

AQ-10 for adults (aged 16+) | Autism Research Centre

The AQ-10 helps indicate whether someone should be referred for an autism assessment. This version is for anyone aged 16 or above with suspected autism who does not have a learning disability.

| | Please tick one option per question only | Definitely agree | Slightly agree | Slightly disagree | Definitely disagree |
|-----------|---|-------------------------|-----------------------|--------------------------|----------------------------|
| 1 | I often notice small sounds when others do not | | | | |
| 2 | I usually concentrate more on the whole picture, rather than the small details | | | | |
| 3 | I find it easy to do more than one thing at once | | | | |
| 4 | If there is an interruption, I can switch back to what I was doing very quickly | | | | |
| 5 | I find it easy to 'read between the lines' when someone is talking to me | | | | |
| 6 | I know how to tell if someone listening to me is getting bored | | | | |
| 7 | When I'm reading a story, I find it difficult to work out the characters' intentions | | | | |
| 8 | I like to collect information about categories of things (e.g. types of car, types of bird, types of train, types of plant etc) | | | | |
| 9 | I find it easy to work out what someone is thinking or feeling just by looking at their face | | | | |
| 10 | I find it difficult to work out people's intentions | | | | |

Scoring guidance

Only one point can be scored for each question.

- Score one point for "definitely" or "slightly **agree**" on questions 1, 7, 8, and 10
- Score one point for "definitely" or "slightly **disagree**" on questions 2, 3, 4, 5, 6, and 9

If the score is **six or above**, an autism assessment should be considered.

Please note that a diagnosis cannot be determined solely by a single score from this questionnaire. A formal diagnosis can only be made after a clinical assessment conducted by a trained professional.

This test was created by the Autism Research Centre- University of Cambridge

Your mental health. Our expertise.

Clinical Partners Ltd is a limited company registered in England. Registered number: 07590254.
Registered office: Unit 6 Chaldicott Barns, Semley, Shaftesbury, England, SP7 9AW

