

# Comprehensive Autism & ADHD Assessment for Adult Women

## Instructions

Rate each statement on a scale of 0-4: 0: Never/Strongly disagree || 1: Rarely/Disagree || 2: Sometimes/Neutral || 3: Often/Agree || 4: Always/Strongly agree

## Section 1: Social Communication & Interaction - 45

### Social-Emotional Reciprocity - 14

- [ 2 ] I find it difficult to initiate or maintain conversations
- [ 3 ] I struggle to understand unwritten social rules
- [ 1 ] I have trouble recognizing others' emotions or intentions
- [ 1 ] I've been told my responses in conversations seem inappropriate or off-topic
- [ 3 ] I prefer to discuss facts and special interests rather than feelings or social topics
- [ 4 ] I find small talk confusing or pointless

### Nonverbal Communication - 12

- [ 4 ] I struggle to maintain appropriate eye contact
- [ 1 ] I've been told my facial expressions don't match what I'm saying
- [ 1 ] I find it difficult to interpret body language or facial expressions
- [ 1 ] I've been told my tone of voice is unusual or monotonous
- [ 3 ] I struggle with physical boundaries (standing too close/far from others)
- [ 2 ] I use few or unusual gestures when communicating

### Relationship Development & Maintenance - 19

- [ 1 ] I find it difficult to make or keep friends
- [ 3 ] I prefer being alone or with one close person rather than in groups
- [ 3 ] I struggle to understand others' perspectives
- [ 4 ] I don't intuitively understand how relationships work
- [ 4 ] I often feel like I'm "performing" in social situations rather than being natural
- [ 4 ] I've developed sophisticated "masking" strategies to appear neurotypical

## **Section 2: Restricted/Repetitive Behaviors, Interests & Activities - 56**

### **Special Interests - 22**

- [ 4 ] I have intense, focused interests that I pursue extensively
- [ 4 ] I can focus on my special interests for hours, losing track of time
- [ 4 ] My interests involve collecting or memorizing large amounts of specific information
- [ 4 ] I prefer to deeply explore a few topics rather than having broad, casual interests
- [ 3 ] I feel compelled to share detailed information about my interests regardless of others' interest level
- [ 3 ] My interests have remained relatively consistent throughout my life

### **Routines & Rituals - 20**

- [ 3 ] I get extremely distressed when my routines are disrupted
- [ 3 ] I have specific routines that must be completed in a particular order
- [ 2 ] I strongly prefer to eat the same foods regularly
- [ 4 ] I need considerable advance notice for changes to plans
- [ 4 ] I create systems to organize my environment or activities
- [ 4 ] I find comfort in repetitive behaviors or movements

### **Sensory Sensitivities - 14**

- [ 3 ] Certain sounds cause me significant distress (e.g., chewing, background noise)
- [ 2 ] I'm highly sensitive to certain textures (clothing, food, surfaces)
- [ 0 ] I'm either over or under-sensitive to pain or temperature
- [ 2 ] I'm overwhelmed by certain smells others don't notice
- [ 3 ] I'm uncomfortable with certain lighting (fluorescent lights, bright lights)
- [ 4 ] I seek out or avoid certain sensory experiences intensely

## **Section 3: Executive Function (ADHD Indicators) - 43**

### **Attention Regulation - 16**

- [ 4 ] I have difficulty maintaining focus on non-preferred tasks
- [ 3 ] I hyperfocus on interesting activities, losing track of time completely
- [ 4 ] I'm easily distracted by external stimuli or my own thoughts
- [ 2 ] I struggle to complete tasks, especially multi-step projects
- [ 3 ] I often miss details or make careless mistakes

- [ 1 ] I have trouble listening when others speak directly to me

## **Hyperactivity & Impulsivity - 12**

- [ 3 ] I feel restless or fidgety when required to sit still
- [ 2 ] I talk excessively or interrupt others in conversation - used to be bad, but got really good
- [ 2 ] I make impulsive decisions without considering consequences - used to be bad, but got really good
- [ 1 ] I have difficulty waiting my turn
- [ 3 ] I feel driven by an internal motor or restlessness
- [ 1 ] I tend to blurt out thoughts before considering their appropriateness - used to be bad, but got really good

## **Organization & Time Management - 15**

- [ 1 ] I struggle to estimate how long tasks will take - used to be bad, but got really good
- [ 1 ] I have difficulty prioritizing tasks effectively - used to be bad, but got really good
- [ 3 ] I regularly lose or misplace important items
- [ 4 ] I procrastinate extensively, especially on challenging tasks
- [ 4 ] I struggle to maintain organization systems
- [ 2 ] I'm chronically late despite my best efforts

