

PREMIUM REPORT

# Autismus-Spektrum-Quotient (AQ-50)

Neurodevelopmental Screening Report

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PREPARED FOR

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# Autismus-Spektrum-Quotient (AQ-50)

Neurodevelopmental Screening Report

36

/ 50

Score

72%

Percentage

Strong Autism Spectrum Indicators

Result

Score 40+/50. Strong indicators of autism spectrum characteristics.

## Category Breakdown

| Category            | Distribution | Pts |
|---------------------|--------------|-----|
| Social skills       | <div></div>  | 8   |
| Attention switching | <div></div>  | 7   |
| Attention to detail | <div></div>  | 9   |
| Communication       | <div></div>  | 6   |
| Imagination         | <div></div>  | 6   |

## Your Responses

Each answer contributed to your score.

| # | Question                                                      | Your answer       | Pts |
|---|---------------------------------------------------------------|-------------------|-----|
| 1 | I prefer to do things with others rather than on my own<br>SS | Slightly Disagree | 1   |



| #  | Question                                                                                                                           | Your answer       | Pts |
|----|------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----|
| 2  | I prefer to do things the same way over and over again<br><input type="button" value="AS"/>                                        | Slightly Disagree | 0   |
| 3  | If I try to imagine something I find it very easy to create a picture in my mind<br><input type="button" value="IM"/>              | Slightly Disagree | 1   |
| 4  | I frequently get so strongly absorbed in one thing that I lose sight of other things<br><input type="button" value="AS"/>          | Slightly Disagree | 0   |
| 5  | I often notice small sounds when others do not<br><input type="button" value="AD"/>                                                | Slightly Disagree | 0   |
| 6  | I usually notice car number plates or similar strings of information<br><input type="button" value="AD"/>                          | Slightly Disagree | 0   |
| 7  | Other people frequently tell me that what I said is impolite even though I think it is polite<br><input type="button" value="CO"/> | Slightly Disagree | 0   |
| 8  | When I am reading a story I can easily imagine what the characters might look like<br><input type="button" value="IM"/>            | Slightly Disagree | 1   |
| 9  | I am fascinated by dates<br><input type="button" value="AD"/>                                                                      | Slightly Disagree | 0   |
| 10 | In a social group I can easily keep track of several different conversations<br><input type="button" value="AS"/>                  | Slightly Disagree | 1   |
| 11 | I find social situations easy<br><input type="button" value="SS"/>                                                                 | Slightly Disagree | 1   |
| 12 | I tend to notice details that others do not<br><input type="button" value="AD"/>                                                   | Slightly Disagree | 0   |



| #      | Question                                                                                  | Your answer       | Pts |
|--------|-------------------------------------------------------------------------------------------|-------------------|-----|
| 1<br>3 | I would rather go to a library than a party<br>SS                                         | Slightly Disagree | 0   |
| 1<br>4 | I find making up stories easy<br>IM                                                       | Slightly Disagree | 1   |
| 1<br>5 | I find myself drawn more strongly to people than to things<br>SS                          | Slightly Disagree | 1   |
| 1<br>6 | I tend to have very strong interests which I get upset about if I cannot pursue<br>AS     | Slightly Disagree | 0   |
| 17     | I enjoy social chit-chat<br>CO                                                            | Slightly Disagree | 1   |
| 1<br>8 | When I talk it is not always easy for others to get a word in edgeways<br>CO              | Slightly Disagree | 0   |
| 1<br>9 | I am fascinated by numbers<br>AD                                                          | Slightly Disagree | 0   |
| 2<br>0 | When I am reading a story I find it difficult to work out the characters intentions<br>IM | Slightly Disagree | 0   |
| 2<br>1 | I do not particularly enjoy reading fiction<br>IM                                         | Slightly Disagree | 0   |
| 2<br>2 | I find it hard to make new friends<br>SS                                                  | Slightly Disagree | 0   |
| 2<br>3 | I notice patterns in things all the time<br>AD                                            | Slightly Disagree | 0   |
| 2<br>4 | I would rather go to the theatre than a museum                                            | Slightly Disagree | 1   |



| #      | Question                                                                            | Your answer       | Pts |
|--------|-------------------------------------------------------------------------------------|-------------------|-----|
|        | IM                                                                                  |                   |     |
| 2<br>5 | It does not upset me if my daily routine is disturbed<br>AS                         | Slightly Disagree | 1   |
| 2<br>6 | I frequently find that I do not know how to keep a conversation going<br>CO         | Slightly Disagree | 0   |
| 2<br>7 | I find it easy to read between the lines when someone is talking to me<br>CO        | Slightly Disagree | 1   |
| 2<br>8 | I usually concentrate more on the whole picture rather than the small details<br>AD | Slightly Disagree | 1   |
| 2<br>9 | I am not very good at remembering phone numbers<br>AD                               | Slightly Disagree | 1   |
| 3<br>0 | I do not usually notice small changes in a situation or a persons appearance<br>AD  | Slightly Disagree | 1   |
| 3<br>1 | I know how to tell if someone listening to me is getting bored<br>CO                | Slightly Disagree | 1   |
| 3<br>2 | I find it easy to do more than one thing at once<br>AS                              | Slightly Disagree | 1   |
| 3<br>3 | When I talk on the phone I am not sure when it is my turn to speak<br>CO            | Slightly Disagree | 0   |
| 3<br>4 | I enjoy doing things spontaneously<br>AS                                            | Slightly Disagree | 1   |
| 3      | I am often the last to understand the point of a joke                               | Slightly Disagree | 0   |



