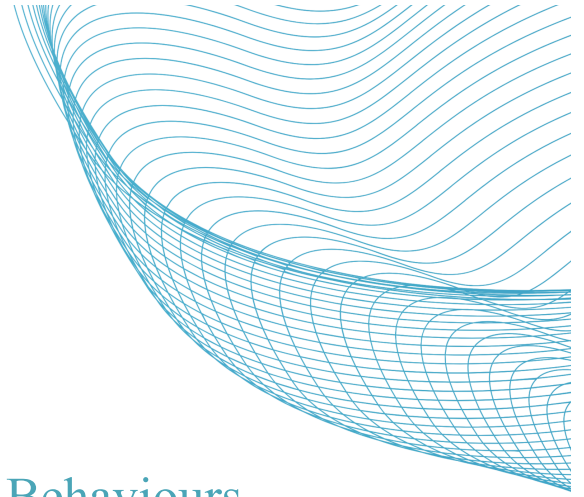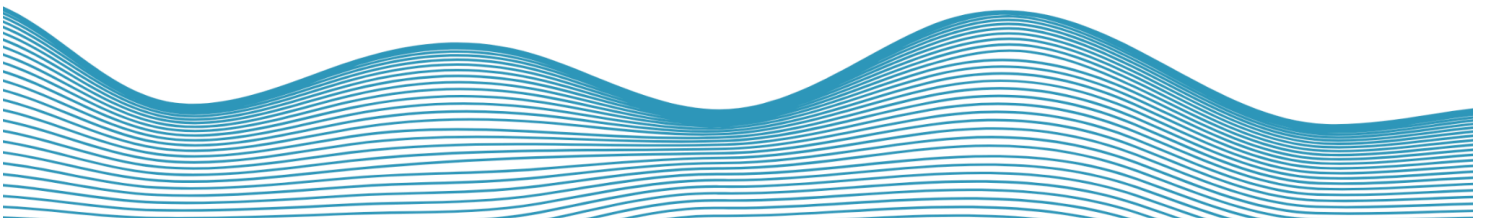# A Review of the Repetitive Behaviours Questionnaire–3 (RBQ-3): Qualitative Descriptors, Psychometric Properties, and Normative Data

The Repetitive Behaviours Questionnaire–3 (RBQ-3) is a 20-item scale designed to measure restricted and repetitive behaviours, a core feature of Autism (Jones et al. 2024). This technical review presents normative data, qualitative descriptors and percentile rankings to help clinicians better understand and utilise the assessment in practice.

View the RBQ-3 on NovoPsych.com.au

February 2025

Developer

The Repetitive Behaviours Questionnaire–3 (RBQ-3) was developed by Jones et al. (2024):

Jones, C. R., Livingston, L. A., Fretwell, C., Uljarević, M., Carrington, S. J., Shah, P., & Leekam, S. R. (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), 24. https://doi.org/10.1186/s13229-024-00603-7

This document was developed by NovoPsych to review contemporary literature, describe original scoring methodologies, provide interpretation material, enhance normative data and provide qualitative descriptors.

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Description

The Repetitive Behaviours Questionnaire–3 self-report version (RBQ-3) is a 20-item scale that can be used with persons aged 13 and above without co‑occurring intellectual disability. The scale is designed to measure restricted and repetitive behaviours, a core feature of Autism found in the DSM-5 criteria (Jones et al. 2024). The DSM-5 informed the scale's creation in addition to other sources such as the Diagnostic Interview for Social and Communication Disorders (DISCO) (Wing et al., 2002). Restricted and repetitive behaviours may best be characterised as structured, specialised interests and repeated self-expressive sensory-motor behaviours (APA, 2013; Leekam et al, 2011).

The distinction between structured, specialised interests and repeated self-expressive sensory-motor behaviours aligns with the DSM-5 framework and is well-supported by research (Tian et al., 2022).

The RBQ-3 contains two primary subscales:

- Insistence on Sameness (IS): reflects resistance to change, adherence to routines, and focused, intense interests. Individuals high on IS prefer structured, predictable environments and find comfort in routines, with example behaviours including a preference for eating the same foods daily and experiencing distress over unexpected schedule changes.

- Repetitive Sensory-Motor Behaviours (RSMB): captures repeated self-expressive sensory-motor behaviours, that are sensory-seeking and self-stimulatory in nature. Specific self-expressions and sensory interests include hand-flapping, rocking, lining up objects, or fascination with certain sounds or textures.

RBQ-3 scores can provide valuable insights into specialised interests and self-expressive sensory-motor behaviours that can make up part of a more comprehensive assessment for Autism. Jones et al. (2024) demonstrated that RBQ-3 scores distinguish Autistic individuals from neurotypical individuals, supporting its use in assisting with preliminary evaluation.

For Autistic Individuals, the RBQ-3 offers assistance to clinicians in identifying whether a client's needs or challenges may be related more to self-expressive sensory-motor behaviours or to specialised interests. Distinctions are relevant when informing a therapeutic approach, for example, a high IS score might indicate the need for support around significant life transitions and managing anxiety related to change, while a high RSMB score might suggest addressing sensory challenges or needs.