## **Section 4: Female-Specific Manifestations - 51**

### **Social Camouflaging - 13**

- [ 1 ] I consciously study others' behavior to imitate it - only if im learning for performing or something? and even then its not imitation, more like inspiration to incorporate it in my own :D, i consciously study peoples behavior in order to understand it and then and their motives, but never to imitate.. :D .. consciously
- [ 3 ] I rehearse conversations or responses ahead of time
- [ 2 ] I force myself to make eye contact despite discomfort
- [ 3 ] I've developed scripts or templates for social situations
- [ 2 ] I experience extreme exhaustion after social interactions
- [ 2 ] I'm a different person in public versus private

### **Emotional Regulation - 19**

- [ 3 ] I experience intense emotions that overwhelm me

- [ 3 ] I struggle to identify what emotion I'm feeling
- [ 4 ] I have meltdowns or shutdowns when overloaded (may be private)
- [ 3 ] I mask negative emotions until I'm alone, then release them
- [ 4 ] I experience anxiety in anticipation of social events
- [ 2 ] I have rigid expectations for myself and others

## **Special Interests Presentation - 19**

- [ 1 ] My special interests may appear more socially acceptable (1 because they are cool but very nerdy and also the fact i am female makes them even more giga socially inappropriate for me, not to mention the combination :D)
- [ 4 ] I research social interactions or psychology to understand people better
- [ 3 ] I'm drawn to fiction with complex character dynamics
- [ 4 ] I collect information about my interests but may keep this private
- [ 4 ] I channel my special interests into academic or career pursuits
- [ 3 ] I've learned to limit how much I talk about my interests with others

## **Section 5: Co-occurring Features - 35**

### **Sensory Processing - 17**

- [ 3 ] I feel overwhelmed in busy environments with multiple sensory inputs
- [ 3 ] I need recovery time after sensory-rich experiences
- [ 3 ] I notice subtle sensory details others miss
- [ 2 ] I have specific sensory-seeking behaviors that calm me
- [ 3 ] I experience physical symptoms from sensory overload (headaches, nausea)
- [ 3 ] I strongly prefer certain textures, temperatures, or tactile experiences

### **Executive Function Challenges - 18**

- [ 4 ] I struggle with task initiation even when motivated
- [ 2 ] I have difficulty switching between tasks - used to be bad, but got really good
- [ 3 ] I experience decision paralysis even for simple choices - used to be bad, but getting better
- [ 4 ] I need explicit instructions rather than figuring things out intuitively
- [ 4 ] I struggle with abstract concepts or ambiguous situations
- [ 1 ] I have difficulty with mental flexibility when plans change - used to be bad, but got really good

# Scoring & Interpretation -

Total your scores for each section:

- Social Communication & Interaction (Section 1): 45/72
- Restricted/Repetitive Behaviors (Section 2): 56/72
- Executive Function/ADHD (Section 3): 43/72
- Female-Specific Manifestations (Section 4): 51/72
- Co-occurring Features (Section 5): 35/48

Interpretation Guide:

- Scores of 70% or higher in Sections 1 and 2 suggest significant autistic traits
- Scores of 70% or higher in Section 3 suggest significant ADHD traits
- Sections 4 and 5 provide context on how these conditions may present specifically in women

Important Notes:

1. This assessment is a screening tool, not a formal diagnosis
2. Female autism often presents differently than the traditional male-based diagnostic criteria
3. Autism and ADHD frequently co-occur, with overlapping symptoms
4. Professional evaluation is recommended if scores are elevated
5. Consider how these traits impact daily functioning when determining need for diagnosis/support

## Additional Considerations

### Strengths Often Associated with Autism/ADHD in Women

- [ x ] Intense focus and persistence on topics of interest
- [ x ] Pattern recognition and attention to detail
- [ x ] Creative thinking and unique problem-solving approaches
- [ x ] Strong sense of justice and moral reasoning
- [ x ] Authenticity and straightforwardness
- [ x ] Deep empathy (though sometimes expressed differently)
- [ x ] Observational skills and analytical thinking

### Common Masking Strategies in Women

- Mimicking others' social behaviors and expressions
- [ x ] Preparing scripts for anticipated interactions

- [ x ] Suppressing stimming behaviors in public
- [ x ] Developing explanations for accommodations needed
- Practicing appropriate facial expressions
- Extensive research on social expectations
- Exhausting efforts to appear "normal"

## Impact of Hormonal Fluctuations

- [ x ] Symptoms may fluctuate with menstrual cycle
- [ x ] Sensory sensitivities often increase during hormonal shifts
- Executive function may worsen premenstrually
- [ x ] Emotional regulation challenges may intensify during hormonal changes
- [ x ] Masking abilities may decrease during periods of hormonal fluctuation

This assessment was designed specifically for adult women who may have developed compensatory strategies that mask traditional autism/ADHD presentations. A professional evaluation should incorporate developmental history, current functioning across multiple contexts, and the impact of these traits on quality of life.

