Self-Report Camouflaging of Autistic Traits Questionnaire

Please read each statement below answer each question by typing a number 1-7 into the square box below the question to indicate which of these statements best fits your experiences during social interactions.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Strongly  Disagree | Disagree | Somewhat  Disagree | Neither  Agree  nor  Disagree | Somewhat  Agree | Agree | Strongly  Agree |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) |

*For any of the questions that feel relevant to you please help by typing a little description of how you experience this or how it affects you in the blank space below your answer.*

1. When I am interacting with someone, I deliberately copy their body language or facial expressions   
   *Answer* [ ]
2. I monitor my body language or facial expressions so that I appear relaxed   
   *Answer* [ ]
3. I rarely feel the need to put on an act in order to get through a social situation  
   *Answer* [ ]
4. I have developed a script to follow in social situations (for example, a list of questions or topics of conversation)  
   *Answer* [ ]
5. I will repeat phrases that I have heard others say in the exact same way that I first heard them  
   *Answer* [ ]
6. I adjust my body language or facial expressions so that I appear interested by the person I am interacting with  
   *Answer* [ ]
7. In social situations, I feel like I’m ‘performing’ rather than being myself  
   *Answer* [ ]
8. In my own social interactions, I use behaviours that I have learned from watching other people interacting  
   *Answer* [ ]
9. I always think about the impression I make on other people  
   *Answer* [ ]
10. I need the support of other people in order to socialise  
    *Answer* [ ]
11. I practice my facial expressions and body language to make sure they look natural *Answer* [ ]
12. I don’t feel the need to make eye contact with other people if I don’t want to  
    *Answer* [ ]
13. I have to force myself to interact with people when I am in social situations  
    *Answer* [ ]
14. I have tried to improve my understanding of social skills by watching other people  
    *Answer* [ ]
15. I monitor my body language or facial expressions so that I appear interested by the person I am interacting with  
    *Answer* [ ]
16. When in social situations, I try to find ways to avoid interacting with others  
    *Answer* [ ]
17. I have researched the rules of social interactions (for example, by studying psychology or reading books on human behaviour) to improve my own social skills  
    *Answer* [ ]
18. I am always aware of the impression I make on other people  
    *Answer* [ ]
19. I feel free to be myself when I am with other people  
    *Answer* [ ]
20. I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction  
    *Answer* [ ]
21. I adjust my body language or facial expressions so that I appear relaxed  
    *Answer* [ ]
22. When talking to other people, I feel like the conversation flows naturally  
    *Answer* [ ]
23. I have spent time learning social skills from television shows and films, and try to use these in my interactions  
    *Answer* [ ]
24. In social interactions, I do not pay attention to what my face or body are doing  
    *Answer* [ ]
25. In social situations, I feel like I am pretending to be ‘normal’  
    *Answer* [ ]

Thank you for taking the time to complete this questionnaire

Hull, L., Mandy, M., Lai, M-C., Baron-Cohen, S., Allison, C., Smith, P. & Petrides, KV. Development and Validation of the Camouflaging of Autistic Traits Questionnaire (CAT-Q) (2018). Journal of Autism & Developmental Disorders.