Additional ADHD Assessment Tools

# **Additional ADHD Assessment Tools**

## **1. Adult ADHD Self-Report Scale (ASRS-v1.1)**

This is a simplified version of the screening tool developed by the World Health Organization.

### **Instructions**

For each question, check how often you have experienced these symptoms over the past 6 months: 0 = Never 1 = Rarely 2 = Sometimes  
3 = Often 4 = Very Often

### **Part A: Key Screening Questions**

1. How often do you have difficulty wrapping up the final details of a project, once the challenging parts have been done?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
3. How often do you have problems remembering appointments or obligations?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4

**Part A Score:** \_\_/24 (Score of 14 or higher indicates strong likelihood of ADHD)

### **Part B: Additional Symptoms**

1. How often do you make careless mistakes when you have to work on a boring or difficult project?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
2. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
3. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
4. How often do you misplace or have difficulty finding things at home or at work?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
5. How often are you distracted by activity or noise around you?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
6. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
7. How often do you feel restless or fidgety?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
8. How often do you have difficulty unwinding and relaxing when you have time to yourself?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
9. How often do you find yourself talking too much when you are in social situations?
   * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
10. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?
    * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
11. How often do you have difficulty waiting your turn in situations when turn-taking is required?
    * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4
12. How often do you interrupt others when they are busy?
    * 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4

**Part B Score:** \_\_/48

**Total ASRS Score:** \_\_/72

**Interpretation:**

* Part A Score ≥ 14: Highly consistent with ADHD diagnosis
* Total Score 0-24: Unlikely to have ADHD
* Total Score 25-44: Possible ADHD
* Total Score 45+: Highly likely ADHD

## **2. ADHD Presentation Assessment**

ADHD has different presentations. Rate how frequently these apply to you: 0 = Never/Rarely 1 = Sometimes  
2 = Often 3 = Very Often/Almost Always

### **Inattentive Symptoms**

* I miss important details or make careless mistakes
* I struggle to sustain attention in tasks or activities
* I don't seem to listen when spoken to directly
* I don't follow through on instructions or finish tasks
* I have difficulty organizing tasks and activities
* I avoid tasks requiring sustained mental effort
* I lose things necessary for tasks or activities
* I am easily distracted by external stimuli or thoughts
* I am forgetful in daily activities

**Inattentive Score:** \_\_/27

### **Hyperactive-Impulsive Symptoms**

* I fidget with hands/feet or squirm in my seat
* I leave my seat when remaining seated is expected
* I feel restless or have trouble being still
* I have difficulty engaging in leisure activities quietly
* I am often "on the go" or act as if "driven by a motor"
* I talk excessively
* I blurt out answers before questions are completed
* I have difficulty waiting my turn
* I interrupt or intrude on others

**Hyperactive-Impulsive Score:** \_\_/27

**Interpretation:**

* Primarily Inattentive Presentation: Inattentive ≥ 17 and Hyperactive-Impulsive < 17
* Primarily Hyperactive-Impulsive: Hyperactive-Impulsive ≥ 17 and Inattentive < 17
* Combined Presentation: Both Inattentive and Hyperactive-Impulsive ≥ 17

## **3. ADHD Impact Assessment**

Rate how ADHD symptoms have affected these life areas: 0 = No Impact 1 = Minimal Impact  
2 = Moderate Impact 3 = Significant Impact 4 = Severe Impact

### **Life Areas**

* Education/Academic performance
* Career/Work performance
* Task completion and household management
* Financial management (budgeting, bills, impulsive spending)
* Time management and punctuality
* Organization of physical spaces
* Ability to follow through on commitments
* Relationship stability
* Emotional regulation
* Self-esteem and self-perception
* Physical health (sleep, eating habits, exercise)
* Driving/operating vehicles safely
* Substance use management
* Legal issues (speeding tickets, etc.)
* Overall life satisfaction

**Total Impact Score:** \_\_/60

**Interpretation:**

* 0-15: Minimal life impact
* 16-30: Moderate life impact
* 31-45: Significant life impact
* 46-60: Severe life impact

## **4. Executive Function Inventory for ADHD**

Rate how frequently you experience these executive function challenges: 0 = Never/Rarely 1 = Sometimes  
2 = Often 3 = Very Often/Almost Always

### **Attentional Control**

* I have difficulty focusing on one task
* I get distracted easily by my environment
* I get distracted by my own thoughts
* I have trouble returning to tasks after being interrupted
* I hyperfocus on interesting activities but can't focus on boring ones

**Attentional Control Score:** \_\_/15

### **Cognitive Flexibility**

* I have difficulty shifting from one task to another
* I get stuck in thought patterns or activities
* I struggle to adapt when plans change
* I have difficulty seeing alternative solutions to problems
* I get overwhelmed when too many things happen at once

**Cognitive Flexibility Score:** \_\_/15

### **Goal Setting**

* I have trouble setting realistic goals
* I don't break large goals down into manageable steps
* I set too many goals and get overwhelmed
* I lose interest in goals before completing them
* I have difficulty prioritizing which goals to pursue first

**Goal Setting Score:** \_\_/15

### **Information Processing**

* I process information more slowly than others
* I need information repeated or presented in multiple formats
* I miss important information during conversations
* I have trouble summarizing information I've received
* I get overwhelmed by too much information at once

**Information Processing Score:** \_\_/15

### **Working Memory**

* I forget instructions while in the middle of following them
* I lose track of what I was saying mid-sentence
* I forget why I walked into a room
* I have difficulty holding information in mind while using it
* I need to write things down immediately or I'll forget them

**Working Memory Score:** \_\_/15

**Total Executive Function Score:** \_\_/75

**Interpretation:**

* 0-25: Mild executive function difficulties
* 26-50: Moderate executive function difficulties
* 51-75: Significant executive function difficulties

## **5. ADHD and Hormone/Cycle Tracking (For Those with Menstrual Cycles)**

Many women with ADHD report symptom fluctuations related to hormonal cycles. Track symptoms across your cycle:

### **Week before period (luteal phase)**

Rate symptoms 0 (not present) to 3 (severe):

* Worsened focus and attention
* Increased emotional dysregulation
* Increased forgetfulness
* Increased overwhelm
* Decreased ability to use coping strategies
* Increased rejection sensitivity
* Increased impulsivity
* Increased fatigue affecting executive function