## Additional Autism Assessment Tools

### 1. Adult Autism Quotient (AQ) Test

This is a simplified version of the widely-used screening instrument developed by Simon Baron-Cohen and colleagues.

#### Instructions

Rate how strongly you agree with each statement: 1 = Definitely disagree 2 = Slightly disagree  
3 = Slightly agree 4 = Definitely agree

#### Questions

1. I prefer to do things with others rather than on my own. 1

- ☐ 0
- ☒ 1
- ☐ 2

☐ 3

☐ 4

2. I prefer to do things the same way over and over again. 1

☐ 0

☐ 1

☒ 2

☐ 3

☐ 4

3. If I try to imagine something, I find it very easy to create a picture in my mind.  
1

☐ 0

☐ 1

☐ 2

☒ 3

☐ 4

4. I frequently get so strongly absorbed in one thing that I lose sight of other things. 1

☐ 0

☐ 1

☐ 2

☐ 3

☒ 4

5. I often notice small sounds when others do not. 0

☐ 0

☐ 1

☒ 2

☐ 3

☐ 4

6. I usually notice car number plates or similar strings of information. 0

☐ 0

- ☐ 1
- ☒ 2
- ☐ 3
- ☐ 4

7. Other people frequently tell me that what I've said is impolite, even though I think it is polite. 1

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☒ 4

8. When I'm reading a story, I can easily imagine what the characters might look like. 1

- ☐ 0
- ☐ 1
- ☒ 2
- ☐ 3
- ☐ 4

9. I am fascinated by dates. 1

- ☐ 0
- ☐ 1
- ☐ 2
- ☒ 3
- ☐ 4

10. In a social group, I can easily keep track of several different people's conversations. 1

- ☐ 0
- ☐ 1
- ☒ 2
- ☐ 3
- ☐ 4

11. I find social situations easy. 1



☐ 0

☒ 1

☐ 2

☐ 3

☐ 4

**12. I tend to notice details that others do not. 1**

☐ 0

☐ 1

☐ 2

☐ 3

☒ 4

**13. I would rather go to a library than to a party. 1**

☐ 0

☐ 1

☐ 2

☒ 3

☐ 4

**14. I find making up stories easy. 1**

☐ 0

☒ 1

☐ 2

☐ 3

☐ 4

**15. I find myself drawn more strongly to people than to things. 1**

☐ 0

☐ 1

☒ 2

☐ 3

☐ 4

**16. I tend to have very strong interests, which I get upset about if I can't pursue. 1**

☐ 0

☐ 1

☐ 2

☐ 3

☒ 4

**17. I enjoy social chitchat. 1**

☐ 0

☒ 1

☐ 2

☐ 3

☐ 4

18. When I talk, it isn't always easy for others to get a word in edgewise. 1

☐ 0

☐ 1

☐ 2

☒ 3

☐ 4

19. I am fascinated by numbers. 2

☐ 0

☐ 1

☐ 2

☒ 3

☐ 4

20. When I'm reading a story, I find it difficult to work out the characters' intentions. 1

☐ 0

☐ 1

☐ 2

☐ 3

☒ 4

55

## Scoring

For questions 1, 3, 8, 10, 11, 14, 15, 17: Score 1 point for responses 1 or 2 For questions 2, 4, 5, 6, 7, 9, 12, 13, 16, 18, 19, 20: Score 1 point for responses 3 or 4

Total score: 18/20

Interpretation:

- 0-10: Low likelihood of autism
  - 11-16: Medium likelihood of autism (many neurotypical women score in this range)
  - **17-20: High likelihood of autism**
-

## 2. Sensory Profile Assessment

Sensory processing differences are common in autism. Rate your experiences with each sensory input: 0 = Never/Rarely 1 = Sometimes

2 = Often 3 = Almost Always/Always

### Visual

- ☒ I am bothered by bright lights or certain types of lighting (especially fluorescent) - 3
- ☒ I notice visual details that others miss - 2 - if i wasnt born with very bad sight, it would be 3
- ☒ I am distracted by visual movement or stimulus in my environment - 2 - again would be more if i wasnt born blind with 1 eye and limited sight, which made me not make such a big deal from movements due to not trusting my eyes much
- ☒ I prefer dim lighting or natural light - 3
- ☒ I get overwhelmed in visually busy environments - 3

