

Systemizing Quotient-Revised (SQ-R)

The SQ-R is a self-report questionnaire designed to measure an individual's level of systemizing, that is, the drive to analyze, explore and construct systems. It is mainly used in research on individual differences and in the context of autism.

Number of questions	75 questions
Estimated duration	15 minutes
Language	English
Original name	Systemizing Quotient
Target audience	Adults, adolescents
Authors	Simon Baron-Cohen, Sally Wheelwright (2006)
Category	Autism spectrum

Preview of the 75 questions

I find it very easy to use train timetables, even if this involves several connections.

Strongly agree | Slightly agree | Slightly disagree | Strongly disagree

I like music or book shops because they are clearly organised.

Strongly agree | Slightly agree | Slightly disagree | Strongly disagree

I would not enjoy organising events e.g. fundraising evenings, fetes, conferences.

Strongly agree | Slightly agree | Slightly disagree | Strongly disagree

When I read something, I always notice whether it is grammatically correct.

Strongly agree | Slightly agree | Slightly disagree | Strongly disagree

I find myself categorising people into types (in my own mind).

Strongly agree | Slightly agree | Slightly disagree | Strongly disagree

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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 scored on a scale from 0 to 2. Responses are added up to obtain a total score, where a higher score reflects a higher level of systemizing. There are different cutoffs for placing the participant in categories ranging from low to high systemizing.

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“Skeptical at first, I now can't do without this tool in my practice.”

Elodie C. - CBT Psychologist