**Introduction**  
The Autism-Spectrum Quotient (AQ) Test is a self-administered questionnaire developed to assess the presence of Autism-Spectrum traits in adults. Created by Simon Baron-Cohen and his team at the Cambridge Autism Research Centre, the AQ was introduced to the academic community through a study published in 2001. This study, titled *The Autism Spectrum Quotient (AQ): Evidence from Asperger syndrome/high-functioning autism, males and females, scientists and mathematicians*, has since been widely referenced in both clinical and research settings. The AQ provides individuals with a means to evaluate their own behaviours and preferences through a series of questions, aiming to quantify traits associated with the Autism Spectrum.

Since its inception, the AQ has undergone numerous validations through subsequent research efforts, solidifying its place as a reliable tool for identifying traits consistent with the Autism Spectrum. Its design allows for a broad application, encompassing clinical diagnostics as well as academic research. The questionnaire’s structure facilitates an introspective look into the respondent's social interaction, communication patterns, imagination, attention to detail, and tolerance for change. Through its comprehensive approach, the AQ helps to bridge the gap between personal self-reflection and professional assessment, offering a preliminary gauge of Autism-Spectrum traits.

The utility of the AQ extends beyond its initial diagnostic purpose. In clinical settings, it serves as a valuable preliminary screening tool, guiding healthcare professionals in determining the need for further, more detailed assessments. In the realm of research, the AQ provides a standardised measure for studying Autism-Spectrum traits across various populations, including gender differences and the prevalence of traits among certain professional groups. Its ease of use, combined with the depth of insight it offers, makes the AQ an effective instrument for expanding the understanding of autism spectrum conditions.

The AQ's accessibility contributes significantly to its widespread use. By allowing individuals to conduct a self-assessment, it promotes greater self-awareness and can facilitate the decision to seek professional evaluation. The questionnaire's straightforward format and the relevance of its content to everyday behaviours and experiences enhance its applicability to a diverse adult population. This aspect of the AQ underscores the importance of accessible tools in the broader effort to recognise and support individuals with Autism-Spectrum conditions.

As a bridge between self-assessment and professional evaluation, the AQ plays an important role in the early identification and support of individuals exhibiting Autism-Spectrum traits. Through its continued use in both clinical and research contexts, the AQ contributes to a deeper understanding of the Autism Spectrum, enhancing the capacity for empathy, support, and intervention.

**Instructions**  
For each statement on the link, choose one response that best describes how strongly that statement applies to you.