UNDERSTAND YOUR RESPONSES

Autism

This report uses fictional responses only. It demonstrates the report format, not a real person’s result.

28 / 28

ANSWERED ITEMS

Reflection

METHOD USED

An overview of your experiences

The report organises your responses by topic. It does not give an autism score or estimate whether you are autistic. These are original reflection questions that are not clinically validated.

What you specifically report

Unexpected changes take a lot of energy. - Very true

I know what I would like to ask a professional. - Very true

These are the two answered statements with the highest endorsement, not indications of an autism probability. Low endorsement is also shown faithfully.

This self-test contains original reflection questions about communication, perception and routines. It is not the AQ or a clinically validated autism screener and cannot establish or rule out autism. The report describes individual responses without an autism percentage, cutoff or diagnosis.

Next: understand the numbers, review specific responses and record personal notes for a conversation.

01 / YOUR REPORT

Your responses at a glance

This chart counts response positions, not symptoms or diagnoses.

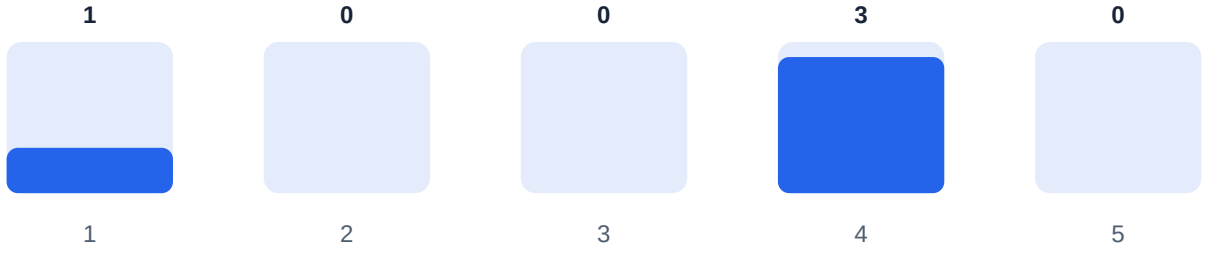
Your topic

Mostly or fully endorsed: 3 / 8 answered statements. Skipped: 0.



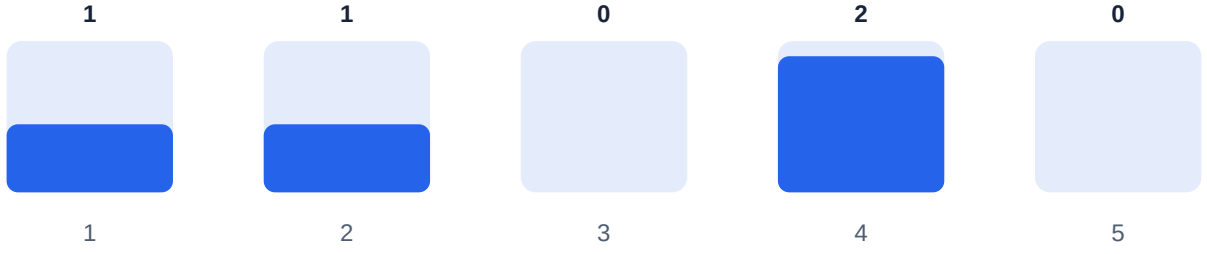
Relationships & support

Mostly or fully endorsed: 3 / 4 answered statements. Skipped: 0.



Recovery & energy

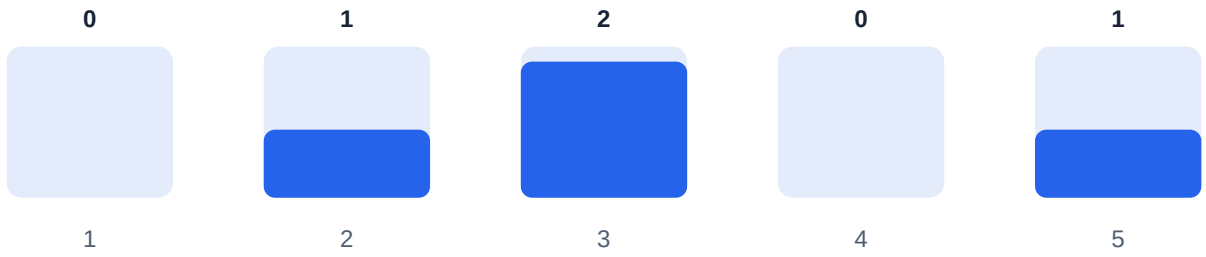
Mostly or fully endorsed: 2 / 4 answered statements. Skipped: 0.



