

Adult Asperger's Self-Report Index (AASRI)

<https://www.aspergerstest.org/>

Identifier: _____

Date: _____

- Diagnosis: ☐ I have been diagnosed with an ASD.
☐ I think I might have an ASD, but no diagnosis.
☐ I have no reason to think I have an ASD.

Sex: _____ Age: _____

When responding to the items below, please remember that becoming better at dealing with features of Asperger's/ASD does NOT mean that you are uneffected. If you've overcome an issue you had in childhood, think about how much time and effort it took to overcome.

	False		True
1. I'm often unsure of what someone means when they exaggerate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I'm much more comfortable watching or listening to things that I already know I like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have to try to match the pace, tone, or volume of my voice to what I'm trying to say.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I experience the brightness of lights differently than most of the people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have to meet someone several times before I start remembering their face.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have a hard time ignoring things when I try to ignore them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I've often had intense fascinations that are hard to share with my peers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I'm really uncomfortable when pressed by certain articles of clothing (e.g. socks, belts, bras, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. There are certain movements that I find myself doing or feel compelled to do (tics).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. It's hard to stop thinking about something once I've gotten into it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I've often been unsure about how far away I should be from someone when talking or walking together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I experience the textures of fabrics or foods differently than most of the people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I sometimes find myself repeating some sounds or words from the last thing I said without thinking about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I tend to get deeply committed to learning about a topic of interest to the exclusion of other topics for a while.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I often don't know how I should stand, move my hands, or express with my face when other people are watching.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

16. It often seems like my emotions are much more or much less intense than most of the people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I have a stutter that I can't always control.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I often bother people by talking excessively when I know a lot about something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I'm often unsure of when other people would think lying is normal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I experience the loudness of sounds differently than most of the people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I'm often unsure of what someone means when they say something sarcastic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. When my routines are interrupted, it's very stressful finding a new way to navigate the world around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I have to try to regulate eye contact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I experience some smells differently than most of the people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I have to meet someone several times before I start remembering their name.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I have a hard time returning to a task after being distracted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. My real friendships are few, but very deep.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I experience the tastes of foods differently than most of the people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I sometimes find myself repeating some sounds or words from the last thing SOMEBODY ELSE said without thinking about it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I'm much more comfortable eating and drinking the things that I already know I like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. I'd much rather be alone than be around people who don't already understand me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. I experience temperature differently than most of the people around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. I often fidget with things to help me focus.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. I often focus on something so much that I stop noticing other things around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. I really hate having to keep a conversation going with someone I don't really know.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. If someone's going to touch me, I would prefer a firm touch. Light touch feels "creepy."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

AASRI Scoring Sheet

<https://www.aspergerstest.org/stats.pl>

Each item in this survey is scored from 0 (completely false) to 3 (completely true). You can write the numbers 0, 1, 2, and 3 over the columns on the previous pages if that helps you to remember them while you're copying. You can also write the numerical scores next to each item before you copy them. To score the survey, all you need to do is copy your responses here, add up the scores for each dimension, then add those scores together to get the total score for the whole survey. Scores for each dimension range from 0 to 27. Total scores for the survey range from 0 to 108.

Preliminary statistics *for individuals who have been diagnosed with an ASD* are provided at the bottom (in the format: average +/- standard deviation). If your scores are near or above these averages, that means your responses on this survey are similar to the responses from some individuals who have been diagnosed with autism. You can check the current statistics regarding all of these scores at the url under the title above. Formal diagnosis must be performed by a clinician.

Pattern	Fixation	Social	Sensory	Total
1. _____	2. _____	3. _____	4. _____	
5. _____	6. _____	7. _____	8. _____	
9. _____	10. _____	11. _____	12. _____	
13. _____	14. _____	15. _____	16. _____	
17. _____	18. _____	19. _____	20. _____	
21. _____	22. _____	23. _____	24. _____	
25. _____	26. _____	27. _____	28. _____	
29. _____	30. _____	31. _____	32. _____	
33. _____	34. _____	35. _____	36. _____	
Sums: _____	+ _____	+ _____	+ _____	= _____
15 +/- 5	22 +/- 4	19 +/- 5	20 +/- 5	77 +/- 16