

Repetitive Behaviour Questionnaire-3 (Self)

Individuals of all ages, including both children and adults, often repeat the same behaviour over and over again and some individuals engage in more repetitive behaviours than others.

Please rate the repetitive behaviours **you** have shown **over the last two weeks**. Rate the most **usual** way that you display this behaviour. There are 20 questions in total. Please tick **one** response for each question.

Do you:

1. Like to arrange items in rows or patterns?

- ☐ Never or rarely
- ☐ One or more times daily
- ☐ 15 or more times daily (or at least once an hour)
- ☐ 30 or more times daily (or at least twice an hour)

2. Repetitively fiddle with items? (e.g. spin, twiddle, bang, tap, twist, or flick anything repeatedly?)

- ☐ Never or rarely
- ☐ One or more times daily
- ☐ 15 or more times daily (or at least once an hour)
- ☐ 30 or more times daily (or at least twice an hour)

3. Spin yourself around and around?

- ☐ Never or rarely
- ☐ One or more times daily
- ☐ 15 or more times daily (or at least once an hour)
- ☐ 30 or more times daily (or at least twice an hour)

4. Rock backwards and forwards, or side to side, either when sitting or when standing?

- ☐ Never or rarely
- ☐ One or more times daily
- ☐ 15 or more times daily (or at least once an hour)
- ☐ 30 or more times daily (or at least twice an hour)

5. Pace or move around repetitively? (e.g. walk to and fro across a room, or around the same path outside?)

- ☐ Never or rarely
- ☐ One or more times daily
- ☐ 15 or more times daily (or at least once an hour)
- ☐ 30 or more times daily (or at least twice an hour)

6. Make repetitive hand and/or finger movements? (e.g. flap, wave, or flick hands or fingers repeatedly?)

- ☐ Never or rarely
- ☐ One or more times daily
- ☐ 15 or more times daily (or at least once an hour)
- ☐ 30 or more times daily (or at least twice an hour)

7. Have a fascination with specific objects? (e.g. trains, road signs or other things?)

- ☐ Never or rarely
- ☐ Mild or occasional
- ☐ Marked or notable
- ☐ Serious or extreme

8. Like to look at objects from particular or unusual angles?

- ☐ Never or rarely
- ☐ Mild or occasional
- ☐ Marked or notable
- ☐ Serious or extreme

9. Have a special interest in the smell of people or objects?

- ☐ Never or rarely
- ☐ Mild or occasional
- ☐ Marked or notable
- ☐ Serious or extreme

10. Have a special interest in the feel of different surfaces?

- ☐ Never or rarely
- ☐ Mild or occasional
- ☐ Marked or notable
- ☐ Serious or extreme

11. Have any special objects you like to carry around?

- ☐ Never or rarely
- ☐ Mild or occasional
- ☐ Marked or notable
- ☐ Serious or extreme

12. Collect or hoard items of any sort?

- ☐ Never or rarely
- ☐ Mild or occasional
- ☐ Marked or notable
- ☐ Serious or extreme

13. Insist on things at home remaining the same? (e.g. furniture staying in the same place, things being kept in certain places, or arranged in certain ways?)

- ☐ Never or rarely
- ☐ Mild or occasional (does not affect others)
- ☐ Marked or notable (occasionally affects others)
- ☐ Serious or severe (affects others on a regular basis)

14. Get upset about minor changes to objects? (e.g. flecks of dirt on clothes, minor scratches on objects?)

- ☐ Never or rarely
- ☐ Mild or occasional (does not affect others)
- ☐ Marked or notable (occasionally affects others)
- ☐ Serious or severe (affects others on a regular basis)

15. Insist that aspects of daily routine must remain the same?

- ☐ Never or rarely
- ☐ Mild or occasional (does not affect others)
- ☐ Marked or notable (occasionally affects others)
- ☐ Serious or severe (affects others on a regular basis)

16. Insist on doing things in a certain way or re-doing things until they are “just right”?

- ☐ Never or rarely
- ☐ Mild or occasional (does not affect others)
- ☐ Marked or notable (occasionally affects others)
- ☐ Serious or severe (affects others on a regular basis)

17. Play the same music, game or video, or read the same book repeatedly?

- ☐ Never or rarely
- ☐ Mild or occasional (not entirely resistant to change or new things)
- ☐ Marked or notable (will tolerate changes when necessary)
- ☐ Serious or severe (will not tolerate any changes)

18. Insist on wearing the same clothes or refuse to wear new clothes?

- ☐ Never or rarely
- ☐ Mild or occasional (not entirely resistant to change or new things)
- ☐ Marked or notable (will tolerate changes when necessary)
- ☐ Serious or severe (will not tolerate any changes)

19. Insist on eating the same foods, or a very small range of foods, at every meal?

- ☐ Never or rarely
- ☐ Mild or occasional (not entirely resistant to change or new things)

- ☐ Marked or notable (will tolerate changes when necessary)
- ☐ Serious or severe (will not tolerate any changes)

20. What sort of activity will you choose if left to occupy yourself?

- ☐ A range of different and flexible self-chosen activities
- ☐ Some varied and flexible interests but commonly chooses the same activities
- ☐ Almost always chooses from a restricted range of repetitive activities