



## Comprehensive Autistic Trait Inventory (CATI)

### Instructions:

Below is a list of statements relating to various personality traits, behaviours, and characteristics. Using the five response options select the option that best describes you. For items of a social nature, think about situations that do not involve very close friends or family members. Try not to spend too much time thinking about each choice.

		Definitely Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Definitely Agree
1	I often find myself fiddling or playing repetitively with objects (e.g. clicking pens)	1	2	3	4	5
2	I like to stick to certain routines for every-day tasks	1	2	3	4	5
3	I expend a lot of mental energy trying to fit in with others	1	2	3	4	5
4	I am very sensitive to bright lighting	1	2	3	4	5
5	There are certain activities that I always choose to do the same way, every time	1	2	3	4	5
6	Sometimes I watch people interacting and try to copy them when I need to socialise	1	2	3	4	5
7	I often rock when sitting in a chair	1	2	3	4	5
8	I generally enjoy social events	5	4	3	2	1
9	I look for strategies and ways to appear more sociable	1	2	3	4	5
10	In social situations, I try to avoid interactions with other people	1	2	3	4	5
11	There are times when I feel that my senses are overloaded	1	2	3	4	5
12	There are certain objects that I fiddle or play with that can help me calm down or collect my thoughts	1	2	3	4	5
13	Reading non-verbal cues (e.g. facial expressions, body language) is difficult for me	1	2	3	4	5
14	I like my belongings to be sorted in certain ways and will spend time making sure they are that way	1	2	3	4	5
15	Social interaction is easy for me	5	4	3	2	1



		Definitely Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Definitely Agree
16	When interacting with other people, I spend a lot of effort monitoring how I am coming across	1	2	3	4	5
17	I find social interactions stressful	1	2	3	4	5
18	I am very sensitive to touch	1	2	3	4	5
19	I can tell how people feel from their facial expressions	5	4	3	2	1
20	I have a tendency to pace or move around in a repetitive path	1	2	3	4	5
21	I feel discomfort when prevented from completing a particular routine	1	2	3	4	5
22	I rely on a set of scripts when I talk with people	1	2	3	4	5
23	I find it easy to sense what someone else is feeling	5	4	3	2	1
24	I am very sensitive to particular tastes (e.g. salty, sour, spicy, or sweet)	1	2	3	4	5
25	I engage in certain repetitive actions when I feel stressed	1	2	3	4	5
26	I rarely use non-verbal cues in my interactions with others	1	2	3	4	5
27	I often insist on doing things in a certain way, or re-doing things until they are 'just right'	1	2	3	4	5
28	I feel confident or capable when meeting new people	5	4	3	2	1
29	Before engaging in a social situation, I will create a script to follow where possible	1	2	3	4	5
30	Social occasions are often challenging for me	1	2	3	4	5
31	Sometimes the presence of a smell makes it hard for me to focus on anything else	1	2	3	4	5
32	There are certain repetitive actions that others consider to be 'characteristic' of me (e.g. stroking my hair)	1	2	3	4	5
33	Metaphors or 'figures of speech' often confuse me	1	2	3	4	5
34	It annoys me when plans I have made are changed	1	2	3	4	5
35	I find it difficult to make new friends	1	2	3	4	5



		Definitely Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Definitely Agree
36	I react strongly to unexpected loud noises	1	2	3	4	5
37	I have difficulty understanding someone else's point-of-view	1	2	3	4	5
38	I like to arrange items in rows or patterns	1	2	3	4	5
39	I try to follow certain 'rules' in order to get by in social situations	1	2	3	4	5
40	I am sensitive to flickering lights	1	2	3	4	5
41	I have certain habits that I find difficult to stop (e.g. biting/tearing nails, pulling strands of hair)	1	2	3	4	5
42	I have difficulty understanding the 'unspoken rules' of social situations	1	2	3	4	5

**Developer Reference:**

English, M. C. W., Gignac, G. E., Visser, T. A. W., Whitehouse, A. J. O., Enns, J. T., & Maybery, M. T. (2021). The Comprehensive Autistic Trait Inventory (CATI): Development and validation of a new measure of autistic traits in the general population. *Molecular Autism*, 12(1), 37. <https://doi.org/10.1186/s13229-021-00445-7>

See <https://www.cati-autism.com/> for additional information on the CATI, including updates, PDF-format forms, and translations.

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