

## QUESTIONS TO AID DIAGNOSIS OF ASD USING DSM-5 CRITERIA – FOR CLIENTS

CLIENT NAME: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_\_\_ DATE COMPLETED: \_\_\_/\_\_\_/\_\_\_

*Please answer all the questions below, by indicating the strength of severity with which the described trait(s) applies to you.*

**SEVERITY KEY:**

**0 = No / Nil / NA** – does **not** apply to **me** at all                      **1 = Low**, applies to **me** to a **small degree**  
**2 = Medium**, applies to **me** to a **moderate/medium degree**            **3 = High**, applies to **me** to a **high degree**

**A1: Difficulties with Social Initiation and Response**

No	Question	Severity <i>(please circle)</i>				Comments
		0	1	2	3	
1	Do you find it hard to approach others about things you would like or need to discuss with them?	0	1	2	3	
2	Do you have difficulty entering into a <u>social</u> group or conversation?	0	1	2	3	
3	Do you struggle with knowing when it's your turn to talk?	0	1	2	3	
4	Do you frequently interrupt others in conversations?	0	1	2	3	
5	Do you frequently leave unusually long pauses in conversations?	0	1	2	3	
6	Do you find yourself having one-sided conversations in which you are doing most of the talking?	0	1	2	3	
7	Do you get easily bored when someone wants to talk about a subject that does not interest you?	0	1	2	3	
8	Do you find it hard to engage in small talk?	0	1	2	3	
9	Do you see conversations primarily as a way to exchange information rather than to emotionally connect with people?	0	1	2	3	
10	Do you find it hard to explain something in a different way, if someone does not understand you the first time?	0	1	2	3	
11	Do you find it hard to get excited when someone else shares news of an exciting or enjoyable experience they had?	0	1	2	3	
12	Does praise make you uncomfortable because you're unsure how to respond?	0	1	2	3	
13	Do you find that you don't enjoy social interactions in the way others seem to enjoy them?	0	1	2	3	
14	Do you have an aversion to physical affection?	0	1	2	3	
15	Do you have an aversion other types of typically pleasurable physical contact?	0	1	2	3	
16	Do you find it difficult to ask for help from others?	0	1	2	3	

**A2: Difficulties with Non-Verbal Communication**

No	Question	Severity <i>(please circle)</i>				Comments
		0	1	2	3	
1	Do you have trouble coordinating eye contact during conversation?	0	1	2	3	
2	Do you have trouble coordinating gestures or other body language during conversation?	0	1	2	3	
3	Have you been told that your facial expressions are inappropriate for the situation or do not match your feelings?	0	1	2	3	
4	Have others told you that your facial expressions often look angry, depressed or blank, even though you don't feel that way?	0	1	2	3	

5	Have you been told that you stare at people inappropriately?	0	1	2	3	
6	Do you have difficulty smiling for photos or otherwise putting on an appropriate facial expression “on demand”?	0	1	2	3	
7	Do you find making eye contact uncomfortable, difficult or even painful?	0	1	2	3	
8	When talking to others, do you tend to look or face away from them under certain conditions (such as when you’re thinking, or the conversation becomes emotionally intense?)	0	1	2	3	
9	Have you been told that you often speak too loudly, too softly, or too quickly – to be easily understood? (Circle applicable)	0	1	2	3	
10	Do you find yourself imitating the accents or speech patterns of the person you are talking to?	0	1	2	3	
11	Have you been told that your speech is flat or monotonous?	0	1	2	3	
12	Have others described you as cold, detached, or bored, when you weren’t feeling that way? (Circle applicable)	0	1	2	3	
13	Do you have difficulty reading other people’s facial expressions or body language?	0	1	2	3	
14	Do you have difficulty recognising sarcasm?	0	1	2	3	

