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