**Premenstrual Score:** \_\_/24

### **During period**

Rate symptoms 0 (not present) to 3 (severe):

* Increased brain fog
* Decreased motivation
* Increased overwhelm
* Increased difficulty starting tasks
* Worsened working memory
* Increased emotional sensitivity

**Menstrual Score:** \_\_/18

### **Week after period (follicular phase)**

Rate symptoms 0 (not present) to 3 (severe):

* Improved focus and concentration
* Increased energy and motivation
* Better emotional regulation
* Improved ability to organize and plan
* Better working memory
* Decreased impulsivity

**Follicular Score:** \_\_/18

### **Mid-cycle (ovulation)**

Rate symptoms 0 (not present) to 3 (severe):

* Peak in energy and productivity
* Increased sociability
* Improved focus
* Decreased ADHD symptoms overall
* Improved executive function
* Increased creativity

**Ovulation Score:** \_\_/18

**Notes:** Higher scores in luteal and menstrual phases with lower scores in follicular and ovulation phases strongly suggest hormonal impacts on ADHD symptoms. This pattern is common in women with ADHD and may indicate a need for treatment adjustments throughout the month.

Adult Autism & ADHD Assessment Tool

# **Adult Autism & ADHD Assessment Tool**

## **Introduction**

This assessment tool is designed to evaluate symptoms associated with autism spectrum disorder (ASD) and attention-deficit/hyperactivity disorder (ADHD) in adult females. This is not a definitive diagnostic tool but can help identify patterns that may warrant professional evaluation.

## **Instructions**

* Rate each statement based on your experience over the past 6 months
* Be honest in your responses; there are no right or wrong answers
* After completing the assessment, total your scores in each section

## **Rating Scale**

For each statement, select the option that best describes your experience:

* 0 = Never/Rarely
* 1 = Sometimes
* 2 = Often
* 3 = Very Often/Almost Always

## **SECTION A: Social Communication & Interaction**

### **A1. Social-Emotional Reciprocity**

* I find it difficult to initiate or sustain conversations
* I struggle to share my feelings or emotions with others
* I have trouble understanding unspoken social rules
* I feel confused by jokes, sarcasm, or figures of speech
* I prefer facts and direct communication over small talk
* I've been told I talk too much about my specific interests
* I find it hard to tell when someone is bored or disinterested
* I struggle to maintain appropriate eye contact

**A1 Score:** \_\_\_ / 24

### **A2. Relationships & Social Understanding**

* I find it difficult to develop and maintain friendships
* I prefer to be alone or with one close person than in groups
* I feel like I'm "performing" in social situations
* I need significant time to recover after social interactions
* I've been told I'm "too intense" or "too distant" in relationships
* I can recognize others' emotions but don't know how to respond
* I struggle to understand others' perspectives or intentions
* I prefer structured social activities with clear expectations

**A2 Score:** \_\_\_ / 24

### **A3. Nonverbal Communication**

* I find it difficult to read facial expressions
* I struggle to interpret body language or gestures
* My facial expressions don't always match what I'm feeling
* I've been told my tone of voice is flat or unusual
* I use fewer gestures than others when communicating
* I find it hard to know when it's my turn to speak in conversations
* Others have commented that I stand too close or too far away
* I struggle with physical touch (either avoiding it or seeking it excessively)

**A3 Score:** \_\_\_ / 24

## **SECTION B: Restricted & Repetitive Patterns**

### **B1. Special Interests & Routines**

* I have intense interests that occupy much of my time
* I collect detailed information about specific topics
* I notice when objects are moved or arrangements changed
* I prefer to follow the same routines every day
* I become upset when my routines are disrupted
* I organize items in specific ways (by color, size, category, etc.)
* I focus on details rather than the "big picture"
* I prefer activities with clear rules and structure

**B1 Score:** \_\_\_ / 24

### **B2. Sensory Sensitivities**

* I'm extremely sensitive to certain sounds
* I find certain textures unbearable (clothing, food, etc.)
* I'm bothered by certain lights, especially fluorescent
* I notice subtle smells others don't seem to detect
* I seek out or avoid certain physical sensations
* I have strong preferences for certain foods based on texture/taste
* I feel overwhelmed in busy environments (malls, parties, etc.)
* I have difficulty filtering out background noise

**B2 Score:** \_\_\_ / 24

### **B3. Repetitive Behaviors & Coping**

* I engage in repetitive movements when excited or stressed
* I use specific phrases or words repeatedly
* I find myself stimming (rocking, finger flicking, fidgeting, etc.)
* I mask my natural behaviors to appear "normal" in social settings
* I rehearse conversations before having them
* I need to "decompress" after social interactions
* I analyze social interactions afterward, often with anxiety
* I've developed explicit rules for navigating social situations

**B3 Score:** \_\_\_ / 24

## **SECTION C: ADHD - Inattention**

### **C1. Focus & Attention**

* I have difficulty sustaining attention in tasks
* I make careless mistakes in work or activities
* I'm easily distracted by external stimuli or my own thoughts
* I struggle to complete tasks once the novelty wears off
* I often leave tasks unfinished before starting new ones
* I avoid tasks requiring sustained mental effort
* I find myself daydreaming when I should be focusing
* I hyperfocus on interesting activities but struggle with boring ones

**C1 Score:** \_\_\_ / 24

### **C2. Organization & Time Management**

* I lose things necessary for tasks or activities
* I struggle with organizing tasks and activities
* I have difficulty managing time or estimating how long tasks will take
* I often miss deadlines or appointments
* My workspace or home is disorganized despite efforts to tidy
* I struggle with prioritizing tasks
* I feel overwhelmed by complex tasks or projects
* I procrastinate, especially on challenging tasks

**C2 Score:** \_\_\_ / 24

### **C3. Memory & Processing**

* I forget daily activities or responsibilities
* I need written instructions to complete tasks correctly
* I lose my train of thought in conversations
* I struggle to follow multi-step instructions
* I have difficulty processing verbal information
* I need to re-read information multiple times to understand it
* I struggle to remember what I've just heard or read
* I forget what I was about to do or say (walk into rooms and forget why)

