

Self-Reflection Tools & Screening Questionnaires

TL;DR · QUICK SUMMARY

- Screening questionnaires can help you reflect and put language to your experience; they don't provide a diagnosis.
- Several validated tools are freely available online and commonly used as a starting point.
- Results are a prompt for further conversation, not a final answer.
- A qualified professional is needed for any formal diagnosis.

A Note Before You Read On

This resource offers general guidance and reflects common experience, not professional, legal, medical or financial advice. It is not a substitute for employment law, HR policy, occupational health guidance, or individual professional assessment. Every person's experience of neurodivergence is different, so please adapt anything here to your own situation. The Uniquely Wired Network does not accept liability for decisions, actions or outcomes arising from the use of this material. If you need advice specific to your circumstances, please consult a qualified professional (e.g. HR, legal, medical, or financial advisor).

Why This Matters

Self-reflection tools can validate your experience, help you prepare for a GP conversation, and build vocabulary for what you're noticing.

Used the wrong way (as a definitive verdict) they can create false certainty in either direction, so it helps to know their real purpose.

What This Might Look Like

- Completing a well-known online questionnaire and recognising a lot of yourself in the results.
- Feeling validated by a high score, or confused by a low one that doesn't match your lived experience.

- Using questionnaire results to help explain your experience to a GP or loved one.

Commonly Used Self-Report Tools

These are widely used starting points. Search for the official version rather than unofficial copies, as wording and scoring can vary.

AQ-10 / AQ (Autism Spectrum Quotient)

- A short self-report tool exploring autistic traits, developed at the Autism Research Centre, Cambridge.

RAADS-R

- A longer self-report questionnaire covering social, language and sensory-motor traits associated with autism.

CAT-Q (Camouflaging Autistic Traits Questionnaire)

- Explores masking and camouflaging behaviours specifically, useful if you suspect a masked presentation.

ASRS v1.1 (Adult ADHD Self-Report Scale)

- A World Health Organization-developed screener for adult ADHD traits, often used by GPs as a first step.

DIVA-5

- A structured diagnostic interview for adult ADHD, typically used by clinicians rather than for self-screening.

How to Use These Tools Well

- Use official, validated versions rather than random online quizzes.
- Treat results as a conversation starter, not a diagnosis.
- Notice patterns across several tools and over time, rather than relying on one score.
- Bring your results to a GP appointment if you're pursuing formal assessment; most clinicians find this helpful context.

Helpful Phrases You Can Borrow

You don't have to use these exact words. Take what fits and leave the rest.

"I completed a couple of validated screening questionnaires and scored highly on both. I'd like to talk about what a next step might look like."

"I know these tools aren't diagnostic, but they matched my experience closely, which is part of why I wanted to explore this further."

Quick Tips

- A high score suggests it's worth exploring further; it isn't a diagnosis.
- A low score doesn't rule anything out, especially if you mask heavily.
- Stick to official, research-backed questionnaires where possible.
- It's fine to complete a tool more than once, in different moods or contexts.
- Bring results to your GP appointment; they're used to seeing this.
- These tools support self-understanding either with or without a future diagnosis.

Want to Know More?

- The Autism Research Centre (Cambridge) hosts several official questionnaires, including the AQ.
- See our companion guide: "How to Seek a Diagnosis in the UK" for what comes next.
- A GP can point you toward locally recommended screening resources too.

Before You Go

Whatever your results show, your lived experience is the most important piece of information; questionnaires are just one tool to help describe it.

There's no "right" score. This is about understanding yourself, at whatever pace suits you.