

M-ASD

Instructions

On the following pages, you will find a list of statements. Please read each statement carefully and indicate the extent to which they apply to you. This can be done using four response options: not true, slightly true, reasonably true, very true.

Please circle one answer per statement and do not skip any statements. If you are unsure among multiple answers, choose the one that comes closest to your overall experience. The conclusion of this questionnaire does not depend on one statement but on the total together.

not true
slightly true
reasonably true
very true

For example:

8 I find contact with people difficult.

1 2 3 4

Circle 1 if this statement is 'not true' for you.

If you want to change your answer, draw an 'X' through the incorrect response and then circle the correct answer. For example:

8 I find contact with people difficult.

~~1~~ 2 3 4

Circle 4 if this statement is 'very true' for you.

Personal information

Name:

Gender: male female other:

Date of birth: .. / .. /

Today's date: .. / .. /

Statements

		<i>not true</i>	<i>slightly true</i>	<i>reasonably true</i>	<i>very true</i>
1	I find it hard to make friends.	1	2	3	4
2	I have a very hard time dealing with change.	1	2	3	4
3	It takes a lot of effort, but I try my best to be social.	1	2	3	4
4	I struggle with distinguishing main from side issues	1	2	3	4
5	I feel very tense in contact with people.	1	2	3	4
6	I am <u>hypersensitive</u> to certain stimuli (such as sound, light, color, touch, smell, hunger, pain and temperature).	1	2	3	4
7	How to behave in contact with others is something I learn by observing and imitating people.	1	2	3	4
8	I find contact with people difficult.	1	2	3	4
9	I can hardly get over problems.	1	2	3	4
10	I have to force myself to be social	1	2	3	4
11	I often lose the overview because I am too preoccupied with details.	1	2	3	4
12	I find it difficult to maintain friendships.	1	2	3	4

More statements will follow on the next page.

		<i>not true</i>	<i>slightly true</i>	<i>reasonably true</i>	<i>very true</i>
13	Personal care feels uncomfortable (such as showering, combing hair, and trimming nails)	1	2	3	4
14	I am tired after social contact.	1	2	3	4
15	I have always felt different from others.	1	2	3	4
16	I would like everything to go the same every day.	1	2	3	4
17	In contact with people, I play a role more than I am myself.	1	2	3	4
18	I have difficulty switching from one activity to another.	1	2	3	4
19	I find it difficult to take social hierarchy into account.	1	2	3	4
20	I notice stimuli with a delay (such as sound, light, color, touch, smell, hunger, pain, and temperature).	1	2	3	4
21	I am constantly trying to hide my social shortcomings	1	2	3	4
22	I find it difficult to know when it's my turn to speak in a conversation.	1	2	3	4
23	I struggle a lot with being flexible	1	2	3	4
24	I always try my best to come across as 'socially normal'	1	2	3	4
25	I find eye contact much more difficult when I have to listen at the same time.	1	2	3	4
26	I do not intuitively sense others.	1	2	3	4
27	I prefer wearing very tight or very loose clothing.	1	2	3	4
28	I extensively prepare for interactions with people (how to behave, what to say, etc.)	1	2	3	4
29	I find it difficult to estimate the feelings of others.	1	2	3	4
30	I am compulsive.	1	2	3	4
31	Because I adapt to others so much, I don't know who I am anymore.	1	2	3	4
32	When I have learned something in theory, I find it difficult to apply it in practice.	1	2	3	4
33	I am too harsh or too direct in my responses.	1	2	3	4
34	I get overstimulated easily.	1	2	3	4
35	I pay extremely close attention to the body signals of others.	1	2	3	4
36	When I talk to someone, I find it difficult to tell when someone is not interested anymore.	1	2	3	4
37	I can't stand it when things turn out differently than I expected.	1	2	3	4
38	In company, I hide my stimming behavior (rocking, flapping, ...).	1	2	3	4

More statements will follow on the next page.

V1.0

		<i>not true</i>	<i>slightly true</i>	<i>reasonably true</i>	<i>very true</i>
39	I don't quite feel what is appropriate to say or do. I need to think about this.	1	2	3	4
40	I am <u>hyposensitive</u> to certain stimuli (such as sound, light, color, touch, smell, hunger, pain, and temperature).	1	2	3	4
41	After contact with people, I need a lot of recovery time.	1	2	3	4
42	I don't understand people	1	2	3	4
43	I have one or more major interests that I would prefer to devote all my time to.	1	2	3	4
44	I don't catch on as quickly when a joke is being made.	1	2	3	4
45	I struggle a lot to adapt to the wishes of others	1	2	3	4
46	I am extremely sensitive to other people's emotions.	1	2	3	4
47	I taught myself to make eye contact.	1	2	3	4
48	I find it difficult to switch between different social roles (such as partner, parent, employee, friend, ...).	1	2	3	4
49	I need it to carefully prepare all my activities.	1	2	3	4
50	I struggle to recognize feelings within myself.	1	2	3	4

Thank you for completing this questionnaire.

Do you have any comments?

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