**C3 Score:** \_\_\_ / 24

## **SECTION D: ADHD - Hyperactivity & Impulsivity**

### **D1. Physical Restlessness**

* I fidget or tap my hands/feet frequently
* I feel restless or have trouble staying seated
* I have difficulty relaxing or feeling at ease
* I feel driven to be busy or active constantly
* I talk excessively or faster than others
* I have trouble engaging in quiet activities
* I feel an internal sense of restlessness or energy
* I pace when thinking or solving problems

**D1 Score:** \_\_\_ / 24

### **D2. Impulsivity**

* I interrupt others in conversations
* I blurt out answers before questions are completed
* I have difficulty waiting my turn
* I make hasty decisions I later regret
* I speak without thinking about consequences
* I engage in risky behaviors without consideration
* I struggle with emotional regulation (quick to anger/sadness)
* I make impulsive purchases

**D2 Score:** \_\_\_ / 24

### **D3. Executive Function**

* I struggle to initiate tasks, especially non-interesting ones
* I have difficulty switching between tasks
* I feel paralyzed when faced with decisions
* I struggle to break down complex tasks into manageable steps
* I have difficulty monitoring my own performance
* I act based on immediate needs rather than long-term goals
* I struggle with self-motivation without external pressure
* I have trouble adapting when plans change

**D3 Score:** \_\_\_ / 24

## **SECTION E: Female-Specific Masking & Adaptation**

### **E1. Social Camouflaging**

* I consciously copy others' social behaviors or phrases
* I've created a "social persona" that differs from how I am alone
* I rehearse or script conversations before social events
* I feel exhausted after socializing due to the effort of appearing "normal"
* I've learned to make appropriate facial expressions or eye contact
* I study people's behaviors to understand unwritten social rules
* I can "pass" as neurotypical but it requires significant effort
* I mirror the communication style of whoever I'm talking to

**E1 Score:** \_\_\_ / 24

### **E2. Emotional & Sensory Experience**

* I experience emotions intensely but struggle to identify them
* I have meltdowns or shutdowns in private after holding it together in public
* I've developed specific coping strategies for sensory overload
* I experience burnout from maintaining social expectations
* I have anxiety related to social performance or expectations
* I struggle with interoception (awareness of internal bodily states)
* I have difficulty recognizing when I'm hungry, tired, or in pain
* I feel emotions physically in my body (stomach aches, tension, etc.)

**E2 Score:** \_\_\_ / 24

### **E3. Special Interests & Hyperfocus**

* My special interests are socially acceptable (animals, literature, etc.)
* I collect information about people or psychology to compensate for social difficulties
* I can focus intensely on interests for hours, losing track of time
* I use my interests to connect with others rather than just discussing them
* I channel my focus into academic or professional achievement
* I research topics exhaustively when they capture my interest
* I have encyclopedic knowledge in specific areas
* I use hyperfocus as a coping mechanism when stressed

**E3 Score:** \_\_\_ / 24

## **Scoring Guide**

### **Autism Spectrum Traits**

* **Section A Total:** \_\_\_ / 72
* **Section B Total:** \_\_\_ / 72
* **Section E (E1+E2):** \_\_\_ / 48

**Autism Spectrum Combined Score:** \_\_\_ / 192

**Interpretation:**

* 0-48: Minimal to no autistic traits
* 49-96: Some autistic traits, possibly subclinical
* 97-144: Moderate autistic traits, consistent with possible autism
* 145-192: Strong indication of autism spectrum condition

### **ADHD Traits**

* **Section C Total:** \_\_\_ / 72
* **Section D Total:** \_\_\_ / 72
* **Section E3 Score:** \_\_\_ / 24

**ADHD Combined Score:** \_\_\_ / 168

**Interpretation:**

* 0-42: Minimal to no ADHD traits
* 43-84: Some ADHD traits, possibly subclinical
* 85-126: Moderate ADHD traits, consistent with possible ADHD
* 127-168: Strong indication of ADHD

## **Important Notes**

1. **This is not a clinical diagnosis.** A comprehensive evaluation by a qualified healthcare professional is necessary for diagnosis.
2. **Female presentation** of autism and ADHD often differs from the traditional male presentation used to develop diagnostic criteria.
3. **Co-occurrence is common.** Autism and ADHD frequently co-exist, with overlapping symptoms.
4. **Masking** (consciously or unconsciously hiding symptoms) is common in women, making diagnosis more challenging.
5. **Late diagnosis** is common for women, especially those with average or above-average intelligence who have developed coping strategies.
6. **Next steps:** If your scores indicate significant traits, consider sharing these results with a healthcare provider specializing in adult neurodevelopmental conditions.

## **Recommendations**

If your scores suggest significant autistic or ADHD traits:

1. **Seek professional assessment** from a clinician experienced with adult autism/ADHD in women
2. **Learn more** about autism and/or ADHD through reputable sources
3. **Connect with community** through support groups or online forums
4. **Explore accommodations** that might help with challenging areas
5. **Practice self-compassion** as you learn more about your neurotype

Additional Autism Assessment Tools

# **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 [ ] 2 [ ] 3 [ ] 4
2. I prefer to do things the same way over and over again.
   * 1 [ ] 2 [ ] 3 [ ] 4
3. If I try to imagine something, I find it very easy to create a picture in my mind.
   * 1 [ ] 2 [ ] 3 [ ] 4
4. I frequently get so strongly absorbed in one thing that I lose sight of other things.
   * 1 [ ] 2 [ ] 3 [ ] 4
5. I often notice small sounds when others do not.
   * 1 [ ] 2 [ ] 3 [ ] 4
6. I usually notice car number plates or similar strings of information.
   * 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 [ ] 2 [ ] 3 [ ] 4
8. When I'm reading a story, I can easily imagine what the characters might look like.
   * 1 [ ] 2 [ ] 3 [ ] 4
9. I am fascinated by dates.
   * 1 [ ] 2 [ ] 3 [ ] 4
10. In a social group, I can easily keep track of several different people's conversations.
    * 1 [ ] 2 [ ] 3 [ ] 4
11. I find social situations easy.
    * 1 [ ] 2 [ ] 3 [ ] 4
12. I tend to notice details that others do not.
    * 1 [ ] 2 [ ] 3 [ ] 4
13. I would rather go to a library than to a party.
    * 1 [ ] 2 [ ] 3 [ ] 4
14. I find making up stories easy.
    * 1 [ ] 2 [ ] 3 [ ] 4
15. I find myself drawn more strongly to people than to things.
    * 1 [ ] 2 [ ] 3 [ ] 4
16. I tend to have very strong interests, which I get upset about if I can't pursue.
    * 1 [ ] 2 [ ] 3 [ ] 4
17. I enjoy social chitchat.
    * 1 [ ] 2 [ ] 3 [ ] 4
18. When I talk, it isn't always easy for others to get a word in edgewise.
    * 1 [ ] 2 [ ] 3 [ ] 4
19. I am fascinated by numbers.
    * 1 [ ] 2 [ ] 3 [ ] 4
20. When I'm reading a story, I find it difficult to work out the characters' intentions.
    * 1 [ ] 2 [ ] 3 [ ] 4

