

**Checklist for Asperger's
Syndrome**

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Checklist for Asperger's Syndrome

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There is a certain set of symptoms common to Aspergers. However, each case of Aspergers is unique and not everyone experiences the same combination of symptoms. Here is a basic checklist to help identify Asperger's Syndrome.

Social Interaction Difficulties

A person with Aspergers may have difficulty with the following aspects of social interaction:

General social skills: He/she wants to socialise with others but does not understand how to interact. **YES NO**

Relating to others: He/she does not understand other's emotions or social responses accurately in a group situation. He/she may not understand if an activity or conversation is boring or upsetting to another person. **YES NO**

Difficulty playing with others: He/she may not understand how to initiate play with his/her peers or how to play by common social rules. For example, he/she may take a ball from a group of children playing a game without asking to join the game first. He/she will not return the ball if they ask for the ball back. **YES NO**

Problems with two-way conversation: He/she has trouble with initiating and maintaining a two-way conversation. He/she may appear to talk at someone than with him. Conversation topics may focus on an obsessive interest. He/she speaks inappropriately such as talking too loudly or softly. **YES NO**

Inability to understand common social cues: He/she may not comprehend common social cues such as facial expressions, body language or gestures. **YES NO**

Rigid range of interests for social interaction: He/she will only engage in a narrow range of activities or talk about certain subjects. **YES NO**

Inappropriate responses: He/she may behave or respond to social situations in an unusual or inappropriate manner. For example, an affected person may laugh at something sad. **YES NO**

Communication Problems

An affected person experiences a number of communication difficulties. Communication problems can include the following symptoms:

Eye contact: He/s may not make eye contact. **YES NO**

Unusual gestures: He/she might make unusual or inappropriate gestures during conversation. **YES NO**

Facial expression: Facial expressions are either absent or inappropriate to the conversation or situation. He/she may have facial tics. **YES NO**

Personal space issues: He/she might stand too close to a person during conversation. **YES NO**

Monotone speech: He/she may speak in a monotone voice, without expression or emotion. **YES NO**

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Easily distracted: He/she has trouble concentrating his attention on people and objects that are not connected with his favourite subjects. **YES NO**

Language Skill Challenges

A person with Aspergers generally has a large vocabulary but experiences problems with language processing. Problems with social communication may include:

Trouble with language use: He/she has trouble using language appropriately in social situations. He/she may also misunderstand common word meanings. **YES NO**

Unusual use of words: He/she may use words in an unusual way or create her own words. **YES NO**

Language rituals: He/she might have certain word scripts that he/she repeats ritualistically in conversation with others. **YES NO**

Difficulty processing language: He/she does not always understand the verbal speech or misunderstands the meaning of a conversation. He/she may have trouble making a decision or answering a question. **YES NO**

Literal interpretation of words: He/she interprets most language on a literal level and misses abstract meanings. **YES NO**

Cognitive and Motor Skill Impairments

Cognitive and motor skill problems are also common in Aspergers. Typical cognitive and motor skill issues include:

Mind blindness: He/she has mind blindness, meaning he/she cannot determine what others are thinking and feeling in social situations or in relationships. **YES NO**

Problem-solving issues: He/she has trouble figuring out how to solve problems outside of his routine. **YES NO**

Organisational skills difficulties: He/she experiences difficulty with planning, implementing and completing tasks. **YES NO**

Difficulty with imaginative play: He/she does not engage in imaginative play as a child. **YES NO**

Visually: He/she has trouble learning without visual aids. **YES NO**

Problems with coordination: He/she may have problems with both fine and gross motor skills. Common examples of motor skill difficulty include bike riding, handwriting and playing ball games. **YES NO**

Limited Interests and Unusual Behaviour

An affected person often has a limited range of interest and may exhibit bizarre behaviour. Interests and behaviour may include:

Strict schedule: He/she prefers a rigid schedule and experiences anxiety when the schedule is interrupted. **YES NO**

Narrow range of interests and obsessions: He/she is intensely interested in a small number of activities and subjects and refuses to engage in other activities. **YES NO**

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Self-stimulatory behaviour: He/she may engage in "stimming" behaviour such as hand flapping, rocking back and forth or twirling. **YES NO**

Sensory Input Issues

Many people with Aspergers have sensory difficulties and may have unusual reactions to certain sights, smells, sounds or tastes. Sensory problems include:

Odours: He/she may react strongly to certain smells. **YES NO**

Sounds: He/she might be hypersensitive to different sounds. **YES NO**

Touch: He/she may not want to be touched. **YES NO**

Limited food choices: He/she may choose and reject foods based upon smell or texture. **YES NO**

A majority of positives on this checklist indicates that referral for a more in depth assessment is desirable