



## AUTISM SPECTRUM DISORDER (ASD) CHECKLIST

This checklist is designed as a measure of disorder symptomatology. It must be interpreted in the context of individual client circumstances and as such should be used only in combination with a comprehensive medical and clinical assessment. It is **NOT** a stand-alone diagnostic tool.

**ASD** is characterised by symptoms from the following categories

### A) Social and Communication Deficits

- ☐ Problems understanding and responding to emotions in social settings (e.g. unusual social interactions, reduced sharing of emotional experiences, failure to initiate or respond to social interactions).
- ☐ Difficulties with nonverbal communication in social situations (e.g. unusual body language when communicating, abnormal eye contact patterns, poor understanding of nonverbal behaviour).
- ☐ Problems developing, maintaining and understanding relationships (e.g. difficulties adjusting behaviour in different social settings, lack of interest in or understanding of peers and social play activities).

### B) Restricted, Repetitive Behaviours

- ☐ Stereotyped or repetitive behaviours (e.g. lining up toys, repeating irrelevant words and phrases, repetitive actions such as tapping feet).
- ☐ Inflexible demands for sameness in one's environment and schedule (e.g. extreme distress at small changes, rigid thought patterns).
- ☐ Highly restricted, fixated interests that are unusually intense or focused (e.g. extreme obsessions with unusual objects, games or films).
- ☐ Unusually sensitivity or insensitivity to sensory input or unusual interest in touching and feeling certain aspects of the environment (e.g. excessive smelling or touching of objects and surfaces).

If a child has experienced **all symptoms from category A and at least 2 symptoms from category B** during their **early developmental period and beyond**, they may meet criteria for an **ASD** diagnosis.

In this case, it is recommended that they be referred to a psychologist for a more comprehensive assessment. To book an appointment with a psychologist, contact Strategic Psychology at [strategicpsychology.com.au](http://strategicpsychology.com.au).

#### Reference:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)*. Washington, D.C.: American Psychiatric Association.

