

AQ-10 for Adults Aged 16 and Over

What is it?

'AQ-10' stands for Autism Spectrum Quotient, and is comprised of 10 statements. It is a tool used to identify people who may benefit from an autism assessment.

Before you start

You can choose to fill out the AQ-10 digitally or manually. Filling it out digitally is easier, because your score is calculated automatically for you. You must have Adobe Acrobat installed to fill it out digitally. If you haven't already downloaded Adobe Acrobat, you can do this by clicking here: <https://helpx.adobe.com/uk/reader/get-started.html>

How does it work?

Take some time to read the 10 statements carefully. Tick the box that most accurately represents how you feel about each statement. Note that it makes no difference to your score whether you choose 'slightly' or 'definitely'. Scoring is based on whether you agree or disagree, not on how strongly you feel. When you are finished, click the 'Finish and save' button to save the file.

Client name	<input type="text"/>	Date	<input type="text"/>		Definitely agree	Slightly agree	Slightly disagree	Definitely disagree
1. I often notice small sounds when others do not					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I concentrate more on the whole picture, rather than the small details					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I find it easy to do more than one thing at once					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. If there is an interruption, I can switch back to what I was doing very quickly					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I find it easy to "read between the lines" when someone is talking to me					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know how to tell if someone listening to me is getting bored					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When I'm reading a story, I find it difficult to work out the characters intentions					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I like to collect information about categories of things (e.g. types of cars, birds, plants etc.)					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I find it easy to work out what someone is thinking or feeling just by looking at their face					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I find it difficult to work out people's intentions					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total								

If you can't download Adobe Acrobat for any reason, or you would prefer to fill out the AQ-10 manually by printing it out and using a pen, you will need to calculate your score yourself [Click here for instructions](#)

Manual scoring

If you can't download Adobe Acrobat for any reason, or you would prefer to fill out the AQ-10 manually by printing it out and using a pen, you will need to calculate your score yourself.

Follow these instructions to calculate your score yourself:

Only 1 point can be scored for each question. Score **1 point** if you chose 'Definitely Agree' or 'Slightly Agree' on statements **1, 7, 8, and 10**. Score **1 point** for 'Definitely Disagree' or 'Slightly Disagree' on statements **2, 3, 4, 5, 6, and 9**.

When you are finished, count up the points. This is your score.

If your final score is 6 or higher, the doctor or healthcare provider who asked you to fill out the AQ-10 may consider recommending you for a full autism assessment. However, the AQ-10 is a screener and is in no way diagnostic.