Visual score: 14/15

### Auditory

- ☒ I am sensitive to sudden or loud noises - 3
- ☒ I have trouble filtering out background noise - 1 - only very specific sounds can trigger me in a way where i cant zone em out
- ☒ I notice sounds that others don't seem to hear - 1
- ☒ I get distracted by sounds others seem to ignore - 2
- ☒ I find certain sounds extremely irritating or painful - 3

Auditory score: 10/15

### Tactile

- ☒ I am bothered by certain clothing textures or tags - 3
- ☒ I dislike certain textures of food - 2
- ☒ I am uncomfortable with light touch but may enjoy firm pressure - 1.5 xD
- ☒ I notice physical sensations that others don't seem to notice - 2
- ☒ I am bothered by having dirty or sticky hands - 2

Tactile score: 10.5/15

## Taste/Smell

- ☒ I am sensitive to smells others don't notice - 2
- ☒ I have strong preferences or aversions to certain foods based on smell/taste - 2
- ☒ I am bothered by people's perfumes, deodorants, or natural scents - 2
- ☒ I can identify ingredients in food by taste that others cannot - 2
- ☒ I am bothered by smells that others don't seem to mind - 2

Taste/Smell score: 10/15

## Proprioceptive/Vestibular

- ☒ I am clumsy or bump into things often 3
- ☒ I have difficulty knowing where my body is in space - what?? - 1
- ☒ I seek movement (rocking, spinning, swinging, etc.) - 3
- ☒ I have poor balance or coordination - 2
- ☒ I sit in unusual positions or have difficulty sitting still - 3

Proprioceptive/Vestibular score: 12/15

Total Sensory Score: 56.5/75

Interpretation:

- 0-25: Minimal sensory processing differences
- 26-50: Moderate sensory processing differences
- **51-75: Significant sensory processing differences**

---

## 3. Executive Function Difficulties Questionnaire

Rate how frequently you experience these executive function challenges: 0 =

Never/Rarely 1 = Sometimes

2 = Often 3 = Almost Always/Always

### Working Memory

- ☒ I forget what I was doing mid-task - 3
- ☒ I lose my train of thought while speaking - 2
- ☒ I need to write things down or I'll forget them - 3

- ☒ I forget appointments or commitments - 3 still struggling to start using calendar... i graduated time management, google project management, atlassian project management, microsoft project management, github project management..... i created an innovative solution to my task management that worked around needing a calendar for 2 years+ now ... my old work was using it a lot for 3 years ... always struggled with it and i even think my calendar and sched issues were my main setback from having a chance to be promoted...
- ☒ I have trouble remembering multi-step instructions - 1 - close to 0. :D

Working Memory score: 12/15

## Task Initiation

- ☒ I procrastinate even on tasks I want to complete - 3 I DONT KNOW WHY THIS KEEPS HAPPENING OMG
- ☒ I feel "stuck" when trying to start tasks - 2.5 - was a 3 until recently but i am starting to slowly manage it better and now getting into a relationship i think its pretty hopeful and has dropped to a 2.5... ok nah its a 3
- ☒ I need external pressure (deadlines, other people) to start tasks - ok 3
- ☒ I overthink how to begin a task - 3
- ☒ I delay starting tasks that seem overwhelming - 3 showering, shaving, self care, pampering, nails, hair, makeup, dealing with too much maintenance of this sort esp if it takes longer

Task Initiation score: 15/15

## Organization

- ☒ My physical spaces become cluttered despite attempts to organize - 3
- ☒ I lose important items regularly - 3
- ☒ I have difficulty creating and maintaining organizational systems - 2 - used to be a hard 3, but fighting this battle and winning
- ☒ I feel overwhelmed by the amount of "stuff" I have - 1
- ☒ I have "out of sight, out of mind" issues with stored items - 2

Organization score: 11/15

## Time Management

- ☒ I consistently underestimate how long tasks will take - 1 opposite

- ☒ I often run late for appointments or commitments - 1 i am late sometimes when i cant take them seriously or if they encourage me to take my time xD... but other than that im on time mostly or a few min early
- ☒ I lose track of time when focused on activities - 2.5 - xD I try to live in a way where I can get away with this... the 0.5 is for flexibility and to commit to some people as an exception
- ☒ I struggle to plan my day effectively - 2 - pretty good at it if its assigned to me... ++ bonus if other people are assigned to me on top of that. Then its close to 0.
- ☒ I have difficulty breaking projects into manageable time chunks - 0.5

