

Social Preferences Test – AQ¹

For each question please indicate to what degree you relate to each statement.

1. I prefer to do things with others rather than on my own.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

2. I prefer to do things the same way over and over again.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

3. If I try to imagine something, I find it very easy to create a picture in my mind.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

4. I frequently get so strongly absorbed in one thing that I lose sight of other things.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

5. I often notice small sounds when others do not.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

¹ Autism Quotient

6. I usually notice car number plates or similar strings of information.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

7. Other people frequently tell me that what I've said is impolite, even though I think it is polite.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

8. When I'm reading a story, I can easily imagine what the characters might look like.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

9. I am fascinated by dates.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

10. In a social group, I can easily keep track of several different people's conversations.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

11. I find social situations easy.

- Definitely agree
 - Slightly agree
-

- Slightly disagree
 - Definitely disagree
-

12. I tend to notice details that others do not.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

13. I would rather go to a library than to a party.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

14. I find making up stories easy.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

15. I find myself drawn more strongly to people than to things.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

16. I tend to have very strong interests, which I get upset about if I can't pursue.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

17. I enjoy social chitchat.

- Definitely agree
-

- Slightly agree
 - Slightly disagree
 - Definitely disagree
-

18. When I talk, it isn't always easy for others to get a word in edgewise.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

19. I am fascinated by numbers.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

20. When I'm reading a story, I find it difficult to work out the characters' intentions.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

21. I don't particularly enjoy reading fiction.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

22. I find it hard to make new friends.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

23. I notice patterns in things all the time.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

24. I would rather go to the theater than to a museum.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

25. It does not upset me if my daily routine is disturbed.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

26. I frequently find that I don't know how to keep a conversation going.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

27. I find it easy to 'read between the lines' when someone is talking to me.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

28. I usually concentrate more on the whole picture, rather than on the small details.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

29. I am not very good at remembering phone numbers.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

30. I don't usually notice small changes in a situation or a person's appearance.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

31. I know how to tell if someone listening to me is getting bored.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

32. I find it easy to do more than one thing at once.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

33. When I talk on the phone, I'm not sure when it's my turn to speak.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

34. I enjoy doing things spontaneously.

- Definitely agree
 - Slightly agree
 - Slightly disagree
-

- Definitely disagree
-

35. I am often the last to understand the point of a joke.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

36. I find it easy to work out what someone is thinking or feeling just by looking at their face.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

37. If there is an interruption, I can switch back to what I was doing very quickly.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

38. I am good at social chitchat.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

39. People often tell me that I keep going on and on about the same thing.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

40. When I was young, I used to enjoy playing games involving pretending with other children.

- Definitely agree
-

- Slightly agree
 - Slightly disagree
 - Definitely disagree
-

41. I like to collect information about categories of things (e.g., types of cars, birds, trains, plants).

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

42. I find it difficult to imagine what it would be like to be someone else.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

43. I like to carefully plan any activities I participate in.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

44. I enjoy social occasions.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

45. I find it difficult to work out people's intentions.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

46. New situations make me anxious.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

47. I enjoy meeting new people.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

48. I am a good diplomat.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

49. I am not very good at remembering people's date of birth.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

50. I find it very easy to play games with children that involve pretending.

- Definitely agree
 - Slightly agree
 - Slightly disagree
 - Definitely disagree
-

Analysing the results

For those of you have taken the AQ Test, you are probably wondering what the results mean. So while you're interpreting the results, please bear in mind that the scores of the AQ test are based on statistical analysis of people with Autism who have taken the test and while it isn't an exact science it does give an indication of ones level of autistic tendencies.

In terms of the distribution of the scores of the general population, it can be said that getting a score of:

- 11 – 21 is Average for most of the population.
- 22 – 25 Indicates that one has slightly higher than average autistic traits.
- 26 – 31 Is a borderline score. 86% of people with this score have can be correctly classified as having Asperger's Syndrome
- 32+ Is the official criteria for having Aspergers Syndrome.

For more information about the test itself and particular statistics, you may find the following paper useful
Screening adults for Asperger Syndrome Using the AQ Test:

[\[http://docs.autismresearchcentre.com/papers/2005_Woodbury-Smith_etal_ScreeningAdultsForAS.pdf\]](http://docs.autismresearchcentre.com/papers/2005_Woodbury-Smith_etal_ScreeningAdultsForAS.pdf)

Please bear in mind that this AQ Test is only a tool that can be helpful in self-diagnosis. The test grading is based on statistical analysis so professional medical advice should be requested following higher test results of 32 or more.