



National Neurodiversity Assessments

Expert Multidisciplinary Diagnostic Services

AQ-10 for Adults aged 16 Years+

This test was created by the Autism Research Centre at the University of Cambridge. The AQ-10 helps indicate whether someone should be referred for an autism assessment. This version is for anyone aged 16 years+ with suspected autism who does not have a learning disability.

	Tick one option per question only	Definitely agree	Slightly agree	Slightly disagree	Definitely disagree
1	I 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 character's intentions				
8	I like to collect information about categories of things (e.g. types of car, bird, train, plants 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 person scores six or above, consider referring for an autism assessment. 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 trained professionals.