Your responses at a glance / CONTINUED

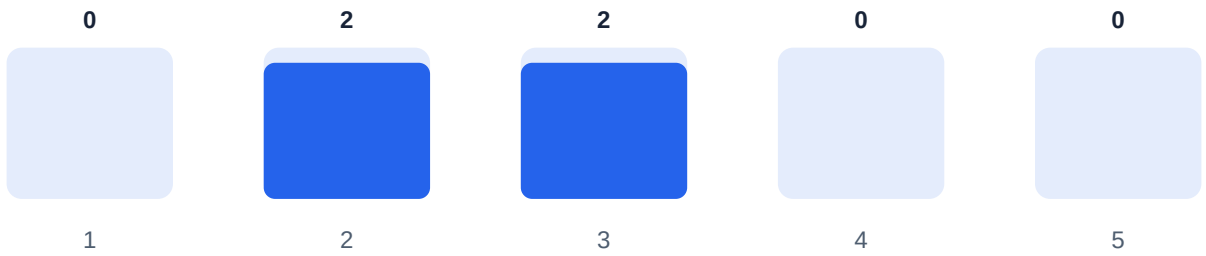
Experiences & preferences

Mostly or fully endorsed: 1 / 4 answered statements. Skipped: 0.



Daily life & organisation

Mostly or fully endorsed: 0 / 4 answered statements. Skipped: 0.



Next steps

Mostly or fully endorsed: 2 / 4 answered statements. Skipped: 0.



Levels 1 to 5 follow the response order from “Not true” to “True”. Higher means greater endorsement of those statements, not better or worse health. Positive and difficult experiences are not combined into a condition score.

02 / YOUR REPORT

From responses to concrete situations

Three examples from the first topics you answered. Each shows a statement with the highest endorsement in that topic, even if endorsement is low overall. This is not a ranking of your most important concerns. All responses appear in the appendix.

Your topic

Unexpected changes take a lot of energy.

Your response: Very true

One example: when does this fit, and when is it different?

Relationships & support

My difficulties make contact with others harder.

Your response: Mostly true

One example: when does this fit, and when is it different?

Recovery & energy

My distress follows me into rest periods.

Your response: Mostly true

One example: when does this fit, and when is it different?

03 / YOUR REPORT

Your next step

1

Describe one situation

Choose one response that matters to you. Note when you have this experience and what helps or makes it difficult.

2

Add context

How long has this been happening? In which parts of your life? What else might play a role? This questionnaire cannot fully answer those questions.

3

Choose suitable support

If you feel distressed or have unanswered questions, you can seek professional support regardless of the score. Bring your examples and questions to the conversation.

Support options and conversation worksheet

What I want to discuss next time:

04 / YOUR REPORT

Method, sources and limitations

This self-test contains original reflection questions about communication, perception and routines. It is not the AQ or a clinically validated autism screener and cannot establish or rule out autism. The report describes individual responses without an autism percentage, cutoff or diagnosis.

Your responses are self-reported. The report is generated automatically and is not reviewed by a clinician. Diagnosis requires professional assessment. The report does not replace treatment, assess occupational fitness or serve as an emergency tool.

Original additional questions are not clinically validated or normed on a representative population. Response counts apply only to the listed statements. Missing responses are shown and are not treated as a low score.

05 / YOUR REPORT

Your responses in full

1 **Unspoken expectations in conversations are hard for me to identify.**
Your topic · Partly true

2 **I deliberately prepare for social situations.**
Your topic · Mostly untrue

3 **After social contact I need time alone to recover.**
Your topic · Mostly true

4 **Predictable routines make daily life easier for me.**
Your topic · Partly true

5 **Unexpected changes take a lot of energy.**
Your topic · Very true

6 **I experience certain sounds, fabrics or smells as intense.**
Your topic · Mostly true

7 **I enjoy exploring particular interests in depth.**
Your topic · Not at all true

8 **I can tell others which forms of communication help me.**
Your topic · Partly true

9 **My difficulties make contact with others harder.**
Relationships & support · Mostly true

10 **I notice physical tension early.**
Recovery & energy · Mostly untrue

11 **I recognise situations in which my distress increases.**
Experiences & preferences · Partly true

12 **I postpone important tasks because of my distress.**
Daily life & organisation · Mostly untrue

13 **My distress follows me into rest periods.**
Recovery & energy · Mostly true

14 **I can name what makes a difficult situation easier.**
Experiences & preferences · Partly true

Your responses in full / CONTINUED

15 **I know what I would like to ask a professional.**
Next steps · Very true

16 **I can explain how I feel to someone I trust.**
Relationships & support · Mostly true

17 **I find moments to recover during the day.**
Recovery & energy · Not at all true

18 **I need more time than planned for everyday tasks.**
Daily life & organisation · Partly true

19 **I feel that my needs are heard in conversations.**
Relationships & support · Mostly true

20 **I have room to leave a difficult situation.**
Experiences & preferences · Mostly untrue

21 **I can trace changes over a longer period.**
Next steps · Partly true

22 **I manage to plan necessary breaks.**
Daily life & organisation · Mostly untrue

23 **I can recognise when my energy reserves are dropping.**
Recovery & energy · Mostly true

24 **I can break tasks into manageable steps.**
Daily life & organisation · Partly true

25 **I can try a helpful adjustment in my daily life.**
Experiences & preferences · Very true

26 **I have access to a source of support for further questions.**
Next steps · Mostly true

27 **I am in contact with people around whom I can be myself.**
Relationships & support · Not at all true

28 **I can plan a small next step into my daily life.**
Next steps · Partly true