### A3: Difficulties with Relationships

No	Question	Severity (please circle)				Comments
		0	1	2	3	
1	Do you find it difficult to judge how another person is feeling about you?	0	1	2	3	
2	Do you have trouble judging how another person is reacting to your words and actions?	0	1	2	3	
3	Do you often miss social cues that others seem to easily understand?	0	1	2	3	
4	Do you laugh or smile at the wrong time?	0	1	2	3	
5	Have you been told you’re aloof, withdrawn, or in your own world?	0	1	2	3	
6	Do you have a lower than average need for social interaction?	0	1	2	3	
7	Do you often prefer solitary activities or spending time alone?	0	1	2	3	
8	Do you find interacting with people who are much younger or older than you, easier than interacting with your peers?	0	1	2	3	
9	Do you find it difficult to make new friends?	0	1	2	3	
10	Do you struggle with maintaining friendships?	0	1	2	3	
11	Do you prefer to have just one or two friends at a time?	0	1	2	3	
12	Do you wish you had more friends but don’t know how to establish relationships?	0	1	2	3	
13	Do you have distant or strained relationships with family members, especially for reasons you find hard to understand?	0	1	2	3	
14	Do you find it hard to tell if someone is teasing or mocking you?	0	1	2	3	
15	Do you have trouble figuring out when someone wants you to do something, if they don’t especially or directly tell you (e.g. saying they’re cold and wanting you to offer them a blanket or a jumper/sweater)?	0	1	2	3	
16	Do you prefer one-to-one interaction over group interaction?	0	1	2	3	
17	Do you sometimes avoid or ignore people who want to interact with you?	0	1	2	3	

18	Do you find it hard to understand the unwritten rules of social interaction?	0	1	2	3	
19	Do you rely on scripted speech or imitating others in social interactions?	0	1	2	3	
20	Do you have difficulty in reacting in expected ways to another person's distress?	0	1	2	3	
21	Do you find it hard to judge when it's ok to join a group activity or a conversation?	0	1	2	3	
22	Do others tell you that you're insensitive?	0	1	2	3	
23	Do others tell you that you don't seem to notice their feelings?	0	1	2	3	
24	Do others call you selfish because you only seem to be thinking of yourself in certain situations?	0	1	2	3	
25	Are you often surprised when another person tells you what they were really thinking, after you've had a misunderstanding?	0	1	2	3	

### B1: Atypical Speech or Movements

No	Question	Severity (please circle)				Comments
1	Do you repeat sounds such as animal sounds, grunts, growls or hums?	0	1	2	3	
2	Do you repeat words, phrases or longer passages of speech that you've heard, such as from a movie or conversational partner (either immediately or along time after hearing the original speech)?	0	1	2	3	
3	Do you have a large vocabulary?	0	1	2	3	
4	Do you have a strong preference for very exact use of words, regardless of how commonly used those words might be?	0	1	2	3	
5	Do you often use unusually formal words or speech structure?	0	1	2	3	
6	Do you have some phrases that you use frequently, even when they are not exactly appropriate?	0	1	2	3	
7	Do you use a lot of metaphors, especially ones that you've made up (that might not make sense to others)?	0	1	2	3	
8	Are there aspects of your speech content or structure that others find hard to understand until they get to know you?	0	1	2	3	
9	Do you sometimes feel the need to repeatedly talk about the same subject, even when the other person has asked you to stop, or is no longer listening?	0	1	2	3	
10	Do you perform repetitive hand movements, like flapping your hands, flicking your fingers, or manipulating an object with your fingers/	0	1	2	3	
11	Do you perform whole body movements like rocking, bouncing, walking on your toes, skipping, spinning, or swaying?	0	1	2	3	
12	Do you repeatedly pick at your skin or scalp?	0	1	2	3	
13	Do you like to sit, stand or otherwise position yourself in unusual ways, such as curling up in small places, or lying or sitting with certain body parts under you?	0	1	2	3	
14	Have you been told that you make unusual facial expressions (e.g. grimaces, flinching) repeatedly, often without realising it?	0	1	2	3	
15	Do you enjoy using objects in ways other than how they were intended (e.g. twirling a piece of string, chewing on objects, repeatedly opening and closing things; lining up or arranging things by colour or category)?	0	1	2	3	

