

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

- ☒ 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.