Time Management score: 7/15

## Emotional Regulation

- ☒ I become overwhelmed by strong emotions quickly - 2
- ☒ I have difficulty calming myself when upset - 2.5
- ☒ I experience emotional "meltdowns" or shutdowns 2.5
- ☒ My emotions feel more intense than others' seem to be - 3
- ☒ I have trouble identifying what I'm feeling in the moment - 2.5

Emotional Regulation score: 12.5/15

Total Executive Function Score: 57.5/75

Interpretation:

- 0-25: Minimal executive function challenges
- 26-50: Moderate executive function challenges
- **51-75: Significant executive function challenges**

## 4. Autistic Burnout Assessment

Autistic burnout is a state of physical and mental exhaustion that comes from the prolonged stress of trying to keep up with social and sensory demands. Rate your experiences: 0 = Not at all 1 = Slightly  
2 = Moderately 3 = Severely

## Current Symptoms

- ☒ I feel completely exhausted regardless of how much I rest - 3 - especially winters and in cold
- ☒ My sensory sensitivities are heightened/worse than usual - 2
- ☒ I'm experiencing a loss of skills or abilities I previously had - 1.5
- ☒ I find it harder than usual to communicate or find words - 2.5
- ☒ I feel increased need for solitude and reduced social capacity - 1.5
- ☒ I experience more frequent meltdowns, shutdowns, or emotional overwhelm - 2 and dropping as we speak... but it was absolute hell the last 2 3 weeks... i was a wreck and i almost wrecked my relationship with stupid fights ... its dropping quick, but it was scary and was definitely a 3 1.5-2 weeks ago and was like that for a while
- ☒ I have increased difficulty with executive functioning (planning, organizing, etc.) - 1.5 - gotten a lot better at it with help and especially if i can share the tasks with another person ^^ then i am great at planning and organizing and assigning, delegating, distributing and handling xD - alone i am 2 - 2.3
- ☒ I feel reduced tolerance for sensory and social stimulation - 3
- ☒ I experience increased anxiety, depression, or feelings of hopelessness - 2.5 - winters are bad for the depressions, early spring for hopelessness
- ☒ I have reduced capacity to mask or camouflage autistic traits - 2 xD - i wouldve said I was better, but more like ... people dont know or recognize them for what they are.. xD 3 when i was lil

Burnout Score: 22/30

### Interpretation:

- 0-10: Minimal burnout indicators
- 11-20: Moderate burnout warning signs
- 21-30: Significant burnout indicators, immediate self-care needed

---

## 5. Social Camouflaging Assessment

Camouflaging or masking is the process of hiding autistic traits to appear neurotypical. Rate these experiences: 0 = Never/Rarely 1 = Sometimes 2 = Often 3 = Almost Always/Always

- ☒ I consciously modify my natural facial expressions to appear "normal" - 1.5 - i try a lil xD

- ☒ I rehearse what to say in social situations - 2.5
- ☒ I copy phrases, gestures, or mannerisms from other people - 2.5
- ☒ I force myself to make eye contact even when uncomfortable - 0
- ☒ I suppress stimming behaviors in public - 2
- ☒ I have practiced "appropriate" responses to common social scenarios - 2.5
- ☒ I monitor my voice tone, volume, or speech patterns - 2
- ☒ I create "social rules" or scripts for different situations - 3
- ☒ I feel like I'm "performing" in social situations - 2.5 - ... before it was a 3
- ☒ I feel exhausted after social interactions - 2 not exhausted... i feel like im suffocated in a way and it builds up when i share my space for a period of time... then i get super burst of energy once im alone
- ☒ I analyze social interactions afterward to see if I "passed" as normal - 3
- ☒ I have different personas for different social contexts - 3
- ☒ I study neurotypical behavior to mimic it - 2.5 - to make fun of it / to rationalize it / to argue with it and question it
- ☒ I avoid talking about my special interests unless I know they're socially acceptable - 3 :D
- ☒ I feel like I have to suppress my authentic self to be accepted - 2

Camouflaging Score: 34/45

Interpretation:

- 0-15: Minimal camouflaging
- 16-30: Moderate camouflaging
- 31-45: Significant camouflaging (common in autistic women)

## Special Considerations for Adult Women with Autism/ADHD

### Estrogen-Dopamine Interaction Assessment - 15.5

Estrogen affects dopamine levels, which can impact ADHD symptoms throughout the menstrual cycle. Track these symptoms daily for at least one full cycle:



Cycle Day: \_\_\_\_ (Day 1 = first day of period)

Rate severity 0-3:

