

AUTISM SYMPTOMS SCALE (at any age)

(Altawil, 2021)

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. One in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK. Signs and symptoms of Autism vary widely, which is why Autism diagnosis should only be carried out by experts, but can include one or more of the following symptoms.

Below is a list of difficulties people sometimes have since their early childhood life. Please reply to the clinician for each item, and then indicate how distressing each difficulty has been for you **DURING THE PAST SIX MONTHS** with respect to (your problem), how much were you distressed or bothered by these difficulties?

Not at all=(0) A little bit=(1) Moderately=(2) High=(3) Severe=(4)

No	Statement	options				
1	Social issues withing family.	0	1	2	3	4
2	Social issues outside the family.	0	1	2	3	4
3	Quality of sleep, falling in sleep, interrupted sleep, sleeping hours, nightmares, sleep time from 12midnights to 6 am.	0	1	2	3	4
4	Unexpected behaviour in social situations such as establishing and maintaining relationships, social interaction, and communicating with others.	0	1	2	3	4
5	Obsessive thoughts towards specific topics. or Compulsive behaviour towards specific topics. (Uncontrollable)	0	1	2	3	4
6	Severe Anxiety about several issues in the life.	0	1	2	3	4
7	Lack of empathy such as: -Difficulty to put yourself in someone else's shoes, lack of self-aware and difficulty to understand others' feeling. -Poor relationship with others.	0	1	2	3	4
8	Unsuccessful behavioural due to difficult in coping with people and situations.	0	1	2	3	4
9	Unusual tone of voice such as: -Difficulty speaking with others or have trouble clearly describing their thoughts, intentions, and emotions. - Difficulty making the proper sounds associated with words and language.	0	1	2	3	4
10	Delayed language development at age of 3-6 years old (Check this point with the family).	0	1	2	3	4
11	Repetitive movement, noises and behaviours for no purpose. -Such as flapping, shaking, rolling, blinking etc.	0	1	2	3	4

	- Constant repetition of noises , words or phrases.					
12	Avoidance of eye contact .	0	1	2	3	4
13	Persistent preference for isolation .	0	1	2	3	4
14	You enjoy normal routine and schedules, but you can get annoyed and upset or anxious when routine or schedule be changed.	0	1	2	3	4
15	Limited and restricted interests in life .	0	1	2	3	4
16	Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colours.	0	1	2	3	4
17	It is hard to read someone's body language and emotions.	0	1	2	3	4
18	It easier to talk to people from one direction , rather than engaging in a two-way conversation.	0	1	2	3	4
19	It is difficult to do 'small talk' such as talking about the weather and what others are doing.	0	1	2	3	4
20	Making noises in places where you are expected to be quiet.	0	1	2	3	4
21	Have difficulty in doing multi-tasking .	0	1	2	3	4
22	Difficulties in learning and understanding .	0	1	2	3	4
23	Difficulties in paying attention .	0	1	2	3	4
24	Suffering from hyper activities (you cannot sit without movement for more than half hour).	0	1	2	3	4

The total = [] out of 96 scores

Evaluation:

Normal Scores from 0-15	Mild Autism Scores from 16-29	Moderate Autism Scores from 30-40	High Autism Scores from 41-50	Severe Depression Scores from 51-96
				