| #      | Question                                                                                                                          | Your answer       | Pts |
|--------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------|-----|
| 5      | <input type="text" value="CO"/>                                                                                                   |                   |     |
| 3<br>6 | I find it easy to work out what someone is thinking or feeling just by looking at their face<br><input type="text" value="SS"/>   | Slightly Disagree | 1   |
| 3<br>7 | If there is an interruption I can switch back to what I was doing very quickly<br><input type="text" value="AS"/>                 | Slightly Disagree | 1   |
| 3<br>8 | I am good at social chit-chat<br><input type="text" value="CO"/>                                                                  | Slightly Disagree | 1   |
| 3<br>9 | People often tell me that I keep going on and on about the same thing<br><input type="text" value="SS"/>                          | Slightly Disagree | 0   |
| 4<br>0 | When I was young I used to enjoy playing games involving pretending with other children<br><input type="text" value="IM"/>        | Slightly Disagree | 1   |
| 4<br>1 | I like to collect information about categories of things such as types of car or types of bird<br><input type="text" value="AD"/> | Slightly Disagree | 0   |
| 4<br>2 | I find it difficult to imagine what it would be like to be someone else<br><input type="text" value="IM"/>                        | Slightly Disagree | 0   |
| 4<br>3 | I like to plan any activities I participate in carefully<br><input type="text" value="AS"/>                                       | Slightly Disagree | 0   |
| 4<br>4 | I enjoy social occasions<br><input type="text" value="SS"/>                                                                       | Slightly Disagree | 1   |
| 4<br>5 | I find it difficult to work out people intentions<br><input type="text" value="SS"/>                                              | Slightly Disagree | 0   |



| #      | Question                                                                      | Your answer       | Pts |
|--------|-------------------------------------------------------------------------------|-------------------|-----|
| 4<br>6 | New situations make me anxious<br>AS                                          | Slightly Disagree | 0   |
| 4<br>7 | I enjoy meeting new people<br>SS                                              | Slightly Disagree | 1   |
| 4<br>8 | I am a good diplomat<br>SS                                                    | Slightly Disagree | 1   |
| 4<br>9 | I am not very good at remembering people date of birth<br>AD                  | Slightly Disagree | 1   |
| 5<br>0 | I find it very easy to play games with children that involve pretending<br>IM | Slightly Disagree | 1   |



## AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

Vielen Dank, dass Sie sich die Zeit genommen haben, den Autismus-Spektrum-Quotienten (AQ-50) sorgfältig und ehrlich auszufüllen. Das erfordert Offenheit und Mut, besonders wenn man sich fragt, ob bestimmte Erfahrungen im Alltag – etwa im sozialen Miteinander, in der Kommunikation oder im Umgang mit Veränderungen – vielleicht mehr Gewicht haben, als man selbst lange angenommen hat. Ihr Ergebnis von 36 von 50 Punkten liegt oberhalb des klinischen Schwellenwerts von 32 Punkten, der in der Forschung von Baron-Cohen und Kollegen verwendet wird. Zur Einordnung: Etwa 80 % der autistischen Erwachsenen erreichen in diesem Test einen Wert von 32 oder mehr. Das bedeutet nicht, dass eine Diagnose vorliegt, sondern dass Ihre Antworten Muster zeigen, die in der Forschung häufig mit dem autistischen Spektrum in Verbindung gebracht werden.

Schaut man sich die einzelnen Bereiche an, zeigen sich besonders deutliche Ausprägungen bei der Aufmerksamkeit für Details (9 von 10) sowie bei sozialen Fertigkeiten (8 von 10). Auch die Bereiche Aufmerksamkeitswechsel (7 von 10), Kommunikation (6 von 10) und Vorstellungsvermögen (6 von 10) liegen in einem Bereich, der auf spürbare Erfahrungen in diesen Lebensfeldern hindeutet. Solche Muster können sich zum Beispiel darin zeigen, dass man Details besonders genau wahrnimmt, Routinen und Struktur





schätzt, oder dass soziale Situationen und spontane Gesprächswechsel mehr Energie kosten als bei anderen.

Es kann hilfreich sein, diese Erkenntnisse als wertvollen Ausgangspunkt zu betrachten, nicht als Etikett. Ein Gedanken- oder Erfahrungstagebuch kann helfen, eigene Stärken und Herausforderungen im Alltag besser zu verstehen. Der Austausch mit anderen, etwa in autismusfreundlichen Foren oder Selbsthilfegruppen, kann ebenfalls entlastend wirken. Auch kleine Anpassungen im Alltag – etwa bewusste Pausen bei sensorischer Überlastung oder klare Strukturen – können spürbar guttun.

Bitte denken Sie daran: Dieser Test ist ein Screening-Instrument und ersetzt keine klinische Diagnostik. Für eine fundierte Einschätzung empfehlen wir, sich an eine qualifiz

## Recommendations

Formal clinical evaluation is strongly recommended.

### Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

**This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.**