### **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: \_\_\_/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)
* I notice visual details that others miss
* I am distracted by visual movement or stimulus in my environment
* I prefer dim lighting or natural light
* I get overwhelmed in visually busy environments

**Visual score:** \_\_/15

### **Auditory**

* I am sensitive to sudden or loud noises
* I have trouble filtering out background noise
* I notice sounds that others don't seem to hear
* I get distracted by sounds others seem to ignore
* I find certain sounds extremely irritating or painful

**Auditory score:** \_\_/15

### **Tactile**

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

**Tactile score:** \_\_/15

### **Taste/Smell**

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

**Taste/Smell score:** \_\_/15

### **Proprioceptive/Vestibular**

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

**Proprioceptive/Vestibular score:** \_\_/15

**Total Sensory Score:** \_\_/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
* I lose my train of thought while speaking
* I need to write things down or I'll forget them
* I forget appointments or commitments
* I have trouble remembering multi-step instructions

**Working Memory score:** \_\_/15

### **Task Initiation**

* I procrastinate even on tasks I want to complete
* I feel "stuck" when trying to start tasks
* I need external pressure (deadlines, other people) to start tasks
* I overthink how to begin a task
* I delay starting tasks that seem overwhelming

**Task Initiation score:** \_\_/15

### **Organization**

* My physical spaces become cluttered despite attempts to organize
* I lose important items regularly
* I have difficulty creating and maintaining organizational systems
* I feel overwhelmed by the amount of "stuff" I have
* I have "out of sight, out of mind" issues with stored items

**Organization score:** \_\_/15

### **Time Management**

* I consistently underestimate how long tasks will take
* I often run late for appointments or commitments
* I lose track of time when focused on activities
* I struggle to plan my day effectively
* I have difficulty breaking projects into manageable time chunks

**Time Management score:** \_\_/15

### **Emotional Regulation**

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

**Emotional Regulation score:** \_\_/15

**Total Executive Function Score:** \_\_/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
* My sensory sensitivities are heightened/worse than usual
* I'm experiencing a loss of skills or abilities I previously had
* I find it harder than usual to communicate or find words
* I feel increased need for solitude and reduced social capacity
* I experience more frequent meltdowns, shutdowns, or emotional overwhelm
* I have increased difficulty with executive functioning (planning, organizing, etc.)
* I feel reduced tolerance for sensory and social stimulation
* I experience increased anxiety, depression, or feelings of hopelessness
* I have reduced capacity to mask or camouflage autistic traits

**Burnout Score:** \_\_/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"
* I rehearse what to say in social situations
* I copy phrases, gestures, or mannerisms from other people
* I force myself to make eye contact even when uncomfortable
* I suppress stimming behaviors in public
* I have practiced "appropriate" responses to common social scenarios
* I monitor my voice tone, volume, or speech patterns
* I create "social rules" or scripts for different situations
* I feel like I'm "performing" in social situations
* I feel exhausted after social interactions
* I analyze social interactions afterward to see if I "passed" as normal
* I have different personas for different social contexts
* I study neurotypical behavior to mimic it
* I avoid talking about my special interests unless I know they're socially acceptable
* I feel like I have to suppress my authentic self to be accepted

**Camouflaging Score:** \_\_/45

**Interpretation:**

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

Combined Autism-ADHD Traits Assessment

# **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**

* I can focus intensely on topics that interest me for hours without breaks
* I collect and memorize information about my specific interests
* I lose track of time when engaged in preferred activities
* I notice small details others miss in my areas of interest
* I can recall specific facts about my interests from years ago
* I find it difficult to engage with topics outside my interests
* I talk at length about my interests without noticing others' engagement

**Hyperfocus/Special Interest Score:** \_\_/21

### **Attention Regulation**

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

**Attention Regulation Score:** \_\_/21

## **Section 2: Social and Communication**

### **Social Interaction**

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

**Social Interaction Score:** \_\_/21

### **Communication Style**

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

**Communication Style Score:** \_\_/21

## **Section 3: Executive Function**

### **Organization and Planning**

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

**Organization/Planning Score:** \_\_/21

### **Emotional Regulation**

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

**Emotional Regulation Score:** \_\_/21

## **Section 4: Sensory and Physical**

### **Sensory Processing**

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

**Sensory Processing Score:** \_\_/21

### **Movement and Restlessness**

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

**Movement/Restlessness Score:** \_\_/21

## **Section 5: Coping and Adaptation**

### **Masking and Compensation**

* I consciously modify my behavior to appear "normal" in social situations
* I mirror others' speech patterns, gestures, or expressions
* I rehearse conversations or responses in advance
* I have created rules or scripts for navigating social situations
* I feel exhausted after social interactions
* I suppress my natural behaviors or interests in public
* I feel like I'm performing rather than being myself with others

**Masking/Compensation Score:** \_\_/21

### **Burnout and Recovery**

* I experience periods of extreme fatigue and reduced functioning
* My symptoms worsen during times of stress
* I need significant alone time to recover after social activities
* I experience periods where previously manageable tasks become overwhelming
* I have lost skills or abilities during periods of burnout
* I feel I'm constantly operating at maximum capacity
* I struggle with maintaining energy for daily responsibilities

