



Autism Self-Assessment Resource Guide

These external self-report questionnaires can support personal reflection and informed conversations. Select a resource name to open it, then record your score in the space provided.

Resource	What it explores	Your score
<u>AQ-10</u> Autism Spectrum Quotient 10	A brief 10-item questionnaire about autistic traits and a simple starting point for further reflection.	_____
<u>AQ</u> Autism Spectrum Quotient	A 50-item questionnaire exploring autistic traits across social interaction, communication, attention, and imagination.	_____
<u>EQ</u> Empathy Quotient	Explores aspects of empathy, including understanding other people's perspectives and responding to their emotions.	_____
<u>SQ-R</u> Systemizing Quotient Revised	Explores a person's tendency to analyze patterns, categories, rules, and systems.	_____
<u>RAADS-R</u> Ritvo Autism Asperger Diagnostic Scale Revised	Explores current and earlier-life autistic traits across social, sensory-motor, language, and focused-interest areas.	_____
<u>CAT-Q</u> Camouflaging Autistic Traits Questionnaire	Explores strategies used to mask, compensate for, or adapt autistic traits in social situations.	_____
<u>RBQ-2A</u> Adult Repetitive Behaviours Questionnaire 2	Explores repetitive behaviours, routines, sameness, focused interests, and related sensory experiences.	_____
<u>Aspie Quiz</u> Autistic and Neurodivergent Traits Questionnaire	A broad self-exploration questionnaire; its results warrant extra caution because independent validation is more limited.	_____

Understanding your scores

Consider reviewing your scores with a licensed mental health professional. They can help you understand the results in the context of your history, experiences, strengths, concerns, and goals. Scores should not be interpreted in isolation.

Please note: This guide and the linked self-report questionnaires are not diagnostic and are not equivalent to a neuropsychological evaluation or any other comprehensive clinical assessment. They do not replace an individualized evaluation by a qualified professional. Mindful Moon Counseling does not administer, score, or interpret the linked questionnaires and is not affiliated with Embrace Autism or the questionnaire authors. External sites may change and may have their own privacy practices, terms, and optional paid features.

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