



Repetitive Behaviours Questionnaire–3 Self-Report (RBQ3-self)

Instructions:

Please rate the behaviours you have shown over the last two weeks.

		Never or rarely	One or more times daily	15 or more times daily (or at least once an hour)	30 or more times daily (or at least twice an hour)
1	Like to arrange items in rows or patterns?	1	2	3	4
2	Repetitively fiddle with items?	1	2	3	4
3	Spin yourself around and around?	1	2	3	4
4	Rock backwards and forwards, or side to side, either when sitting or when standing?	1	2	3	4
5	Pace or move around repetitively?	1	2	3	4
6	Make repetitive hand and/or finger movements?	1	2	3	4
7	Have a fascination with specific objects?	1	2	3	4
		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
8	Like to look at objects from particular or unusual angles?	1	2	3	4
9	Have a special interest in the smell of people or objects?	1	2	3	4
10	Have a special interest in the feel of different surfaces?	1	2	3	4
11	Have any special objects you like to carry around?	1	2	3	4
12	Collect or hoard items of any sort?	1	2	3	4
		Never or rarely	Mild or occasional (does not affect others)	Marked or notable (occasionally affects others)	Serious or severe (affects others on a regular basis)
13	Insist on things at home remaining the same?	1	2	3	4
		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
14	Get upset about minor changes to objects?	1	2	3	4



		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
15	Insist that aspects of daily routine must remain the same?	1	2	3	4
		Never or rarely	Mild or occasional (does not affect others)	Marked or notable (occasionally affects others)	Serious or severe (affects others on a regular basis)
16	Insist on doing things in a certain way or re-doing things until they are “just right”?	1	2	3	4
		Never or rarely	Mild or occasional (not entirely resistant to change or new things)	Marked or notable (will tolerate changes when necessary)	Serious or severe (will not tolerate any changes)
17	Play the same music, game or video, or read the same book repeatedly?	1	2	3	4
18	Insist on wearing the same clothes or refuse to wear new clothes?	1	2	3	4
19	Insist on eating the same foods, or a very small range of foods, at every meal?	1	2	3	4
		A range of different and flexible self-chosen activities	Some varied and flexible interests but commonly chooses the same activities	Almost always chooses from a restricted range of repetitive activities	
20	What sort of activity will you choose if left to occupy yourself?	1	2	3	

Developer Reference:

Jones, C. R. G., Livingston, L. A., Fretwell, C., Uljarevi?, M., & others. (2024). Measuring self and informant perspectives of restricted and repetitive behaviours (RRBs): Psychometric evaluation of the Repetitive Behaviours Questionnaire-3 (RBQ-3) in adult clinical practice and research settings. *Molecular Autism*, 15(1), Article 30. <https://doi.org/10.1186/s13229-024-00603-7>

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