The RBQ-3 self-report version can help address discrepancies between an individual's assessment of their behaviours and an observer's. For example, an Autistic person might mask or internalise certain repetitive behaviours in public, leading informants (like parents or clinicians) to under-report them.

When interpreting RBQ-3 scores, it is important to determine whether repeated behaviours are primarily autism-related, or whether they could be explained by similar phenomena other than, or co-occurring with Autism, such as ADHD, OCD, Fragile X, Tourettes and anxiety disorders (Moss et al., 2008). These behaviours can serve many different functions. For example, some people may be seeking sensory stimulation, regulating stress or anxiety, coping with an overstimulating environment, alleviating boredom, or simply enjoying the motion itself. In Autism, such behaviours are linked primarily to sensory or reward mechanisms but may also be influenced by anxiety or stress. By contrast, in conditions such as OCD, repetitive behaviours are primarily driven by anxiety relief and in the case of ADHD are driven by self-regulation and symptom management i.e., outlet for hyperactivity/impulsivity. Clinicians should also consider whether such behaviours are adaptive (e.g., soothing and harmless) or disruptive and potentially harmful. High RBQ-3 scores without significant anxiety-driven motivations or disruptions to functioning suggest an autism-related origin.

Psychometric Properties

Jones et al. (2024) examined the RBQ-3 alongside the Diagnostic Interview for Social and Communication Disorders-Abbreviated (DISCO-Abbreviated). They observed moderate correlations (r= .45–.54) between RBQ-3 total scores and the DISCO-Abbreviated restricted and repetitive behavior domain, indicating good convergent validity. Furthermore, Jones et al. (2024) compared Autistic and non-Autistic adults, finding the Autistic group scored significantly higher on RBQ-3 total scores and on the two subscales (RSMB, IS) compared to the non-Autistic group, with large effect sizes. This is in line with earlier findings from the previous version, the RBQ-2A (Barrett et al., 2015).

The RBQ-3 is yet to be investigated for dimensionality and is assumed to retain the established two-factor structure of repeated motor-sensory behaviours and insistence on sameness that earlier analyses on the RBQ-2A had demonstrated in both children and adults (Barrett et al., 2015; Honey et al., 2012).

Jones et al. (2024) reported good to excellent internal consistency for total scores (α=.89, .82) in Autistic and non-Autistic adults. The RSMB and IS subscales also showed acceptable-to-good alpha values (α=.68–.85). McDonald's ω coefficients were comparable, indicating that items on each subscale measure coherent underlying constructs.

Normative data is provided for the initial sample of n=110 Autistic adults without intellectual disability. Observed average scores (1-4) and standard deviations are reported for the total M=2.48(.61), RSMB subscale M=2.25(.68), IS subscale M=2.68(.69). Converted from average scores to raw scores based on their respective ranges these are: total (range 20-79) M=47.12(11.59), RSMB subscale (range 8-32) M=18.0(5.54), IS subscale (range 9-36) M=24.12(6.21). Additionally, data from a sample of non-Autistic adults is available, with raw score means for the total M=25.65(4.75), and subscales RSMB M=10.32(2.64), IS M=12.24(2.7). Further normative data is reported for n=151 self-reported Autistic adults and n=151 self-reported non-Autistic adults sampled online (Jones et al., 2024).

Category guidelines were created by NovoPsych based on the RBQ-3 response options to assist in interpreting scores. These ranges are outlined below:

Average (1-4)	Descriptor	Meaning
1.0 - 1.74,	Minimal,	*Behaviours are rare or absent*
1.75 - 2.49,	Mild,	*Occasional or mild behaviours*
2.5 – 3.24,	Marked,	*Noticeable and more frequent behaviours*
3.25 - 4.0,	Extreme,	*Frequent, intense behaviours*

Clinicians can use the available normative data on Autistic adults for comparison. If using the RBQ-3 with a child or adolescent, one might cautiously compare their score to the adult Autistic benchmark.

Scoring & Interpretation

Scores are typically reported in the literature as averages across all items or by subscale (range 1-4). These can also be understood as raw scores, with the total raw score ranging from 20-79 for example. Higher total scores indicate a greater presence of structured, specialised interests and repeated sensory-motor behaviours. Subscale raw score ranges differ and are listed below:

- Insistence on Sameness (IS) (9 items: 7, 9, 12, 13, 14, 15, 16, 17, 18) subscale ranges from 9-36. Higher scores reflect stronger preference for stability and routine, collecting, and heightened interest in specific objects.
- Repetitive Sensory-Motor Behaviours (RSMB) (8 items: 2, 3, 4, 5, 6, 8, 10, 19) subscale ranges from 8-32. Higher scores indicate more frequent repeated sensory-motor behaviours and specific sensory interests, such as rocking, spinning, hand movements.

Percentiles are presented that are based upon a sample of Autistic adults (n = 110) for the total and subscale scores. Percentiles give context to a client's score, showing how they compare to others, for example, a percentile of 50 represents the typical level of specialised interests and repeated sensory-motor behaviours among Autistic adults.

