



Deenz Autism Spectrum Profile Assessment Scale (DASPAS) Questionnaire

Instructions

Deenz Autism Spectrum Profile Assessment Scale (DASPAS) contains 42 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	I find it hard to make friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I often feel left out in social situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I prefer spending time alone rather than socializing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I struggle to understand what people mean during conversations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I find it difficult to maintain conversations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I have trouble understanding body language or facial expressions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Certain sounds, lights, smells, or textures bother me more than they bother other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I feel overwhelmed in noisy or crowded environments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
9	I avoid certain sensory experiences because they feel uncomfortable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I find it difficult when plans suddenly change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I become upset when things do not go as expected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I prefer doing things in familiar ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I like following the same routine every day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I feel uncomfortable when my routines are disrupted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Having predictable routines helps me feel secure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I repeat certain movements, words, or behaviors.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I often find myself doing the same things repeatedly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I enjoy repetitive activities more than most people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I experience emotions very intensely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I become emotionally overwhelmed easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Other people's emotions affect me strongly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	I often feel worried or nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I become anxious in unfamiliar situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
24	I worry about things more than most people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	I sometimes find it difficult to understand how other people feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	I struggle to know how to respond when someone is upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	I find emotional situations confusing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	I have difficulty with coordination or physical tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	I often feel clumsy compared to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	Tasks requiring precise movements can be difficult for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	I find it hard to stay focused on tasks that do not interest me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	I become distracted easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	I have difficulty shifting my attention between tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	Moving from one activity to another can be stressful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	I need time to adjust when plans change.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	I become frustrated during transitions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	I find it difficult to express my feelings clearly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
38	I struggle to put my thoughts into words.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39	People sometimes misunderstand what I am trying to say.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40	I have interests that I focus on intensely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41	I spend a lot of time learning about topics that interest me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42	My interests are often more important to me than other activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Dimension Scoring Keys

Dimension	Items	Number of Items
Socialization	1, 2, 3	3
Communication	4, 5, 6	3
Sensory	7, 8, 9	3
Flexibility	10, 11, 12	3
Routine	13, 14, 15	3
Repetition	16, 17, 18	3
Emotional Sensitivity	19, 20, 21	3
Anxiety	22, 23, 24	3
Empathy	25, 26, 27	3
Motor	28, 29, 30	3
Attention	31, 32, 33	3
Transition	34, 35, 36	3
Expression	37, 38, 39	3
Special Interests	40, 41, 42	3

Raw Score Ranges

Scale	Items	Possible Range
Socialization	3	0–12
Communication	3	0–12
Sensory	3	0–12
Flexibility	3	0–12
Routine	3	0–12
Repetition	3	0–12
Emotional Sensitivity	3	0–12
Anxiety	3	0–12
Empathy	3	0–12
Motor	3	0–12
Attention	3	0–12
Transition	3	0–12
Expression	3	0–12
Special Interests	3	0–12
Overall Score	42	0–168

Source

Development and Validity of Deenz Autism Spectrum Profile Assessment Scale (DASPAS) [[Preprint](#)]

Prepared by [Drdeenz](#)

Interactive Version: [Deenz Autism Spectrum Profile Assessment Scale \(DASPAS\)](#)