | Often | Always

Over the last 12 months:

Do you stand very close (for example, less than 1 metre/3 feet away) or very far (for example, more than 3 metres/9 feet away) when you are talking to someone?

Never | Rarely | Sometimes | Often | Always

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 is rated on a Likert-type scale, generally ranging from "never" to "always" (1 to 5). The scores are then summed for each sensory modality to identify specific sensory profiles. High scores indicate marked sensory alterations.

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist