

Adult Autism Subthreshold Spectrum
(AdAS Spectrum)

AdAS Spectrum

Subject ID: _____

Date: _____

Instructions: The following questions refer to feelings or experiences you may have had in the past or that you may be experiencing currently. Please answer each of the questions by circling “YES” or “NO.” Please note that not all the questions refer to symptoms of an illness.

CHILDHOOD/ADOLESCENCE

<i>When you were a child:</i>			
1	did gestures of affection (caresses, hugs, kisses) from relatives or friends ever make you feel uneasy?	YES	NO
2	did you ever make a series of rituals before going to sleep (for example, placing shoes, clothes, books or toys in a particular position), saying goodnight or praying in a particular way, or did you have to listen to a certain story?	YES	NO
3	were you ever extremely careful about your school books, exercise books or toys and did not like others to borrow or even touch them?	YES	NO
4	did you ever devote most of your free time to isolated activities (e.g., videogames or books)?	YES	NO
5	did you have few friends?	YES	NO
6	were you always in search of the ideal friend?	YES	NO
7	were you very possessive of your friends, seeking an exclusive relationship with them?	YES	NO
8	were you an obstinate, stubborn child?	YES	NO
9	did you particularly love to collect objects?	YES	NO
10	at school did you ever avoid eating or playing or doing gymnastics with other children?	YES	NO
11	did you ever suffer from head-aches or stomach-aches in social situations or at the thought of having to face social situations?	YES	NO
12	would you have preferred not to go to school, and study at home alone?	YES	NO
13	were you ever extremely selective in your friendships, considering almost all other children to be unintelligent and/or too superficial?	YES	NO

14	was it ever difficult for you to establish new friendships, take part in a group, play team-games?	YES	NO
15	were you very quiet and sometimes unable to speak at all?	YES	NO
16	do you remember, or has anyone ever described you as being talented in particular fields (e.g., music, mathematics, chess)?	YES	NO
17	do you remember, or has anyone ever told you, that you were talented in some fields but that you performed poorly in others?	YES	NO
18	did you ever try to avoid performing in public?	YES	NO
19	were you ever teased by school-mates or bullied?	YES	NO
20	have you ever bullied anyone or been cruel to animals or weaker companions?	YES	NO
21	did you call your parents by name instead of calling them “mom” and “dad”?	YES	NO

VERBAL COMMUNICATION

<i>The following questions refer to feelings or experiences you may have had during your life</i>			
22	Do you tend to not speak much and/or use very short sentences?	YES	NO
23	Do you usually speak in a very low voice or in too loud a voice, or in a strange or monotonous way?	YES	NO
24	Do you ever say what you think, only to understand later that you have offended someone?	YES	NO
25	Has it ever been pointed out that you make inopportune statements and/or behave in a unusual or odd way?	YES	NO
26	Does it often happen that you don't get jokes?	YES	NO
27	Have you ever noticed, or has anyone ever pointed out that other people do not find funny or are not impressed by the jokes you like?	YES	NO
28	Do you tend to repeat jokes, even though they make no-one laugh?	YES	NO
29	Are you given to taking things literally?	YES	NO

30	Do you have difficulty in immediately grasping the broad sense of a certain expressions (for example, “a hen-pecked husband”, “a face like the back of a bus”)?	YES	NO
31	Does the expression “put yourself in my shoes”, especially if coming from a person of the opposite sex, make you laugh or seem totally meaningless to you?	YES	NO
32	Do you have difficulty in ending a conversation once started?	YES	NO
33	Do you ever quote phrases heard in films or read in books?	YES	NO
34	Do you find it hard to intervene in a conversation?	YES	NO
35	Is speaking in public particularly stressful for you?	YES	NO
36	Do you absolutely avoid speaking in public?	YES	NO
37	Do you ever butt into a conversation inopportune?	YES	NO
38	Do you ever talk to yourself, asking and answering questions?	YES	NO
39	Do you distinctly prefer communicating via e-mail or text messages rather than speak to someone on the phone or in person?	YES	NO

NON VERBAL COMMUNICATION

40	Do you feel uncomfortable if someone looks at you insistently?	YES	NO
41	Do you have difficulty looking others straight in the eye or not know where to look when talking to someone?	YES	NO
42	Have you ever been arrogant in order to hide your insecurity?	YES	NO
43	Have you ever dreamed of being naked?	YES	NO
44	Are you considered a very touchy person?	YES	NO
45	Are you the sort of person who does not worry about maintaining friendships or sentimental relationships?	YES	NO
46	Do you tend to hunch your shoulders and bow your head?	YES	NO

47	Do you regret not knowing how to dance elegantly and without feeling inhibited?	YES	NO
48	Are you good at taking off acquaintances or famous people?	YES	NO
49	Do you ever take on a role to feel more at ease when interacting with other people?	YES	NO
50	Have you ever used alcohol, anxiolytics or drugs to get over a disappointment or failure, or in order to help you face an important event?	YES	NO
51	Have you ever flared up in a rage without reason?	YES	NO
52	Do you feel more at ease without people around you at work or in a private setting?	YES	NO
53	Have you ever thought that certain situations can influence other ones, even if totally unconnected, (for example, "If I put my left foot down first when I get out of bed, it'll be a nice day")?	YES	NO
54	Do you envy successful people, leaders or those who are generally approved of by others?	YES	NO
55	Do you often invent excuses or even tell lies in unimportant situations?	YES	NO
56	Have you ever invented a situation or a story in order to put yourself in a better light?	YES	NO
57	Do you have difficulty in doing even simple things if someone is watching you (such as talking on the phone, eating or writing)?	YES	NO
58	When you have to do something in public, (for example, speaking), do you have to be absolutely perfectly prepared?	YES	NO
59	At work do you often say you are busy even when you have nothing to do?	YES	NO
60	Do you feel uneasy about hugging, kissing or holding someone you like by the hand?	YES	NO
61	In general, do you like being naked at home or going to nudist camps?	YES	NO

62	Do you avoid taking up sentimental relationships for fear of being rejected?	YES	NO
63	Is it easier for you to have sexual intercourse rather than get involved in an intimate emotional relationship with a partner?	YES	NO
64	Do you often fantasize about or have you ever been involved in non-conventional or illicit sexual relationships?	YES	NO
65	Do you prefer to not confide in anyone regarding your most intimate thoughts?	YES	NO
66	Do you spend a lot of time playing videogames or surfing on internet, to the extent of forgetting to do routine tasks?	YES	NO
67	Do you like role-playing so much that you identify yourself with your character to the point of living a second life?	YES	NO

EMPATHY

68	Have you ever felt more attached to your pet than to other people?	YES	NO
69	Have you ever felt much more attached to an object than to other people?	YES	NO
70	Have you ever been involved in impossible sentimental relationships or with people already involved with others or who are much younger/older than you?	YES	NO
71	Have you ever been told that you are rather inhibited, or cold or too detached towards others?	YES	NO

Is it difficult for you:

72	identifying with someone else?	YES	NO
73	understanding the intentions or thoughts of the person in front of you?	YES	NO
74	identifying with the protagonists of a book or film, and feeling what they feel?	YES	NO
75	understanding the intentions of the characters in a book or a film?	YES	NO
76	understanding when someone is flirting with you?	YES	NO

77	understanding if someone is interested in or bored by what you are saying?	YES	NO
78	interpreting the facial expressions and body language of others?	YES	NO
79	imagining what others expect from you?	YES	NO

