NHS
Providing NHS services

A short questionnaire about your child

Your child's SENCO has shared this with you because a few things at school suggest it may be worth looking at autism more closely.

What the AQ-10 is

The AQ-10 is a ten-question screening tool recommended by NICE. It is not a diagnosis. It gives your GP a clear, quick picture of the traits people notice most often in autistic children, in your own words.

How to fill it in

You know your child best. Answer each of the ten statements with your first instinct, thinking about how your child usually is rather than one particular day. Tick one box per statement. It takes about five minutes.

Which page to use

Use page 2 for children aged 4 to 11. Use page 3 for young people aged 12 to 15. Fill in one page only, and leave the other blank.

What happens next

Bring the completed form to your NHS GP appointment. It helps guide the conversation and supports a request for an autism assessment referral. Your GP will explain the options from there.

SCORING

Each shaded box on the form scores **1 point**; unshaded boxes score 0. Add the ticks that fall in shaded boxes to get a total out of 10. **A score of 6 or above** means a referral for a full autism assessment is worth considering. A lower score does not rule autism out — if you or the school still have concerns, say so at the appointment.

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AGES 4 TO 11

AQ-10 child questionnaire

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Child's name _____ Date of birth _____ Completed by (name and relationship to child) _____

Tick one box for each statement. Shaded boxes score 1 point.

		Definitely agree	Slightly agree	Slightly disagree	Definitely disagree
1	She or he often notices small sounds when others do not.	☐	☐	☐	☐
2	She or he usually concentrates more on the whole picture, rather than small details.	☐	☐	☐	☐
3	In a social group, she or he can easily keep track of several different people's conversations.	☐	☐	☐	☐
4	She or he finds it easy to go back and forth between different activities.	☐	☐	☐	☐
5	She or he does not know how to keep a conversation going with her or his peers.	☐	☐	☐	☐
6	She or he is good at social chit-chat.	☐	☐	☐	☐
7	When she or he is read a story, she or he finds it difficult to work out the character's intentions or feelings.	☐	☐	☐	☐
8	When she or he was in preschool, she or he used to enjoy playing games involving pretending with other children.	☐	☐	☐	☐
9	She or he finds it easy to work out what someone is thinking or feeling just by looking at their face.	☐	☐	☐	☐
10	She or he finds it hard to make new friends.	☐	☐	☐	☐

Add up the ticks that fall in shaded boxes. A score of 6 or above means an autism assessment referral is worth considering.

TOTAL ☐ / 10

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AGES 12 TO 15

AQ-10 adolescent questionnaire

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Young person's name _____ Date of birth _____ Completed by (name and relationship to young person) _____

Tick one box for each statement. Shaded boxes score 1 point.

		Definitely agree	Slightly agree	Slightly disagree	Definitely disagree
1	She or he notices patterns in things all the time.	☐	☐	☐	☐
2	She or he usually concentrates more on the whole picture, rather than small details.	☐	☐	☐	☐
3	In a social group, she or he can easily keep track of several different people's conversations.	☐	☐	☐	☐
4	If there is an interruption, she or he can switch back to what she or he was doing very quickly.	☐	☐	☐	☐
5	She or he frequently finds that she or he does not know how to keep a conversation going.	☐	☐	☐	☐
6	She or he is good at social chit-chat.	☐	☐	☐	☐
7	When she or he was younger, she or he used to enjoy playing games involving pretending with other children.	☐	☐	☐	☐
8	She or he finds it difficult to imagine what it would be like to be someone else.	☐	☐	☐	☐
9	She or he finds social situations easy.	☐	☐	☐	☐
10	She or he finds it hard to make new friends.	☐	☐	☐	☐

Add up the ticks that fall in shaded boxes. A score of 6 or above means an autism assessment referral is worth considering.

TOTAL ☐ / 10

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