

CAT-Q Test

1. When I am interacting with someone, I deliberately copy their body language or facial expressions.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

2. I monitor my body language or facial expressions so that I appear relaxed.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

3. I rarely feel the need to put on an act in order to get through a social situation.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

4. I have developed a script to follow in social situations.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

5. I will repeat phrases that I have heard others say in the exact same way that I first heard them.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

6. I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

7. In social situations, I feel like I'm 'performing' rather than being myself.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

8. In my own social interactions, I use behaviours that I have learned from watching other people interacting.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

9. I always think about the impression I make on other people.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

10. I need the support of other people in order to socialise.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

11. I practice my facial expressions and body language to make sure they look natural.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

12. I don't feel the need to make eye contact with other people if I don't want to.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

13. I have to force myself to interact with people when I am in social situations.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

14. I have tried to improve my understanding of social skills by watching other people.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

15. I monitor my body language or facial expressions so that I appear interested by the person I am interacting with.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

16. When in social situations, I try to find ways to avoid interacting with others.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

17. I have researched the rules of social interactions to improve my own social skills.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

18. I am always aware of the impression I make on other people.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

19. I feel free to be myself when I am with other people.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

20. I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

21. I adjust my body language or facial expressions so that I appear relaxed.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

22. When talking to other people, I feel like the conversation flows naturally.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

23. I have spent time learning social skills from television shows and films, and try to use these in my interactions.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

24. In social interactions, I do not pay attention to what my face or body are doing.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree

25. In social situations, I feel like I am pretending to be 'normal'.

1.

Strongly Disagree

2.

Disagree

3.

Neither Agree nor
Disagree

4.

Agree

5.

Strongly Agree