



### Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	8 February 2001 (21)

### Assessment Information

<i>Assessment</i>	Camouflaging Autistic Traits Questionnaire (CAT-Q)
<i>Date administered</i>	19 May 2022
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	1 minutes 28 seconds

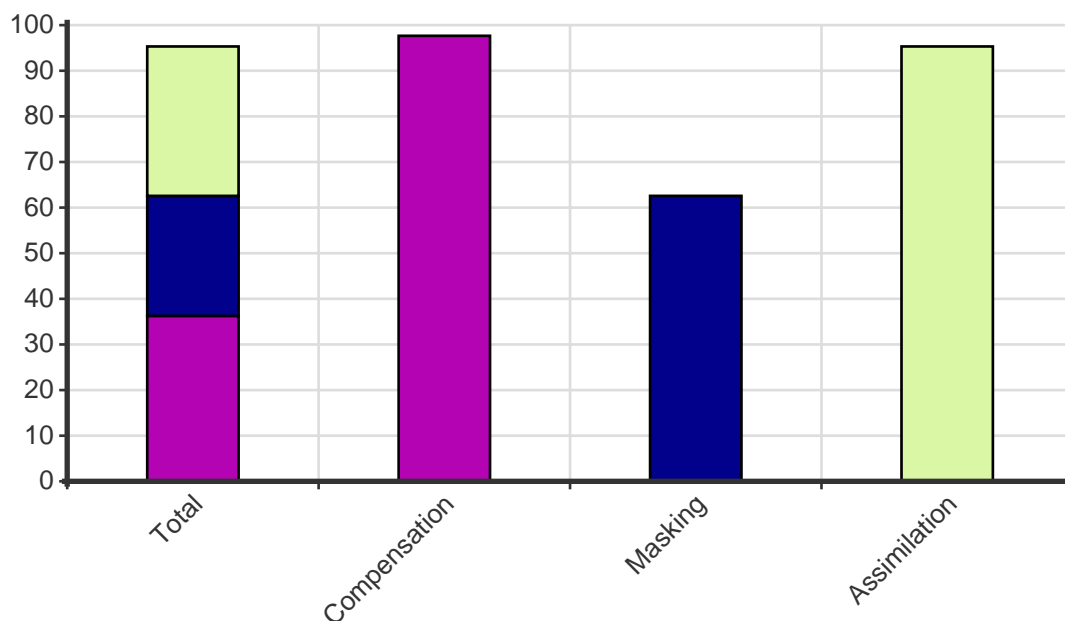
### Results

	Raw Score	Normative Percentile	Clinical Percentile
Total Score (25-175)	140	96.3	87.4
Compensation (9-63)	53	98.2	90.9
Masking (8-56)	39	62.8	71.8
Assimilation (8-56)	48	95.5	76.3

### Interpretive Text

Note. As male was the allocated gender for this client, these percentiles are calculated based upon male norms.

Normative Percentiles



### Scoring and Interpretation Information

The total score ranges from 25–175 with higher scores reflecting



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### Scoring and Interpretation Information (cont.)

greater camouflaging.

There are three subscales:

1. Compensation — (items 1, 4, 5, 8, 11, 14, 17, 20, and 23)

Strategies used to actively compensate for difficulties in social situations. Examples: copying body language and facial expressions, learning social cues from movies and books.

2. Masking — (items 2, 6, 9, 12, 15, 18, 21, and 24)

Strategies used to hide autistic characteristics or portray a non-autistic persona. Examples: adjusting face and body to appear confident and/or relaxed, forcing eye contact.

3. Assimilation — (items 3, 7, 10, 13, 16, 19, 22, and 25)

Strategies used to try to fit in with others in social situations. Examples: Putting on an act, avoiding or forcing interactions with others.

Percentiles are calculated, comparing scores against neurotypical and ASD males, females, or combined males/females (if your client's gender is not specified; Hull et al., 2020), indicating how the respondent scored in relation to a typical pattern of responding for neurotypical and autistic adults.

For example, a clinical percentile of 50 for females indicates the individual has typical Camouflaging compared to the ASD population, which corresponds to an approximate 89th percentile compared with a normative population i.e., what is "normal" for someone with autism is unusual compared to people without autism.

Below are some considerations relevant for interpreting scores:

- High total scores correlate with social anxiety in both individuals with autism and neurotypicals. Therefore, high percentile scores relative to the normative sample (i.e. above 84) indicates either neurotypical social anxiety or camouflaging of autistic traits.
- Autistic females demonstrate higher total camouflaging scores than autistic males, but there is no camouflaging gender difference for non-autistic people.
- Autistic males score lower on Masking than their neurotypical counterparts, but do score higher in Compensation and Assimilation.
- In individuals with autism, the total score and the Assimilation score negatively correlate with well-being.
- In neurotypical people, all scores negatively correlate with well-being.
- In individuals with autism, all scores were correlated with depression and generalised anxiety.



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**Client Responses**

		Strongly Disagree	Disagree	Somewh at Disagree	Neither Agree nor Disagree	Somewh at Agree	Agree	Strongly Agree
1	When I am interacting with someone, I deliberately copy their body language or facial expressions.	1	2	3	4	5	6	7
2	I monitor my body language or facial expressions so that I appear relaxed.	1	2	3	4	5	6	7
3	I rarely feel the need to put on an act in order to get through a social situation.	7	6	5	4	3	2	1
4	I have developed a script to follow in social situations.	1	2	3	4	5	6	7
5	I will repeat phrases that I have heard others say in the exact same way that I first heard them.	1	2	3	4	5	6	7
6	I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.	1	2	3	4	5	6	7
7	In social situations, I feel like I'm 'performing' rather than being myself.	1	2	3	4	5	6	7
8	In my own social interactions, I use behaviours that I have learned from watching other people interacting.	1	2	3	4	5	6	7
9	I always think about the impression I make on other people.	1	2	3	4	5	6	7
10	I need the support of other people in order to socialise.	1	2	3	4	5	6	7
11	I practice my facial expressions and body language to make sure they look natural.	1	2	3	4	5	6	7
12	I don't feel the need to make eye contact with other people if I don't want to.	7	6	5	4	3	2	1
13	I have to force myself to interact with people when I am in social situations.	1	2	3	4	5	6	7
14	I have tried to improve my understanding of social skills by watching other people.	1	2	3	4	5	6	7
15	I monitor my body language or facial expressions so that I appear interested by the person I am interacting with.	1	2	3	4	5	6	7
16	When in social situations, I try to find ways to avoid interacting with others.	1	2	3	4	5	6	7
17	I have researched the rules of social interactions to improve my own social skills.	1	2	3	4	5	6	7
18	I am always aware of the impression I make on other people.	1	2	3	4	5	6	7
19	I feel free to be myself when I am with other people.	7	6	5	4	3	2	1



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**Client Responses (cont.)**

		Strongly Disagree	Disagree	Somewh at Disagree	Neither Agree nor Disagree	Somewh at Agree	Agree	Strongly Agree
20	I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.	1	2	3	4	5	6	7
21	I adjust my body language or facial expressions so that I appear relaxed.	1	2	3	4	5	6	7
22	When talking to other people, I feel like the conversation flows naturally.	7	6	5	4	3	2	1
23	I have spent time learning social skills from television shows and films, and try to use these in my interactions.	1	2	3	4	5	6	7
24	In social interactions, I do not pay attention to what my face or body are doing.	7	6	5	4	3	2	1
25	In social situations, I feel like I am pretending to be 'normal'.	1	2	3	4	5	6	7