

Repetitive Behaviours Questionnaire-3 (RBQ-3)

The RBQ-3 is a 20-item questionnaire designed to assess restricted and repetitive behaviors, particularly in the context of autism spectrum disorder. It explores, in particular, routines and rituals, resistance to change, restricted interests, repetitive sensorimotor behaviors, and certain repetitive behaviors involving objects. The tool is available in a self-report version and an observer-rated version, allowing use across the lifespan depending on the level of autonomy of the person assessed. In clinical practice, it helps clarify the behavioral profile, complement a diagnostic assessment, and objectify manifestations that are often barely visible in an unstructured interview.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Repetitive Behaviours Questionnaire-3
Authors	Susan R. Leekam, Catherine R. G. Jones (2019)
Category	Autism spectrum

Preview of the 20 questions

Do you:

Like to arrange items in rows or patterns?

Never or rarely | One or more times daily | 15 or more times daily (or at least once an hour) | 30 or more times daily (or at least twice an hour)

Do you:

Repetitively fiddle with items? (e.g. spin, twiddle, bang, tap, twist, or flick anything repeatedly?)

Never or rarely | One or more times daily | 15 or more times daily (or at least once an hour) | 30 or more times daily (or at least twice an hour)

Do you:

Spin yourself around and around?

Never or rarely | One or more times daily | 15 or more times daily (or at least once an hour) | 30 or more times daily (or at least twice an hour)

Do you:

Rock backwards and forwards, or side to side, either when sitting or when standing?

Never or rarely | One or more times daily | 15 or more times daily (or at least once an hour) | 30 or more times daily (or at least twice an hour)

Do you:

Pace or move around repetitively? (e.g. walk to and fro across a room, or around the same path outside?)

Never or rarely | One or more times daily | 15 or more times daily (or at least once an hour) | 30 or more times daily (or at least twice an hour)

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

The score is interpreted dimensionally. Items 1 to 19 are rated on a 4-point scale, from the lowest to the most pronounced level, while item 20 keeps a specific 3-point response format. The total score is calculated as a mean by adding up the responses and then dividing by the number of items answered. Subscores can also be derived for repetitive sensorimotor behaviors and insistence on sameness. A higher score reflects a greater or more pronounced presence of restricted and repetitive behaviors. There is no universally accepted diagnostic cutoff that alone would establish ASD, and interpretation must be integrated with other clinical data.

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