- ☒ Ability to focus - 2
- ☒ Working memory function - 2
- ☒ Emotional regulation - 1.5
- ☒ Executive function - 1.5
- ☒ Motivation level - 3
- ☒ Energy level - 2.5
- ☒ Sensory sensitivity - 2
- ☒ Medication effectiveness (if applicable) - 1

Notes:

- Days 1-5 (menstruation): Typically worst ADHD symptoms - **NO. Only mood regulation. No ADHD symptoms intensify other than the H**
- Days 6-11 (follicular): Often improving symptoms - Yea it goes away, but leftover bad mood
- Days 12-16 (ovulation): Often best functioning - Nope. It can be decent / stagnant / depressing of a period
- Days 17-28 (luteal): Gradually **building up the energy and steam and preparing for a rebirth and reset.**

## Autistic Burnout Recognition Checklist

Autistic burnout often goes unrecognized in women. Check all that you've experienced:

Past Year Experiences - **16**

- ☒ Loss of skills/abilities you previously had - 1.5
- ☒ Increased difficulty managing sensory input - 1.5
- ☒ Reduced tolerance for social interaction - 1.5
- ☒ Increased difficulty masking autistic traits - 2.5
- ☒ Extreme fatigue not relieved by rest - 2
- ☒ Reduced executive function - 2
- ☒ Increased meltdowns/shutdowns - 1.5
- ☒ Difficulty communicating/finding words - 1.5
- ☒ Increased need for sameness/routine - 0

- ☒ Feeling "stuck" or unable to do previously manageable tasks - 2

## Potential Triggers - 23.5

- ☒ Major life transition (job, move, relationship) - 1.5
- ☒ Extended period of masking/camouflaging - 2.5
- ☒ Accumulation of sensory stressors - 2
- ☒ Social demands exceeding capacity - 3
- ☒ Loss of support system or accommodation - 2
- ☒ Health issues/illness - 2.5
- ☒ Hormonal changes (perimenopause, pregnancy, etc.) - 3
- ☒ Extended period without adequate rest/recovery - 1.5
- ☒ Trauma or significant stress - 2.5
- ☒ Pressure to perform neurotypically - 3

## Female-Specific Masking Assessment

Women often mask their neurodivergent traits differently than men. Rate how frequently you use these strategies: 0 = Never 1 = Occasionally 2 = Frequently 3 = Almost Always

### Social Masking - 15.5

- ☒ Carefully observing and mimicking others' social behaviors - 1
- ☒ Preparing scripts/topics for conversations - 1.5
- ☒ Using humor or self-deprecation to hide difficulties - 3
- ☒ Taking on "helper" or "caretaker" roles to navigate social situations - 1.5
- ☒ Developing special interest in psychology or human behavior - 3
- ☒ Overcompensating with extreme politeness or people-pleasing - 1.5
- ☒ Mirroring others' communication styles and phrases - 1.5
- ☒ Developing "personas" for different social contexts - 2.5

### Professional/Academic Masking - 21.5

- ☒ Working significantly harder than peers to meet same standards - 2.5
- ☒ Creating extensive organizational systems to compensate for executive function - 3
- ☒ Taking on extra work to hide difficulties with specific tasks - 3
- ☒ Spending excessive time preparing for meetings/presentations - 1
- ☒ Developing expertise in specific areas to offset general challenges - 3
- ☒ Using humor to deflect from mistakes or confusion - 3
- ☒ Staying late or arriving early to manage workload without being observed - 3

- ☒ Developing reputation as "quirky" but valuable contributor - 3

## Personal Life Masking - 14

- ☒ Developing systems for household management that seem excessive to others - 2
- ☒ Limiting social engagements to prevent burnout - 2
- ☒ Creating socially acceptable explanations for sensory needs/preferences - 3
- ☒ Using physical appearance (clothing, makeup, etc.) strategically - 3
- ☒ Scheduling excessive alone time for recovery - 3
- ☒ Developing acceptable special interests (makeup, fashion, cooking, childcare) - 2
- ☒ Making self-deprecating jokes about sensory needs or executive function - 3
- ☒ Finding compatible partners who compensate for challenges - 2

Total Masking Score: 50/72

Interpretation:

- 0-24: Minimal masking
- 25-48: Moderate masking (common in late-diagnosed women)
- 49-72: Significant masking (very common in undiagnosed autistic women)

## Co-occurring Conditions Screening

Women with autism/ADHD often have co-occurring conditions that complicate diagnosis. Check all that apply:

### Anxiety-Related

- ☒ Generalized anxiety
- ☒ Social anxiety
- ☐ Panic attacks
- ☒ Obsessive-compulsive tendencies
- ☐ Specific phobias