INFLEXIBILITY AND ADHERENCE TO ROUTINE

80	Do you have difficulty in getting rid of useless objects such as used-up pens or newspapers that have been read?	YES	NO
81	Do you collect objects of value as well as useless things?	YES	NO
82	Do you feel compelled to finish a collection once you have started it?	YES	NO
83	There is an object that you would never separate from and that you want to carry with you all the time?or	YES	NO
84	Are you excessively careful about aesthetical aspects (for example, matching colours, taste in clothes or furnishing?)	YES	NO
85	Have you ever felt compelled to repeat a certain action (like wringing your hands, twisting an object or a lock of hair between your fingers) or say certain words without any precise reason?	YES	NO
86	Have you ever felt compelled to repeat (even only mentally) a word or phrase that particularly struck you?	YES	NO
87	Have you ever felt compelled to walk in a particular way?	YES	NO
88	Do you ever feel the need to touch repeatedly an object or a part of your body without any apparent reason?	YES	NO
89	Do you tend to control every movement of your body?	YES	NO
90	Have you ever felt compelled to clear your throat before speaking or make certain movements with your hands before writing or knocking on the door?	YES	NO

91	Have you ever felt the need to repeatedly clean some areas of the house while neglecting others, e.g., meticulously cleaning the sink but overlooking the rest of the bathroom?	YES	NO
92	Are you particularly irritated by the use of certain popular words or catch-phrases like “Bob’s your uncle!”, “Cheerio” or “Well, I never!” ?	YES	NO
93	Are there any vowels or consonants or certain numbers that you particularly dislike?	YES	NO
94	Are you in the habit of inventing words and puns?	YES	NO
95	When you are telling a joke, do you alter your voice and accent according to the character?	YES	NO
96	When you are subject to a lot of stress, can you calm yourself down by making circular movements or by rocking yourself on a chair?	YES	NO
97	Do you need to think about something carefully before making a decision?	YES	NO
98	At work, do you prefer to follow precise procedures or patterns?	YES	NO
99	Are you headstrong and always do things your way?	YES	NO
100	Do you always wear the same type of clothes?	YES	NO
101	Do you rarely make changes to your aims in life even when it would be advisable to do so?	YES	NO
102	Do you have to make a list of the things to do every day?	YES	NO
103	Do you write lists to remember the principles you want to follow or behaviour you want to adopt?	YES	NO
104	Are you unsettled by unexpected events (for example, last-minute invitations)?	YES	NO
105	Are you not really willing to change your daily habits?	YES	NO
106	Do you have sexual intercourse following precise routines (e.g., only on certain days of the week, in certain places or at certain times)?	YES	NO

107	Do you have difficulty in changing your mind about something even in front of evidence to the contrary?	YES	NO
108	Have you often had difficulty in changing your way of reacting and/or your methods of working even when there might be a better approach?	YES	NO
109	Have you often had difficulty in adapting to the different characters of people?	YES	NO
110	Have you often had difficulty in understanding the nuances of things, tending instead to be categorically 'black or white', 'all-or-nothing', 'good or bad'?	YES	NO
111	Have you often had difficulty in lending or borrowing clothes, books, records or other personal objects?	YES	NO
112	Have you often felt the need to impose your ways of doing things and your habits on friends and family members (for example, your idea of cleanliness, your routines)?	YES	NO
113	Are you the type of person who is not prepared to compromise with regard to moral questions?	YES	NO
114	Are you very observant of the rules of etiquette?	YES	NO
115	Are you particularly fascinated by military parades or uniforms?	YES	NO
116	Are you one of those people who has to have everything in the house, or in the office, always in exactly the same place?	YES	NO
117	Have you ever been aggressive because other people wanted to stop you from carrying out your rituals or because they did not let you have your own way?	YES	NO
118	If you notice something wrong, even if it does not concern you directly, do you feel obliged to intervene (e.g., writing to the newspapers or on Facebook)?	YES	NO
119	Do you tend to get irritated when you lose things you are fond of?	YES	NO
120	Have you ever been told you behave too formally and stand on ceremony?	YES	NO

121	Have you ever thought that to get along well with other people there should be a precise set of rules to respect?	YES	NO
122	Do you have difficulty in changing your opinion about someone you hold very much in esteem, despite proof of his/her unreliability?	YES	NO