**Burnout/Recovery Score:** \_\_/21

## **Total Scores**

* **Hyperfocus/Special Interest:** \_\_/21
* **Attention Regulation:** \_\_/21
* **Social Interaction:** \_\_/21
* **Communication Style:** \_\_/21
* **Organization/Planning:** \_\_/21
* **Emotional Regulation:** \_\_/21
* **Sensory Processing:** \_\_/21
* **Movement/Restlessness:** \_\_/21
* **Masking/Compensation:** \_\_/21
* **Burnout/Recovery:** \_\_/21

**Combined Score:** \_\_/210

## **Profile Analysis**

### **Primarily Autistic Profile:**

* High scores in: Hyperfocus/Special Interest, Social Interaction, Communication Style, Sensory Processing, Masking/Compensation
* Key indicators: Special interests, literal communication style, sensory sensitivities, social difficulties despite effort to understand rules

### **Primarily ADHD Profile:**

* High scores in: Attention Regulation, Organization/Planning, Movement/Restlessness, Emotional Regulation
* Key indicators: Difficulty with boring tasks, time management issues, physical restlessness, rapid emotional shifts

### **Combined Profile:**

* High scores across most categories
* Particularly high in: Masking/Compensation, Burnout/Recovery, Emotional Regulation
* Key indicators: Complex presentation with features of both conditions, significant adaptation efforts leading to burnout cycles

## **Interpretation Guide**

* 0-7 in any category: Minimal traits in this area
* 8-14 in any category: Moderate traits in this area
* 15-21 in any category: Significant traits in this area

**Overall Score Interpretation:**

* 0-70: Few autistic or ADHD traits
* 71-140: Moderate autistic and/or ADHD traits
* 141-210: Significant autistic and/or ADHD traits

## **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)
* Hyperfocus may be mistaken for being "well-behaved" or "daydreaming"
* Social difficulties may be masked by learned scripts and careful observation
* Sensory issues may be interpreted as being "picky" or "sensitive"
* Stimming may be more subtle (hair twirling, nail biting, jewelry fidgeting)
* Executive function challenges might be compensated for with extensive systems

Adult Autism and ADHD Comprehensive Assessment

# **Adult Autism and ADHD Comprehensive Assessment**

## **Personal Information**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Age:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Gender:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## **Introduction**

This assessment tool is designed to evaluate traits associated with Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD) in adults. The questions reflect diagnostic criteria from current clinical standards and research. Your responses will help identify patterns that may warrant further professional evaluation.

**Instructions:** Please read each statement carefully and mark the response that best describes your experiences. Consider how you typically function in everyday life, focusing on long-term patterns rather than temporary states.

## **SECTION 1: SOCIAL COMMUNICATION AND INTERACTION**

### **1A. Social-Emotional Reciprocity**

Rate how well each statement describes your experience: (0 = Not at all, 1 = Slightly, 2 = Moderately, 3 = Very much, 4 = Extremely)

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it difficult to initiate or sustain conversations that aren't related to my specific interests
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to understand unwritten social rules that others seem to know intuitively
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty recognizing when someone is uncomfortable, bored, or wants to end a conversation
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've been told that I talk too much about topics I'm interested in without noticing others' reactions
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it challenging to join ongoing conversations or group activities naturally
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've been told my facial expressions don't match what I'm saying or feeling
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle with the appropriate timing of taking turns in conversations

### **1B. Nonverbal Communication**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it difficult to maintain appropriate eye contact during conversations
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've been told that my body language is unusual, stiff, or doesn't match what I'm saying
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it challenging to interpret others' facial expressions, body language, or tone of voice
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've been told that my tone of voice is flat, unusual, or doesn't vary much with my emotions
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to understand sarcasm, jokes, or figurative language without explicit explanation
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I tend to interpret language literally and miss implied meanings

### **1C. Relationships and Social Understanding**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it difficult to develop and maintain friendships appropriate to my age
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I prefer to do things the same way each time and struggle with unexpected changes to plans
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to understand others' perspectives or points of view
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it challenging to adjust my behavior to suit different social contexts
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I prefer spending time alone rather than with others
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find small talk confusing, pointless, or difficult to engage in
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to understand unspoken social expectations in different situations

## **SECTION 2: RESTRICTED, REPETITIVE PATTERNS OF BEHAVIOR, INTERESTS, OR ACTIVITIES**

### **2A. Repetitive Movements or Speech**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I engage in repetitive movements (e.g., rocking, flapping hands, spinning) when excited, stressed, or overwhelmed
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I tend to repeat certain words, phrases, or sounds, especially when stressed
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find myself arranging objects in specific patterns or sequences
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I feel compelled to complete certain routines in the exact same way every time
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 When stressed or overwhelmed, I engage in self-stimulatory behaviors that help me calm down

### **2B. Insistence on Sameness, Routines, or Ritualized Patterns**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I become unusually distressed when my routines are disrupted or plans change unexpectedly
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have specific routines or rituals that I feel compelled to follow
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I prefer to eat the same foods regularly and may be sensitive to food textures, temperatures, or tastes
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I notice when objects have been moved or rearranged in my environment
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I prefer to take the same route when traveling to familiar places
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I become anxious or irritated when I can't follow my established routines

### **2C. Restricted, Fixed Interests**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have intense, focused interests that I spend significant time pursuing
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 My interests tend to be unusual in intensity or focus compared to others
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I collect detailed information or items related to specific topics of interest
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I can focus on my interests for hours without noticing time passing
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I tend to learn everything possible about my special interests
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it difficult to shift attention away from my interests to focus on other tasks
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I often incorporate my special interests into conversations, even when not directly relevant

### **2D. Sensory Processing Differences**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I am unusually sensitive to certain sounds (e.g., background noise others don't notice)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I am more sensitive to light than others seem to be
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I am bothered by certain textures of clothing, tags, or seams
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I am sensitive to certain smells that others don't seem to notice
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I seek out certain sensory experiences (e.g., specific textures, sounds, visual patterns)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I feel overwhelmed in environments with lots of sensory stimulation (crowds, busy stores)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have a higher or lower pain threshold than others seem to have

## **SECTION 3: ATTENTION SYMPTOMS (ADHD - INATTENTIVE PRESENTATION)**

Rate how frequently you've experienced these symptoms over the past 6 months: (0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Very Often)

