

AUTISM SPECTRUM DISORDER (ASPERGER SYNDROME) CHECKLIST

Glynis Hannell BA (Hons) MSc Psychologist

Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

Poor social skills

- Few if any friends, chooses solitary activities0 1 2 3
- Socially inappropriate behaviour or comments0 1 2 3
- Unaware or disinterested in peer group pressure0 1 2 3
- Tries to make friends but is socially clumsy0 1 2 3
- Does not seek to share interests with others0 1 2 3

Inflexible

- Does not enjoy new experiences, unsettled by change0 1 2 3
- Rigid, finds it hard to meet others half way0 1 2 3
- Insists on sticking to routines that are unnecessary0 1 2 3
- Likes things in a certain order (for example toys in order of size)0 1 2 3

Limited emotional understanding and unusual emotions

- Poor insight into how others feel0 1 2 3
- Needs explicit feedback about how others feel0 1 2 3
- Expressionless when strong emotion is called for0 1 2 3
- Very emotional over small issues0 1 2 3

Egocentric

- Only sees things from their own point of view0 1 2 3
- Expects others to read their mind0 1 2 3

Difficulties with nonverbal communication

- Poor eye contact (too little or too much)0 1 2 3
- Poor judge of social distance (stands too close or far away)0 1 2 3
- 'Wooden' when cuddled0 1 2 3
- Finds it very difficult to mime or to mimic others0 1 2 3



Restricted interests

Intense interest in a single topic such as trains or maps	0	1	2	3
Fascinated by data such as timetables, dates or scores	0	1	2	3
Preoccupied by parts of objects or how things work	0	1	2	3
Obsessed by a particular book or computer game	0	1	2	3

Unusual language

Very pedantic, 'speaks like a professor'	0	1	2	3
Odd accent, sounds 'foreign'	0	1	2	3
Unusual intonation, sounds 'flat' and expressionless	0	1	2	3
Speaks too loudly	0	1	2	3
Talks regardless of whether listener seems interested or not	0	1	2	3
Idiosyncratic patterns of speech, uses unusual phrases	0	1	2	3
Repetitive speech, uses the same phrases over and over	0	1	2	3
Takes things very literally. Does not understand jokes or metaphors	0	1	2	3

Unusual sensory awareness

Unusually sensitive to textures of clothes or food	0	1	2	3
Unusually sensitive to smells or noises	0	1	2	3

Unusual physical mannerisms

Flaps or twirls hands	0	1	2	3
Unusual gait, stiff legs or exaggerated arm movements	0	1	2	3
Runs in a set pattern such as circles or a particular route	0	1	2	3
Runs on the spot or twirls	0	1	2	3

Positive characteristics and strengths (describe at least 3)

Important notes

This checklist can be used to help diagnose and assess Asperger Syndrome. However, several conditions have similar characteristics and there may be a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on Autism Spectrum Disorder (Asperger Syndrome) (pages 106–112)
- Guides for discussions with colleagues, parents and students (pages 184–8)