**B2: Rituals and Resistance to Change**

<b>No</b>	<b>Question</b>	<b>Severity</b> <i>(please circle)</i>				<b>Comments</b>
		0	1	2	3	
1	Do you sometimes feel the need to repeatedly ask the same questions, even after your question has been answered?	0	1	2	3	
2	Do you need to say a particular thing in a certain way at certain times?	0	1	2	3	
3	Do you need to have other people always answer certain questions in specific ways?	0	1	2	3	
4	Do you have compulsive behaviours, like always touching the door jamb before entering a room, or brushing your hair for (say) exactly 50 strokes before getting in the shower?	0	1	2	3	
5	Do you find it hard to understand certain types of humour?	0	1	2	3	
6	Do you have difficulty understanding non-literal types of speech such as irony, sarcasm, symbolism, or allusions?	0	1	2	3	
7	Do you find it hard to end one activity and begin another?	0	1	2	3	
8	Do you struggle to begin or complete self-care tasks, even when you know that a task is essential or overdue?	0	1	2	3	
9	Do other people tell you that you over-react to small changes in plans or your environment (even if you don't consider the changes small)?	0	1	2	3	
10	Do you have a lot of routines that you rely on to get through the day or to navigate certain situations?	0	1	2	3	
11	Do you get upset when someone or something disrupts one of your routines?	0	1	2	3	
12	Do you have routines that other people think are unusual?	0	1	2	3	
13	Do you have routines that no one else seems to do?	0	1	2	3	
14	Have you been told that your style of thinking is "black and white" or "all or nothing"?	0	1	2	3	
15	Do you have trouble seeing other people's point of view in a discussion or an argument?	0	1	2	3	
16	Do you find it hard to apologise or admit that you're wrong after you've taken a strong stance in a discussion?	0	1	2	3	
17	Do you have a lot of rules that you like to follow?	0	1	2	3	
18	Do you expect others to follow your rules?	0	1	2	3	
19	Do other people tell you that you're controlling or bossy?	0	1	2	3	
20	Do you get frustrated by things that are not clearly defined (e.g. when people say "it depends") or where there are no clear answers to a problem or question?	0	1	2	3	
21	Do you find open ended questions hard to answer?	0	1	2	3	
22	Do you often have trouble changing your mind or adjusting your plans, if you're presented with new information, or a situation suddenly changes?	0	1	2	3	

**B3: Intense or Unusual Interests**

No	Question	Severity (please circle)				Comments
		0	1	2	3	
1	Do you tend to get obsessed with certain topics, sometimes for reasons you can't explain?	0	1	2	3	
2	When you interested in a topic, does it seem to take over many aspects of your life (e.g. you find yourself talking, thinking, or reading about it, or collecting and making things related to it)?	0	1	2	3	
3	Do you have an object that you like to have with you at all times – especially something that's unusual for your age?	0	1	2	3	
4	Do you find that you naturally focus more on details of things, rather than the whole?	0	1	2	3	
5	Do you have interests that are unusually intense compared to your peers?	0	1	2	3	
6	Do you have highly unusual interests?	0	1	2	3	
7	Do you have a narrow range of interests?	0	1	2	3	
8	Does your leisure time always focus on just one or two activities or topics?	0	1	2	3	
9	Do you have a passion for numbers, letters, words, or symbols, including specimens/items such as the number 3, or categories? (Circle applicable)	0	1	2	3	
10	Do you consider yourself, or have you been told, that you are a perfectionist?	0	1	2	3	
11	Do you like to collect and/or categorise items?	0	1	2	3	
12	Do you have large collections of factual knowledge, particularly in a specific category like dates, models, or statistics, or systems?	0	1	2	3	

