



Extreme Demand Avoidance Questionnaire (EDAQ) Questionnaire

Instructions

Extreme Demand Avoidance Questionnaire (EDAQ) contains 24 items rated on a 4-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Never (0)	Sometimes (1)	Often (2)	Always (3)
1	I feel angry or sad if I can't avoid something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I run away or hide to avoid things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I act silly or wild to get out of tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I make excuses to avoid things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	I want to make the rules.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I shout or scream when I feel forced.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I break rules when I don't want to do something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I get upset if I can't choose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I try to make others do things for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I think about bad things that might happen if I try.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Never (0)	Sometimes (1)	Often (2)	Always (3)
11	I daydream instead of doing things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I like to be the one in charge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	I want things my way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I like being around people who do the hard parts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I pretend I don't know what to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I worry when I have to do something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I prefer doing things only if others are doing them too.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I act friendly so people let me skip tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I don't like doing what people tell me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	I ignore people when they ask me to do something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	I pretend to be busy with something else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	I act like I'm doing something important so I'm not asked.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I panic when things are too hard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	I get lost in my imagination when I should be working.	<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
Reactivity	1, 6	2
Resistance	2, 3, 4, 7, 19, 20	6
Control	5, 8, 12, 13	4
Social Influence	9, 14, 15, 17, 18	5
Anxiety	10, 16, 23	3
Imagination	11, 21, 22, 24	4

Raw Score Ranges

Scale	Items	Possible Range
Reactivity	2	0–6
Resistance	6	0–18
Control	4	0–12
Social Influence	5	0–15
Anxiety	3	0–9
Imagination	4	0–12
Overall Score	24	0–72

Source

O'Nions, E., Happé, F., Viding, E. et al. Extreme Demand Avoidance in Children with Autism Spectrum Disorder (EDA-QA) <a href="https://doi.org/10.1007/s41252-021-00203-z"[Research Paper]

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Interactive Version: [Extreme Demand Avoidance Questionnaire \(EDAQ\)](#)