RESTRICTED INTERESTS AND RUMINATION

123	Do you particularly admire one or more famous celebrities (collecting posters, gadgets, photos and interviews)?	YES	NO
124	Do you like talking only to people who share your same specific interests?	YES	NO
125	Are you particularly good at picking up detail (e.g., parts of objects, parts of the body etc.)?	YES	NO
126	Do you like to think and talk only about the few things that interest you?	YES	NO
127	Do you try to avoid social occasions (e.g., dinners, parties, weddings, etc.) because you consider them to be a waste of time, and because you feel uneasy with people who talk about trivial things?	YES	NO
128	Do you sometimes have a thought or a topic fixed in your mind to the point that you cannot stop talking about it even when others do not seem at all interested?	YES	NO
129	Is it rare for you to find the topics preferred by most other people interesting or appealing?	YES	NO
130	Do you have the impression your thoughts are stored in your memory as if they were indexed in an archive?	YES	NO
131	Does it often happen that you are absorbed in something to the point of completely losing track of everything else?	YES	NO
132	Are you fascinated by numbers (e.g., dates, car registration plates, public transport time-tables etc.)?	YES	NO

133	Do you like to collect systematic information about certain things (e.g., types of cars, aeroplanes, trains, plants or animals)?	YES	NO
134	Do you tend to have very strong interests and does it bother you deeply if you cannot pursue them?	YES	NO
135	Do you always try to put your reasoning or your observations in order?	YES	NO
136	Have you ever been described as or have you ever considered yourself to be someone with little capacity to be concise in your work or study as you tend to waste time over detail?	YES	NO
137	Do you regularly arrive late for appointments because you lose track of time?	YES	NO
138	Do you tend to brood over the same matters or the same thoughts?	YES	NO
139	Do your thoughts often take up all your attention, leaving you unable to do anything else?	YES	NO
140	Do you often continue to ponder over things even in the case of problems which do not have an answer?	YES	NO
141	Do you often have difficulty in falling asleep because you cannot stop thinking?	YES	NO
142	Do you insist on a particular way of doing things, taking up more time than would be normal to complete a task, and you are never satisfied with the result?	YES	NO
143	Do you often take refuge in fantasizing or day-dreaming?	YES	NO

HYPER-HYPO REACTIVITY TO SENSORY INPUT

144	Have you ever perceived buzzing or low noises to be amplified or even unbearable?	YES	NO
145	Have you ever seen indistinct and threatening images in the shadows?	YES	NO
146	Have you heard other people's voices become suddenly strange and frightening?	YES	NO

147	While awake, have you ever felt strange, inexplicable sensations on your skin and in your body (e.g. the feeling of being touched, or wet or run through by an electric current)?	YES	NO
148	While awake, have you ever perceived noises, or odours or flavours that no-one else could perceive?	YES	NO
149	Do you avoid passing through or stopping in noisy places?	YES	NO
150	Do you think you have a low pain threshold, for example when you get injured or cut?	YES	NO
151	Do you think you have a high pain threshold, for example when you get injured or cut?	YES	NO
152	Have you ever suffered from aches for which you referred to physicians but for which nobody was able to find a cause?	YES	NO
153	Do you sometimes shut yourself away in total darkness because the light even though barely filtering through closed shutters unsettles your mood and/or concentration?	YES	NO
154	Have you ever been convinced that you possess unusual abilities or that you have had particularly unusual experiences?	YES	NO
155	Is the physical sensation of food in your mouth more important than the actual taste?	YES	NO
156	Are some common fabrics unpleasant or irritating to you on your skin?	YES	NO
157	If you find yourself in an environment full of noise, smells and bright lights, do you feel uneasy, anxious or frightened?	YES	NO
158	Have you ever happened to feel immobilized, like a block of ice, without being able to respond to being called for hours or days?	YES	NO
159	Do you happen to hear also low noises which other people cannot hear?	YES	NO
160	Do you sometimes have difficulty in washing and need to be prompted to do so?	YES	NO