**B4: Atypical Sensory Experiences**

No	Question	Severity (please circle)				Comments
		0	1	2	3	
1	Do you prefer certain textures?	0	1	2	3	
2	Do you find certain textures hard to tolerate?	0	1	2	3	
3	Do you find that textures, features or styles of clothing (e.g. tags, seams, high/tight collars or waists) that don't seem to bother other people, are irritating or even upsetting to you?	0	1	2	3	
4	Do you find showers, haircuts or other common self-care tasks, physically uncomfortable or painful?	0	1	2	3	
5	Are you unusually sensitive to any light touch on your skin?	0	1	2	3	
6	Do you notice physical sensations that others don't seem to notice?	0	1	2	3	
7	Are you unusually sensitive to heat or cold?	0	1	2	3	
8	Are you easily startled by loud sounds, or do you find certain sounds painful?	0	1	2	3	
9	Do you have unusually sensitive hearing?	0	1	2	3	
10	Do you often hear sounds that others don't notice?	0	1	2	3	
11	Do you have difficulty following conversations when there is a lot of background noise?	0	1	2	3	
12	Do you find a certain type of intensity of light painful or otherwise hard to tolerate?	0	1	2	3	
13	Are you unusually sensitive to specific smells, often to the point that if you can't escape them, you'll become physically ill?	0	1	2	3	
14	Do you find it impossible to eat certain types of foods due to their unpleasant taste or texture?	0	1	2	3	

15	Do you sometimes become physically ill (e.g. nauseous, dizzy, severe headache) around certain types of sensory input (e.g. fluorescent lights, sirens, strobes, machinery)? (Circle which one(s))	0	1	2	3	
16	Do you have an unusually high tolerance for pain?	0	1	2	3	
17	Do you enjoy watching moving objects for extended periods of time?	0	1	2	3	
18	Are you strongly drawn to certain smells or visual patterns?	0	1	2	3	
19	Do you seek out certain types of movement like swing, bouncing, speed or flight?	0	1	2	3	
20	Do you seek out deep pressure such as tight hugs, heavy blankets, or tight spaces?	0	1	2	3	

**C: Traits Must Be present in Early Childhood**

1	Have most of your (above) traits, <b>to which you've answered 2 or 3, been present since <u>early childhood</u></b> (8 or younger)?	0	1	2	3	<i>Keep in mind that your traits may have been different in severity or type when you were younger (e.g. in primary school you had difficulty maintaining friendships because you were "too bossy", but as an adult you have difficulty because you struggle with social rules or prefer to spend time alone)?</i>
2	Have most of your (above) traits, <b>to which you've answered 2 or 3, been present since <u>early adolescence</u></b> (age 16 or younger)?	0	1	2	3	
3	Are there some questions above that you answered "yes" to when thinking about your childhood, which were present then, but no longer present in adulthood?	0	1	2	3	

**Other features that are commonly experienced by children and adults with Autism or Aspergers which are not included in the criteria are: DO YOU HAVE:**

No	Question	Severity (please circle)				Comments
1	Insomnia or poor sleeping patterns?	0	1	2	3	
2	Persistent anxiety?	0	1	2	3	
3	Impaired fine motor coordination (tying shoelaces or holding a pencil)?	0	1	2	3	
4	Impaired gross motor coordination (PE and games, bumps into things)	0	1	2	3	
5a	Difficulty in recognising your own emotions?	0	1	2	3	
5a	Difficulty in talking about your own emotions and difficulties?	0	1	2	3	
5b	Difficulty in differentiating between physical sensations and emotions?	0	1	2	3	
5c	Difficulty in differentiating between physical sensations and emotions?	0	1	2	3	
5d	Difficulty in recognising the emotions of others?	0	1	2	3	
6	Dyslexia?	0	1	2	3	
7	Severe difficulty in making arithmetical calculations (as a result of brain disorder)?	0	1	2	3	
8	Problems in recognising familiar people out of context?	0	1	2	3	
9	Meltdowns or shutdowns: periods of intense emotional upset, physical withdrawal from environment, fit like episodes, reduction in verbal skills followed by intense fatigue?	0	1	2	3	
10	Auditory processing issues – problems in processing and understanding spoken language?	0	1	2	3	
11	Tics – involuntary movements of face or body?	0	1	2	3	

*Thank you for completing this questionnaire. Please bring it with you to the first or next session.*

Taken from:

Cynthia Kim (2013): *"I Think I Might be Autistic: A Guide to Autism Spectrum Disorder and Self-Discovery for Adults"*; published by Narrow Gauge, USA. Added notes from DSM5 (American Psychiatric Assn 2013)