### Mood-Related

- ☒ Depression episodes
- ☒ Mood swings
- ☒ History of burnout periods
- ☒ Emotional dysregulation

- ☐ Rejection sensitive dysphoria

## Physical

- ☒ Chronic fatigue
- ☒ Digestive issues
- ☐ Chronic pain
- ☒ Sleep disorders
- ☒ Sensory processing difficulties
- ☐ Migraine headaches
- ☐ Coordination/balance issues

## Other

- ☐ History of eating disorders
- ☒ Perfectionism
- ☐ People-pleasing tendencies
- ☐ Difficulty with interoception (sensing bodily states)
- ☐ History of misdiagnosis
- ☒ Trauma responses
- ☒ Identity exploration/uncertainty

**Note:** Many women receive diagnoses of anxiety, depression, or personality disorders before their autism or ADHD is recognized.

---

# Combined Autism-ADHD Traits Assessment

## Introduction

Many traits overlap between autism and ADHD, especially in women. This assessment focuses on recognizing traits that may indicate one or both conditions.

## Instructions

Rate each trait based on how frequently you experience it: 0 = Never/Rarely 1 = Sometimes 2 = Often 3 = Very Often/Almost Always

## Section 1: Attention and Focus

### Hyperfocus vs. Special Interests - 17.5

- ☒ I can focus intensely on topics that interest me for hours without breaks - 2.5
- ☒ I collect and memorize information about my specific interests - 3
- ☒ I lose track of time when engaged in preferred activities - 3
- ☒ I notice small details others miss in my areas of interest - 3
- ☒ I can recall specific facts about my interests from years ago - 3
- ☒ I find it difficult to engage with topics outside my interests - 2
- ☒ I talk at length about my interests without noticing others' engagement - 1  
(learned to be better over the yrs :D)

Hyperfocus/Special Interest Score: 17.5/21

### Attention Regulation - 16

- ☒ I'm easily distracted by external stimuli (sounds, movement, etc.) - 2.5
- ☒ I struggle to maintain attention on tasks I find boring - 3
- ☒ I have difficulty shifting my attention between tasks - 1.5
- ☒ I have trouble prioritizing which stimuli to pay attention to - 2.5
- ☒ I notice background details others don't (sounds, patterns, textures) - 1.5
- ☒ I miss important information in conversations - 2
- ☒ I get "stuck" in thought patterns or activities - 3

Attention Regulation Score: 16/21

## Section 2: Social and Communication

### Social Interaction - 15

- ☒ I feel anxious in social situations - 2.5
- ☒ I struggle to understand unwritten social rules - 2
- ☒ I find small talk difficult or uncomfortable - 3
- ☒ I interrupt others in conversation - 1.5
- ☒ I miss social cues (when to speak, when others are bored/upset) - 2
- ☒ I have difficulty maintaining friendships - 1
- ☒ I prefer one-on-one interactions to groups - 3

Social Interaction Score: 15/21

## Communication Style - 14.5

- ☒ I speak very directly/literally - 2.5
- ☒ I have been told I talk too much - 1.5
- ☒ I struggle to organize my thoughts when speaking - 2.5
- ☒ I have difficulty expressing emotions verbally - 3
- ☒ I take idioms and figures of speech literally - 2
- ☒ I have trouble finding the right words when speaking - 1.5
- ☒ I struggle with back-and-forth conversation - 1.5

Communication Style Score: 14.5/21

## Section 3: Executive Function

### Organization and Planning 14

- ☒ My living/working spaces are cluttered despite attempts to organize - 3
- ☒ I struggle to break down large tasks into manageable steps - 1
- ☒ I have difficulty prioritizing tasks - 1.5
- ☒ I often lose or misplace important items - 3
- ☒ I find it difficult to estimate how long tasks will take - 1.5
- ☒ I procrastinate on tasks that require planning - 2
- ☒ I start many projects but struggle to finish them - 2

Organization/Planning Score: 14/21

### Emotional Regulation 20.5

- ☒ I experience emotions very intensely - 3
- ☒ I have sudden emotional outbursts - 2.5
- ☒ I feel overwhelmed by sensory inputs or social demands - 3
- ☒ I experience shutdown or withdrawal when overwhelmed - 3
- ☒ I have difficulty identifying my emotions in the moment - 3
- ☒ I struggle to regulate my emotions once triggered - 3
- ☒ I experience rejection sensitivity (intense reaction to perceived rejection) - 3