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I make careless mistakes in work, studies, or other activities despite trying to be careful
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty sustaining attention during tasks or activities unrelated to my special interests
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I seem to not listen when spoken to directly (mind wanders even without distractions)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to follow through on instructions and fail to finish tasks (not due to oppositional behavior)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty organizing tasks and activities without external support
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I avoid or dislike tasks requiring sustained mental effort (unrelated to my interests)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I lose things necessary for tasks or activities (e.g., keys, wallet, phone, paperwork)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I am easily distracted by external stimuli or unrelated thoughts
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I am forgetful in daily activities (appointments, chores, responsibilities)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to manage time effectively and frequently run late

## **SECTION 4: HYPERACTIVITY/IMPULSIVITY SYMPTOMS (ADHD - HYPERACTIVE/IMPULSIVE PRESENTATION)**

Rate how frequently you've experienced these symptoms over the past 6 months: (0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Very Often)

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I fidget with or tap hands/feet or squirm in seat
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty remaining seated when expected to (e.g., meetings, movies)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I feel restless or need to move constantly
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty engaging in leisure activities quietly
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I often feel "on the go" or driven by a motor that won't stop
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I talk excessively or struggle to regulate my speaking volume
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I blurt out answers before questions have been completed
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty waiting my turn in conversations or activities
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I interrupt or intrude on others' conversations or activities
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I make impulsive decisions without considering consequences

## **SECTION 5: EXECUTIVE FUNCTIONING CHALLENGES**

Rate the frequency with which you experience these challenges: (0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Very Often)

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to break down complex tasks into manageable steps
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty initiating tasks even when I know they're important
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience "analysis paralysis" when making decisions
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle with working memory (holding information in mind while using it)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have trouble transitioning between tasks or activities
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I find it difficult to estimate how long tasks will take
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I procrastinate until deadlines create enough pressure to overcome inertia
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 My productivity fluctuates significantly depending on interest or urgency
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty monitoring and regulating my emotional responses
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I use complex systems, lists, or reminders to manage what others handle intuitively

## **SECTION 6: EMOTIONAL REGULATION AND MOOD**

Rate how frequently you experience these patterns: (0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Very Often)

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience intense emotions that seem disproportionate to the situation
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I have difficulty identifying what emotion I'm feeling
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience sudden mood shifts without clear external triggers
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I feel emotionally exhausted after socializing
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I struggle to calm myself down once upset
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience anxiety in social situations or when routines change
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience rejection sensitivity (intense reaction to perceived rejection)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I mask or camouflage my natural responses to fit in socially
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience emotional burnout from maintaining social expectations

## **SECTION 7: ADAPTIVE FUNCTIONING AND COPING STRATEGIES**

Rate how well each statement describes your experience: (0 = Not at all, 1 = Slightly, 2 = Moderately, 3 = Very much, 4 = Extremely)

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've developed specific strategies to navigate social situations
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I create structured systems to manage daily responsibilities
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I need more recovery time after social interactions than others seem to
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've learned to mimic others' social behaviors to fit in
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience periods of high functioning followed by burnout/shutdown
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I use special interests as a way to regulate emotions or stress
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've developed compensation strategies that mask my natural difficulties
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've become skilled at certain tasks through intense practice or focus
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience difficulties with life skills (cooking, cleaning, self-care)

## **SECTION 8: DEVELOPMENTAL HISTORY**

Please mark any items that applied to you as a child:

### **Early Development**

* Delayed language development
* Advanced vocabulary or "adult-like" speech
* Difficulty making friends with same-age peers
* Strong attachment to particular objects or toys
* Intense interests unusual for age or duration
* Preference for solitary play or parallel play
* Unusual sensory sensitivities or preferences
* Difficulty with changes in routine or transitions
* Motor skill delays or coordination difficulties
* Unusual reactions to sensory experiences

### **School Experiences**

* Academic performance inconsistent with perceived abilities
* Described as "daydreamer" or "in own world"
* Difficulty with group work or unstructured activities
* Struggled with organization and homework completion
* Excelled in subjects aligned with special interests
* Described as "not working to potential"
* Disciplined for behaviors you didn't understand
* Sensory challenges in classroom environment
* Difficulty with social aspects of school
* Bullied or socially excluded

### **Additional History**

* Family members diagnosed with autism or ADHD
* Childhood diagnosis of other conditions
* Required specific accommodations to function in school
* Feedback about being "too sensitive" or "overreacting"
* Struggled with changes or transitions more than peers
* Early obsessive interest in categorizing or collecting
* History of selective mutism or not speaking in certain situations
* History of "shutdowns" or "meltdowns" when overwhelmed

## **SECTION 9: FEMALE-SPECIFIC PRESENTATION PATTERNS**

Rate how well each statement describes your experience: (0 = Not at all, 1 = Slightly, 2 = Moderately, 3 = Very much, 4 = Extremely)

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've worked hard to observe and imitate others' social behaviors
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I mask difficulties by preparing scripts or rehearsing for social interactions
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I experience significant exhaustion from maintaining a neurotypical appearance
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 My symptoms become more apparent when I'm stressed or tired
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've developed one or more close relationships that help me navigate social situations
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I'm able to maintain eye contact but find it draining or uncomfortable
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 My special interests have evolved to seem more socially acceptable (e.g., fiction, psychology)
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I've experienced periods of burnout after prolonged masking
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 My symptoms were attributed to anxiety, depression, or personality traits rather than autism/ADHD
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 I tend to internalize difficulties rather than display behavioral problems

## **SECTION 10: IMPACT ON DAILY FUNCTIONING**

Rate the degree to which these patterns cause distress or impairment in your life: (0 = None, 1 = Mild, 2 = Moderate, 3 = Severe, 4 = Extreme)

### **Work/Academic Impact**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Difficulty meeting deadlines or completing assignments
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Challenges working in teams or collaborative environments
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Struggling with organizational aspects of work/school
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Sensory aspects of work/academic environment cause distress
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Social aspects of workplace/school cause significant anxiety

### **Social Impact**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Difficulty maintaining friendships or relationships
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Social anxiety or avoidance of social situations
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Miscommunications or conflicts due to different communication style
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Feeling misunderstood by others
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Exhaustion from social masking or camouflaging

