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