

PREMIUM REPORT

Autism-Spectrum Quotient (AQ-10)

Neurodevelopmental Screening Report

PREPARED FOR

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Autism-Spectrum Quotient (AQ-10)

Neurodevelopmental Screening Report

30

/ 40

Score

75%

Percentage

Significant Autism Spectrum Indicators

Result

Your AQ-10 score falls in the higher range, indicating significant autistic trait patterns. The AQ-10 has been validated as a screening tool, and a score in this range

Category Breakdown

Category	Distribution	Pts
Social reciprocity		8
Communication		7
Restricted interests		9
Sensory		6

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	I often notice small sounds when others do not. Social	Slightly Disagree	2
2	I usually concentrate more on the whole picture, rather than the small details.	Slightly Disagree	2



#	Question	Your answer	Pts
	Attention		
3	I find it easy to do more than one thing at once. Communication	Slightly Disagree	2
4	If there is an interruption, I can switch back to what I was doing very quickly. Attention	Slightly Disagree	2
5	I find it easy to read between the lines when someone is talking to me. Social	Slightly Disagree	2
6	I know how to tell if someone listening to me is getting bored. Social	Slightly Disagree	2
7	When I am reading a story I find it difficult to work out the characters' intentions. Communication	Slightly Disagree	2
8	I like to collect information about categories of things (e.g. types of car, bird, train, plant etc.). Attention	Slightly Disagree	2
9	I find it easy to work out what someone is thinking or feeling just by looking at their face. Imagination	Slightly Disagree	2
10	I find it difficult to work out people's intentions. Social	Slightly Disagree	2



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

Thank you for taking the time to complete this screening tool and for your willingness to explore your own



patterns of thinking, relating, and experiencing the world. Whatever led you here—curiosity, a sense of recognition, or encouragement from someone who cares about you—that openness matters. Many people find this kind of self-reflection both illuminating and, at times, emotionally complex. Please know that whatever you're feeling right now, whether relief, validation, uncertainty, or even a little anxiety, those reactions are entirely normal and shared by countless others who have walked this same path of self-discovery.

Your results indicate significant indicators across several areas commonly associated with the autism spectrum, with particularly notable patterns in restricted interests and social reciprocity, alongside meaningful scores in communication and sensory experiences. In plain terms, this suggests that your responses reflect ways of thinking, focusing, and interacting that align closely with traits often described within autism research. It's worth remembering that this tool measures tendencies and self-reported experiences—it is not a diagnostic instrument, and a score like this doesn't define who you are or place limits on your potential. It simply offers a window into patterns worth understanding more deeply.

Moving forward, consider keeping a personal journal noting situations where these traits feel most present, whether in sensory environments, social settings, or moments of deep focus on specific interests. This can help you build language around your own experience and identify what genuinely supports your wellbeing. It may also help to connect with autism-related communities, whether online or local, where lived experiences are shared generously and without judgment. Additionally, exploring accommodations or strategies that work well for your particular sensory or communication style, even informally, can bring immediate, practical relief.

Most importantly, please consider reaching out to a qualified professional, such as a psychologist or specialist experienced in adult autism assessment, who can offer a thorough, personalized evaluation. This screening is simply a starting point, not a final word, and professional guidance can open doors to deeper self-understanding, appropriate support, and a clearer path forward. You deserve compassionate, informed care, and there is real hope in taking this next step toward clarity.

Recommendations

We recommend seeking a formal assessment from a clinical psychologist or psychiatrist specializing in autism. A diagnosis can open doors to appropriate support, accommodations, and community resources.



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.