



deeper together.

Autistic Traits Inventory

Adapted from CATI by Joshua J. Brown and colleagues (2020)

Please rate how much each statement reflects your typical experience.

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Slightly Disagree
- 4 = Neutral
- 5 = Slightly Agree
- 6 = Agree
- 7 = Strongly Agree

Domain 1 – Social Communication Differences

1. I find small talk confusing or draining.
2. I prefer direct, explicit communication over implied meaning.
3. I struggle to know when it is my turn to speak.
4. I sometimes miss sarcasm or subtle humour.
5. I need extra time to process spoken information.
6. I rehearse conversations before they happen.
7. I feel unsure how much eye contact is expected.

Domain 2 – Social Motivation & Belonging

8. I want meaningful connection but often feel different from others.
9. I feel like I am “acting” in social settings.
10. I often feel misunderstood.
11. I prefer one-to-one conversations over group settings.
12. I experience social exhaustion after interacting.
13. I sometimes feel alien or out of place socially.

Domain 3 – Sensory Processing

14. Certain sounds feel overwhelming or painful.
15. I am sensitive to bright lights.
16. Clothing textures can be distracting or distressing.
17. I notice subtle sensory details others seem to miss.
18. I seek out specific sensory experiences (e.g., pressure, movement).
19. I feel easily overloaded in busy environments.

Domain 4 – Repetitive Behaviours & Regulation

20. I engage in repetitive movements (e.g., rocking, tapping, fidgeting).
21. I repeat phrases or sounds to regulate myself.
22. I rely on routines to feel stable.
23. Unexpected changes feel distressing.
24. I replay conversations repeatedly in my mind.
25. I use specific rituals to manage anxiety.

Domain 5 – Focused Interests & Cognitive Style

26. I develop intense interests that absorb much of my attention.
27. I prefer deep focus on one topic rather than broad multitasking.
28. I enjoy collecting detailed information about my interests.
29. I notice patterns others overlook.
30. I think in systematic or analytical ways.
31. I struggle when tasks are vague or unstructured.

Domain 6 – Emotional Processing

32. I find it difficult to identify what I am feeling.
33. My emotional responses can feel intense or overwhelming.
34. I need time alone to regulate strong emotions.

- 35. I experience shutdown or withdrawal when overwhelmed.
- 36. I struggle to express emotions in ways others understand.
- 37. I can become deeply distressed by perceived rejection.

Domain 7 – Executive Functioning

- 38. I struggle to initiate tasks even when I want to do them.
- 39. I find transitions between activities difficult.
- 40. I lose track of time when focused.
- 41. I need clear external structure to stay organised.
- 42. I feel overwhelmed by too many steps in a task.
- 43. I procrastinate due to uncertainty about how to begin.

Total Score (43 – 301) *△ These descriptive ranges and not diagnostic thresholds.*

| Total Score Range | Interpretation |
|-------------------|---|
| 43–100 | Low autistic trait expression |
| 101–150 | Mild / subclinical traits |
| 151–200 | Moderate autistic trait profile |
| 201–250 | Elevated autistic trait presentation |
| 251–301 | Strong / pervasive autistic trait pattern |