### **Personal Well-being**

* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Anxiety, stress, or overwhelm from daily challenges
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Difficulty managing self-care routines consistently
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Executive functioning challenges impact quality of life
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Burnout from trying to meet neurotypical expectations
* 0 [ ] 1 [ ] 2 [ ] 3 [ ] 4 Sensory sensitivities impact daily functioning

## **Additional Information**

Please describe any other relevant experiences, patterns, or challenges not covered in the questions above:

[Space for written response]

## **Scoring Guide (for clinician use)**

### **Autism Spectrum Traits**

* Section 1 (Social Communication): Score of 42+ indicates significant difficulties
* Section 2 (Restricted/Repetitive Behaviors): Score of 42+ indicates significant patterns
* Female-specific patterns (Section 9): Scores of 30+ may indicate significant masking

### **ADHD Traits**

* Section 3 (Inattention): Score of 24+ suggests clinically significant inattention
* Section 4 (Hyperactivity/Impulsivity): Score of 24+ suggests clinically significant hyperactivity/impulsivity
* Section 5 (Executive Functioning): Score of 24+ indicates significant executive function challenges

### **Interpretation Notes**

* High scores in both autism and ADHD sections suggest possible co-occurrence
* Consider developmental history and current functional impact
* Female presentation often involves significant masking and may differ from traditional diagnostic criteria
* Executive function challenges often overlap between conditions

## **Clinical Impressions (for clinician use)**

**Primary Pattern(s):**

* Autism Spectrum traits predominant
* ADHD traits predominant
* Combined presentation with significant features of both
* Subclinical traits with specific areas of difficulty
* Other considerations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recommendations:**

* Comprehensive neuropsychological evaluation recommended
* Trial of accommodations/supports
* Skills training (specify area): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Therapeutic intervention (specify type): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Medical consultation regarding medication options
* Additional assessment needed (specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Notes:**

[Space for clinician notes]

## **Important Disclaimer**

This assessment tool is not a diagnostic instrument and does not replace professional clinical evaluation. It is designed to identify patterns that may warrant further investigation by qualified healthcare professionals. A formal diagnosis requires comprehensive evaluation by a licensed clinician with expertise in neurodevelopmental conditions.

Autism and ADHD exist on spectrums, with traits varying widely in presentation and intensity. Many adults develop coping strategies that mask underlying challenges. This self-assessment is meant to facilitate discussion with healthcare providers and inform next steps in the diagnostic process.

Symptoms Journal Tracker

# **Daily Symptom Tracking Journal**

## **Instructions**

### **Use this journal to track your symptoms daily for 2-4 weeks. This can help identify patterns and provide valuable information for professional assessment.**

## **Daily Template**

### **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

### **Morning Check-in**

### **Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

#### **Energy & Focus (Rate 1-10)**

### **Mental energy level: \_\_\_**

### **Physical energy level: \_\_\_**

### **Focus ability: \_\_\_**

### **Overwhelm level: \_\_\_**

#### **Specific Symptoms (Check all present)**

### **Executive Function:**

### **Difficulty starting tasks**

### **Difficulty organizing thoughts**

### **Working memory issues**

### **Time awareness problems**

### **Decision paralysis**

### **Sensory:**

### **Sound sensitivity**

### **Light sensitivity**

### **Texture/touch sensitivity**

### **Smell sensitivity**

### **Sensory seeking behaviors**

### **Social/Communication:**

### **Social anxiety**

### **Difficulty finding words**

### **Masking effort required**

### **Rejection sensitivity**

### **Communication challenges**

### **Physical:**

### **Restlessness/fidgeting**

### **Stimming behaviors**

### **Fatigue**

### **Physical tension**

### **Sleep quality issues**

#### **Notes**

### **Menstrual cycle day (if applicable): \_\_\_**

### **Medication taken (if any): \_\_\_**

### **Sleep hours: \_\_\_**

### **External stressors: \_\_\_**

### **Coping strategies used: \_\_\_**

### **Midday Check-in**

### **Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

### **(Repeat symptom checklist from morning)**

#### **Activities & Challenges**

### **Most challenging task today: \_\_\_**

### **How I managed it: \_\_\_**

### **Social interactions (number and difficulty level): \_\_\_**

### **Environment factors affecting me: \_\_\_**

### **Evening Check-in**

### **Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

### **(Repeat symptom checklist from morning)**

#### **Daily Reflection**

### **Energy expenditure today (1-10): \_\_\_**

### **Recovery activities needed: \_\_\_**

### **Special interests engaged with: \_\_\_**

### **Successful strategies used today: \_\_\_**

### **Challenging moments: \_\_\_**

### **Insight or pattern noticed: \_\_\_**

## **Weekly Summary**

### **Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

### **Patterns Noticed**

### **Strongest symptoms this week: \_\_\_**

### **Triggers identified: \_\_\_**

### **Effective coping mechanisms: \_\_\_**

### **Relationship between cycle (if applicable) and symptoms: \_\_\_**

### **External factors impacting symptoms:**

### 

### **Weekly Summary (continued)**

**Symptom Intensity Tracking**

Mark the intensity of each symptom throughout the week: 0 = Not present 1 = Mild 2 = Moderate 3 = Severe

|  | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Hyperfocus |  |  |  |  |  |  |  |
| Distractibility |  |  |  |  |  |  |  |
| Sensory overwhelm |  |  |  |  |  |  |  |
| Executive function issues |  |  |  |  |  |  |  |
| Social difficulty |  |  |  |  |  |  |  |
| Stimming behaviors |  |  |  |  |  |  |  |
| Masking effort |  |  |  |  |  |  |  |
| Energy depletion |  |  |  |  |  |  |  |
| Emotional regulation |  |  |  |  |  |  |  |
| Physical restlessness |  |  |  |  |  |  |  |

**Correlation Notes**

* What external factors coincided with symptom increases? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Which symptoms tend to occur together? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* How did hormone fluctuations affect symptoms (if applicable)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Which environments worsened symptoms? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Which environments improved symptoms? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## **Monthly Observations**

After tracking for 3-4 weeks, answer these questions:

### **Pattern Recognition**

1. What are your most consistent symptoms? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What are your most challenging times of day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How do your symptoms change throughout your hormone cycle (if applicable)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Which environments consistently trigger difficulties? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Which activities consistently improve your state? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **Strengths & Challenges**

1. Areas where you excel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Areas requiring the most support/accommodation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Most effective coping strategies discovered: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Situations that consistently deplete energy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Specific sensory inputs that affect you most: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **Autism vs. ADHD Traits Analysis**

Based on your tracking, which traits seem more prominent?