Emotional Regulation Score: 20.5/21

## Section 4: Sensory and Physical

### Sensory Processing

- ☒ I am sensitive to specific sounds, lights, textures, or smells - 2.5
- ☒ I seek sensory input (spinning, pressure, specific textures) - 2
- ☒ I become overwhelmed in sensory-rich environments - 2.5
- ☒ I have difficulty filtering out background noise - 1
- ☒ I have strong preferences/aversions to certain foods based on texture - 1.5
- ☒ I notice subtle sensory details others don't - 2
- ☒ My sensory sensitivities fluctuate based on stress level - 3

Sensory Processing Score: 14.5/21

### Movement and Restlessness

- ☒ I fidget, tap, or move parts of my body frequently - 3
- ☒ I stim when excited, stressed, or overwhelmed (rocking, flapping, etc.) - 3
- ☒ I have difficulty sitting still for extended periods - 3
- ☒ I pace when thinking or problem-solving - 3
- ☒ I feel an internal restlessness or need to move - 2.5
- ☒ I use movement to help me focus or regulate - 3
- ☒ I feel the need to be constantly busy or active - 3

Movement/Restlessness Score: 20.5/21

## Section 5: Coping and Adaptation

### Masking and Compensation

- ☒ I consciously modify my behavior to appear "normal" in social situations - 1.5
- ☒ I mirror others' speech patterns, gestures, or expressions - 1
- ☒ I rehearse conversations or responses in advance - 2
- ☒ I have created rules or scripts for navigating social situations - 3
- ☒ I feel exhausted after social interactions - 1.5
- ☒ I suppress my natural behaviors or interests in public - 2.5
- ☒ I feel like I'm performing rather than being myself with others - 1.5 (depends on which others :D I avoid spending time around people i cant be myself around, so this could easily go close to 0)

Masking/Compensation Score: 13/21

## Burnout and Recovery

- ☒ I experience periods of extreme fatigue and reduced functioning - **2**
- ☒ My symptoms worsen during times of stress - **1.5** - depends :D as far as stress doing damage cuz its stress doing stress things... otherwise the stress usually helps me move with the task blocking me, which helps my symptoms as soon as i get shet moving and done.. For which I need stress.. Or someone to move the blocker for me :D.
- ☒ I need significant alone time to recover after social activities - **1.5**
- ☒ I experience periods where previously manageable tasks become overwhelming - **3**
- ☒ I have lost skills or abilities during periods of burnout - **3**
- ☒ I feel I'm constantly operating at maximum capacity - **2.5**
- ☒ I struggle with maintaining energy for daily responsibilities - **2.3**

Burnout/Recovery Score: **16/21**

## Total Scores

- Hyperfocus/Special Interest: **17.5/21**
- Attention Regulation: **16/21**
- Social Interaction: **15/21**
- Communication Style: **14/21**
- Organization/Planning: **14.5/21**
- Emotional Regulation: **20.5/21**
- Sensory Processing: **14.5/21**
- Movement/Restlessness: **20.5/21**
- Masking/Compensation: **13/21**
- Burnout/Recovery: **16/21**

Combined Score: **161.5/210**

## Profile Analysis

### Primarily Autistic Profile:

- High scores in:
- Key indicators:

### Primarily ADHD Profile:

- High scores in:



- 
- Key indicators:

## Combined Profile:

- **High scores across most categories?**
- Particularly high in:
- Key indicators:

## Interpretation Guide

- 0-7 in any category: Minimal traits in this area - scan and calculate these for me
- 8-14 in any category: Moderate traits in this area - scan and calculate these for me
- 15-21 in any category: Significant traits in this area - scan and calculate these for me

## Overall Score Interpretation:

- 0-70: Few autistic or ADHD traits - scan and calculate these for me
- 71-140: Moderate autistic and/or ADHD traits - scan and calculate these for me
- 141-210: Significant autistic and/or ADHD traits - scan and calculate these for me

## Notes for Female Presentation

Women often show different patterns than those included in traditional diagnostic criteria:

- Special interests may be socially acceptable (psychology, animals, literature)
  - Psychology - yes; Animals - very keen on dogs and training them and very passionate; nerdy kinds of niche literature
- Hyperfocus may be mistaken for being "well-behaved" or "daydreaming" - when i was little i would "daydream" and disassociate all the time
- Social difficulties may be masked by learned scripts and careful observation
  - yes :D very good at it when I want to perform
- Sensory issues may be interpreted as being "picky" or "sensitive" - nah im handling that one normally, not many notable issues
- Stimming may be more subtle (hair twirling, nail biting, jewelry fidgeting) - YES :D

- Executive function challenges might be compensated for with extensive systems - YES YES YES YES YES YEEEEEEEEEEEEEEES! :D

