



## Camouflaging Autistic Traits Questionnaire (CAT-Q)

### Instructions:

Please read each statement below and choose the answer that best fits your experiences during social interactions.

|    |   | Strongly Disagree | Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Agree | Strongly Agree |
|----|---|-------------------|----------|-------------------|----------------------------|----------------|-------|----------------|
| 1  | When I am interacting with someone, I deliberately copy their body language or facial expressions.                | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 2  | I monitor my body language or facial expressions so that I appear relaxed.  | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 3  | I rarely feel the need to put on an act in order to get through a social situation.                               | 7                 | 6        | 5                 | 4                          | 3              | 2     | 1              |
| 4  | I have developed a script to follow in social situations.   | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 5  | I will repeat phrases that I have heard others say in the exact same way that I first heard them.                 | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 6  | I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.  | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 7  | In social situations, I feel like I'm 'performing' rather than being myself.                                      | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 8  | In my own social interactions, I use behaviours that I have learned from watching other people interacting.       | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 9  | I always think about the impression I make on other people.   | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 10 | I need the support of other people in order to socialise.   | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 11 | I practice my facial expressions and body language to make sure they look natural.                                | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 12 | I don't feel the need to make eye contact with other people if I don't want to.                                   | 7                 | 6        | 5                 | 4                          | 3              | 2     | 1              |
| 13 | I have to force myself to interact with people when I am in social situations.                                    | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 14 | I have tried to improve my understanding of social skills by watching other people.                               | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 15 | I monitor my body language or facial expressions so that I appear interested by the person I am interacting with. | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 16 | When in social situations, I try to find ways to avoid interacting with others.                                   | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |



|    |  | Strongly Disagree | Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Agree | Strongly Agree |
|----|--|-------------------|----------|-------------------|----------------------------|----------------|-------|----------------|
| 17 | I have researched the rules of social interactions to improve my own social skills.                                | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 18 | I am always aware of the impression I make on other people.  | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 19 | I feel free to be myself when I am with other people.  | 7                 | 6        | 5                 | 4                          | 3              | 2     | 1              |
| 20 | I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.  | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 21 | I adjust my body language or facial expressions so that I appear relaxed.  | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 22 | When talking to other people, I feel like the conversation flows naturally.  | 7                 | 6        | 5                 | 4                          | 3              | 2     | 1              |
| 23 | I have spent time learning social skills from television shows and films, and try to use these in my interactions. | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |
| 24 | In social interactions, I do not pay attention to what my face or body are doing.                                  | 7                 | 6        | 5                 | 4                          | 3              | 2     | 1              |
| 25 | In social situations, I feel like I am pretending to be 'normal'.  | 1                 | 2        | 3                 | 4                          | 5              | 6     | 7              |

**Developer Reference:**

Hull, L., Mandy, W., Lai, M.-C., Baron-Cohen, S., Allison, C., Smith, P., & Petrides, K. V. (2019). Development and Validation of the Camouflaging Autistic Traits Questionnaire (CAT-Q). *Journal of Autism and Developmental Disorders*, 49(3), 819–833. <https://doi.org/10.1007/s10803-018-3792-6>

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