

Autistic Camouflaging (CAT-Q)

Neurodevelopmental Screening Report

87
/ 175

Score

50%

Percentage

Low Camouflaging

Result

Your responses suggest low levels of autistic camouflaging. You appear relatively comfortable expressing yourself authentically in social contexts.

Your Responses

Each answer contributed to your score.

| # | Question | Your answer | Pts |
|---|---|----------------------------|-----|
| 1 | I have developed a script to follow in social situations Compensation | Neither agree nor disagree | 3 |
| 2 | I have learned what behaviors are expected of me in social situations by watching others Compensation | Slightly disagree | 2 |
| 3 | I monitor my own body language or facial expressions to ensure they fit with what is expected Compensation | Slightly disagree | 2 |
| 4 | I have practiced my facial expressions and body language to seem more natural Compensation | Neither agree nor disagree | 3 |
| 5 | I have to consciously plan what topics to bring up in conversations Compensation | Slightly disagree | 2 |
| 6 | I learn social skills by studying characters in fiction (books, TV, films) | Slightly disagree | 2 |

| # | Question | Your answer | Pts |
|----|---|----------------------------|-----|
| | Compensation | | |
| 7 | I rely on certain phrases or topics as a backup when I can't think of anything to say Compensation | Neither agree nor disagree | 3 |
| 8 | When I am in social situations, I try to find the rules so I can follow them Compensation | Neither agree nor disagree | 3 |
| 9 | I adjust my behavior based on which social situation I am in, in order to fit in Compensation | Slightly disagree | 2 |
| 10 | I try to act like I think people expect me to act Assimilation | Neither agree nor disagree | 3 |
| 11 | I act differently in different social situations to fit in with the group I am with Assimilation | Slightly disagree | 2 |
| 12 | I observe others to identify the social rules in different situations Assimilation | Slightly disagree | 2 |
| 13 | I can talk in depth about my interests but I know I have to be careful not to bore others Assimilation | Neither agree nor disagree | 3 |
| 14 | I copy the behavior and mannerisms of others to fit in Assimilation | Slightly disagree | 2 |
| 15 | I read books or watch videos about social situations to learn how to behave Assimilation | Neither agree nor disagree | 3 |
| 16 | I work hard to make sure that my opinions and interests are perceived as normal Assimilation | Slightly disagree | 2 |
| 17 | I work out what to say in social situations by thinking through | Neither agree nor disagree | 3 |

| # | Question | Your answer | Pts |
|----|---|----------------------------|-----|
| 7 | what the other person might be thinking <input type="text" value="Assimilation"/> | | |
| 18 | I hide my unusual habits to avoid being perceived as weird <input type="text" value="Masking"/> | Slightly disagree | 2 |
| 19 | I always make sure to look people in the eye, even if I find it uncomfortable <input type="text" value="Masking"/> | Neither agree nor disagree | 3 |
| 20 | I force myself to make physical contact (e.g. handshakes) even when I find it uncomfortable <input type="text" value="Masking"/> | Neither agree nor disagree | 3 |
| 21 | I control my physical movements or vocal sounds to appear 'normal' in public <input type="text" value="Masking"/> | Neither agree nor disagree | 3 |
| 22 | I pretend to be more interested in topics that other people want to talk about than I actually am <input type="text" value="Masking"/> | Slightly disagree | 2 |
| 23 | I do not reveal personal details about myself, as I do not want to seem 'different' <input type="text" value="Masking"/> | Slightly disagree | 2 |
| 24 | I suppress certain behaviors (e.g. repetitive movements) in public to avoid standing out <input type="text" value="Masking"/> | Neither agree nor disagree | 3 |
| 25 | I spend a lot of mental energy managing how I appear to others in social situations <input type="text" value="Masking"/> | Neither agree nor disagree | 3 |



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

This is a sample preview of the AI-powered narrative report you receive after completing the CATQ screening. The full report is generated by Claude AI based on your specific answer pattern across every item, producing a personalized interpretation that goes well beyond the raw score. Your example score sits in the middle of the distribution, which means roughly half of respondents score higher and half score lower. This is a useful baseline for interpreting clinical thresholds: a score in this range is neither minimal nor clinically elevated, and the meaning depends heavily on context — your age, life circumstances, recent stressors, and the specific questions you endorsed most strongly. In a real report, this section would highlight the two or three items you rated highest and explain why they matter clinically. It would point to the validated cut-off for this instrument, compare your pattern to the relevant peer group, and discuss the most common reasons people score at your level. When subscale scores are available (for example, attention versus impulsivity, or social versus sensory dimensions), the narrative breaks down each cluster and identifies which one is driving your overall score. Practical recommendations follow: lifestyle adjustments backed by recent research, when to consider a professional evaluation, and which specialist is best placed to follow up — primary care, psychologist, psychiatrist, occupational therapist, or sleep clinic depending on the test. The report also lists the published reference for the instrument so you or your clinician can verify the methodology. This screening is not a diagnosis. It is a structured starting point for a conversation with a qualified professional.

Recommendations

Low camouflaging can reflect genuine comfort in social situations, or lower levels of autistic traits. This is a healthy result that suggests less need to expend energy on social masking.

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.