**Autism-Aligned Traits**

* Special interests with deep knowledge
* Need for routine/predictability
* Specific sensory sensitivities/preferences
* Social communication differences
* Need for explicit instructions/rules
* Literal interpretation of language
* Difficulty with unwritten social rules
* Need for recovery time after social interactions

**ADHD-Aligned Traits**

* Variable attention based on interest
* Difficulty with time management
* Physical restlessness/fidgeting
* Impulsivity in decisions or speech
* Starting many projects but finishing few
* Frequently losing or misplacing items
* Difficulty with working memory
* Emotional reactivity/rejection sensitivity

**Overlapping Traits**

* Executive function challenges
* Difficulty transitioning between activities
* Social anxiety
* Sensory processing differences
* Easily overwhelmed by stimuli
* Difficulty maintaining organized spaces
* Intense emotions
* Need for movement or stimulation

Special Considerations for Adult Women with ASD

# **Special Considerations for Adult Women with Autism/ADHD**

## **Estrogen-Dopamine Interaction Assessment**

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
* Working memory function
* Emotional regulation
* Executive function
* Motivation level
* Energy level
* Sensory sensitivity
* Medication effectiveness (if applicable)

**Notes:**

* Days 1-5 (menstruation): Typically worst ADHD symptoms
* Days 6-11 (follicular): Often improving symptoms
* Days 12-16 (ovulation): Often best functioning
* Days 17-28 (luteal): Gradually worsening symptoms

## **Autistic Burnout Recognition Checklist**

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

### **Past Year Experiences**

* Loss of skills/abilities you previously had
* Increased difficulty managing sensory input
* Reduced tolerance for social interaction
* Increased difficulty masking autistic traits
* Extreme fatigue not relieved by rest
* Reduced executive function
* Increased meltdowns/shutdowns
* Difficulty communicating/finding words
* Increased need for sameness/routine
* Feeling "stuck" or unable to do previously manageable tasks

### **Potential Triggers**

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

## **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**

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

### **Professional/Academic Masking**

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

### **Personal Life Masking**

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

**Total Masking Score:** \_\_\_/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.

Structured Interview Questions for Assessment

# **Structured Interview Questions for Assessment**

These questions can help you prepare for a professional evaluation or better understand your traits. Consider recording your answers to share with a clinician.

## **Developmental History**

### **Early Childhood**

1. Were you described as an "easy" or "difficult" baby? What behaviors were noted?
2. Did you meet developmental milestones (walking, talking) early, on time, or late?
3. How would you describe your speech development?
4. Did you have any unusual interests or behaviors as a young child?
5. How did you play with toys (lining up, appropriate use, imaginative play)?
6. How did you interact with other children?
7. Were you described as "in your own world"?

### **School Years**

1. How would you describe your academic performance?
2. Did you have difficulty with any particular subjects or excelled in others?
3. How would teachers describe you in report cards?
4. Did you have friends? What were these friendships like?
5. Were there activities or subjects you were particularly passionate about?
6. Did you experience any sensory challenges at school?
7. How did you handle transitions between activities or classes?
8. Did you experience bullying or social exclusion?

## **Social Communication & Interaction**

1. How do you know when someone is interested in what you're saying?
2. How comfortable are you with maintaining eye contact?
3. Do you enjoy small talk? Why or why not?
4. How do you respond when someone is upset but doesn't explicitly say so?
5. How do you feel in group conversations versus one-on-one?
6. Do you use gestures when speaking? What kind?
7. How do you know when it's your turn to speak in a conversation?
8. Have you been told you're too blunt or direct?
9. Do you have any special interests that you know a lot about?
10. How do you feel after extended social interaction?

## **Restricted/Repetitive Behaviors & Sensory Processing**

1. Do you have routines that are important to you? What happens if they're disrupted?
2. Are there topics you're particularly interested in? How much time do you spend on them?
3. How do you arrange items in your environment? Is order important?
4. Are you sensitive to any sensory inputs (sounds, lights, textures, smells)?
5. Are there sensory experiences you seek out deliberately?
6. Do you find yourself repeating movements when excited, stressed, or concentrating?
7. How important is sameness and predictability to you?
8. Do you notice patterns that others miss?

## **Attention & Executive Function**

1. How do you manage tasks that don't interest you?
2. What happens to your attention when something does interest you?
3. How easy is it for you to transition between activities?
4. How do you organize your time?
5. Do you tend to be early, on time, or late to appointments?
6. How do you approach large projects or tasks?
7. Do you often lose or misplace items?
8. How do you handle interruptions when focused?
9. How would you describe your working memory?
10. Do you find yourself starting many projects but finishing few?

## **Emotional Regulation**

1. How intensely do you experience emotions?
2. How do you recognize what emotion you're feeling?
3. What happens when you feel overwhelmed?
4. How do you calm yourself when upset?
5. How do you respond to criticism or perceived rejection?
6. Do you experience emotional shutdowns? What do they look like?
7. How quickly do your emotions change?
8. Do you feel your emotional responses are different from others'?

## **Adaptive Strategies & Masking**

1. What situations make you feel you need to "put on an act"?
2. Have you studied how others behave to learn appropriate responses?
3. Do you rehearse what to say before social interactions?
4. How would close friends describe you versus casual acquaintances?
5. How do you feel after "being social" for extended periods?
6. Have you developed specific strategies to appear more "normal"?
7. Do you feel you show a different person to the world than who you are inside?
8. What age were you when you realized you might be different from peers?

## **Impact Assessment**

1. What areas of your life are most affected by your traits?
2. What accommodations have you created for yourself?
3. What are your greatest strengths that might relate to your neurotype?
4. What aspects of your experience would you most like support with?
5. How has your understanding of yourself changed over time?
6. What environmental factors make your symptoms better or worse?
7. How have you compensated for challenges throughout your life?
8. What would understanding your neurotype mean to you?