

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

Social-Emotional Reciprocity

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

Nonverbal Communication

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

Relationship Development & Maintenance

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

Section 2: Restricted/Repetitive Behaviors, Interests & Activities

Special Interests

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

Routines & Rituals

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

Sensory Sensitivities

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

Section 3: Executive Function (ADHD Indicators)

Attention Regulation

- ☐ I have difficulty maintaining focus on non-preferred tasks
- ☐ I hyperfocus on interesting activities, losing track of time completely
- ☐ I'm easily distracted by external stimuli or my own thoughts
- ☐ I struggle to complete tasks, especially multi-step projects
- ☐ I often miss details or make careless mistakes
- ☐ I have trouble listening when others speak directly to me

Hyperactivity & Impulsivity

- ☐ I feel restless or fidgety when required to sit still

- ☐ I talk excessively or interrupt others in conversation
- ☐ I make impulsive decisions without considering consequences
- ☐ I have difficulty waiting my turn
- ☐ I feel driven by an internal motor or restlessness
- ☐ I tend to blurt out thoughts before considering their appropriateness

Organization & Time Management

- ☐ I struggle to estimate how long tasks will take
- ☐ I have difficulty prioritizing tasks effectively
- ☐ I regularly lose or misplace important items
- ☐ I procrastinate extensively, especially on challenging tasks
- ☐ I struggle to maintain organization systems
- ☐ I'm chronically late despite my best efforts

Section 4: Female-Specific Manifestations

Social Camouflaging

- ☐ I consciously study others' behavior to imitate it
- ☐ I rehearse conversations or responses ahead of time
- ☐ I force myself to make eye contact despite discomfort
- ☐ I've developed scripts or templates for social situations
- ☐ I experience extreme exhaustion after social interactions
- ☐ I'm a different person in public versus private

Emotional Regulation

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

Special Interests Presentation

- ☐ My special interests may appear more socially acceptable (animals, fiction, art)
- ☐ I research social interactions or psychology to understand people better
- ☐ I'm drawn to fiction with complex character dynamics
- ☐ I collect information about my interests but may keep this private
- ☐ I channel my special interests into academic or career pursuits
- ☐ I've learned to limit how much I talk about my interests with others

Section 5: Co-occurring Features

Sensory Processing

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

Executive Function Challenges

- ☐ I struggle with task initiation even when motivated
- ☐ I have difficulty switching between tasks
- ☐ I experience decision paralysis even for simple choices
- ☐ I need explicit instructions rather than figuring things out intuitively
- ☐ I struggle with abstract concepts or ambiguous situations
- ☐ I have difficulty with mental flexibility when plans change

Scoring & Interpretation

Total your scores for each section:

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

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

Common Masking Strategies in Women

- Mimicking others' social behaviors and expressions
- Preparing scripts for anticipated interactions
- Suppressing stimming behaviors in public
- Developing explanations for accommodations needed
- Practicing appropriate facial expressions
- Extensive research on social expectations
- Exhausting efforts to appear "normal"

Impact of Hormonal Fluctuations

- Symptoms may fluctuate with menstrual cycle
- Sensory sensitivities often increase during hormonal shifts
- Executive function may worsen premenstrually
- Emotional regulation challenges may intensify during hormonal changes
- 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.