Category guidelines were created by NovoPsych to assist in interpreting scores, and were based on response options, average scores and the percentile distribution of the total score in the Autistic adult sample:

- Minimal - Average Score 1.0-1.74 (1st - 13th percentile)
- Mild - Average Score 1.75-2.49 (14th - 56th percentile)
- Marked - Average Score 2.5-3.24 (57th - 97th percentile)
- Extreme - Average Score 3.25-4.0 (98th percentile +)

On the first administration, a stacked bar graph shows the total, IS and RSMB results in average scores (1-4). A horizontal comparison graph is also presented showing the respondent's score in comparison to Autistic and non-Autistic adult samples. When administered more than once, a line graph is presented for the total and subscale average scores over time. In addition, a new stacked bar graph and comparison horizontal bar graph are included reflecting the current scores.

Supporting Information

This section details the normative data for the RBQ-3. These norms enhance the interpretability of RBQ-3 scores, table 2 shows the percentiles for a Autistic and non-Autistic adult samples.

NovoPsych has computed percentiles using mean and standard deviation data reported in Jones et al. (2024) from the Autistic and non-Autistic adult samples to convert the RBQ-3 total and subscale scores to percentiles as shown in table 2, according to the following equation.

$$\text{Percentile} = 100 \times \Phi(x - M)/SD)$$

Where:

- x is the score
- M is the mean
- SD is the standard deviation
- Φ is the <u>standard normal cumulative distribution function</u>

This equation first standardises the score to a z-score by subtracting the mean and dividing by the standard deviation, then converts the z-score to a percentile by applying the standard normal cumulative distribution function and multiplying by 100. The percentiles contextualise each score relative to typical scores among Autistic and non-Autistic adults.

Table 1. RBQ-3 means and standard deviations for Autistic and non-Autistic samples.

Study	Sample	Age Range, Mean (SD)	N	Total, Mean (SD)	IS	RSMB
Jones et al. 2024	Adults referred for specialist diagnostic service	18–65, 33.08 (11.27)	110	2.48 (0.61)	2.68 (0.69)	2.25 (0.68)
Jones et al. 2024	Online Autistic adults (self-reported)	18–63, 30.51 (9.59)	151	2.18 (0.51)	2.28 (0.59)	2.07 (0.57)
Jones et al. 2024	Online non-Autistic adults (self-reported)	18–67, 31.70 (10.62)	151	1.35 (0.25)	1.36 (0.30)	1.29 (0.33)

Table 2 Percentile distribution of the Autistic adult sample for the total and subscales.

Autistic Adults								
Total			IS Subscale			RSMB Subscale		
Raw Score	Percentile	Average	Raw Score	Percentile	Average	Raw Score	Percentile	Average
20	1	1.00	9	1	1.00	8	3	1.00
21	1.2	1.05	10	1.1	1.11	9	5	1.13
22	1.5	1.10	11	2	1.22	10	7	1.25
23	1.9	1.15	12	3	1.33	11	10	1.38
24	2	1.20	13	4	1.44	12	14	1.50
25	2.8	1.25	14	5	1.56	13	18	1.63
26	3	1.30	15	7	1.67	14	23	1.75
27	4	1.35	16	10	1.78	15	29	1.88
28	5	1.40	17	13	1.89	16	36	2.00
29	6	1.45	18	16	2.00	17	43	2.13
30	7	1.50	19	20	2.11	18	50	2.25
31	8	1.55	20	25	2.22	19	57	2.38
32	10	1.60	21	31	2.33	20	64	2.50
33	11	1.65	22	37	2.44	21	71	2.63
34	13	1.70	23	43	2.56	22	77	2.75
35	15	1.75	24	49	2.67	23	82	2.88
36	17	1.80	25	56	2.78	24	86	3.00
37	19	1.85	26	62	2.89	25	90	3.13
38	22	1.90	27	68	3.00	26	93	3.25
39	24	1.95	28	73	3.11	27	95	3.38
40	27	2.00	29	78	3.22	28	97	3.50
41	30	2.05	30	83	3.33	29	98	3.63
42	33	2.10	31	87	3.44	30	99	3.75
43	36	2.15	32	90	3.56	31	99.2	3.88
44	39	2.20	33	92	3.67	32	99.5	4.00
45	43	2.25	34	94	3.78			
46	46	2.30	35	96	3.89			

47	50	2.35	36	97	4.00
48	53	2.40			
49	56	2.45			
50	60	2.50			
51	63	2.55			
52	66	2.60			
53	69	2.65			
54	72	2.70			
55	75	2.75			
56	78	2.80			
57	80	2.85			
58	83	2.90			
59	85	2.95			
60	87	3.00			
61	88	3.05			
62	90	3.10			
63	91	3.15			
64	93	3.20			
65	94	3.25			
66	95	3.30			
67	95.7	3.35			
68	96	3.40			
69	97	3.45			
70	97.6	3.50			
71	98	3.55			
72	98.4	3.60			
73	98.7	3.65			
74	99	3.70			
75	99.2	3.75			
76	99.4	3.80			
77	99.5	3.85			
78	99.6	3.90			

79	99.7	4.00	

Table 2.1 Percentile distribution of the non-Autistic adult sample for the total and subscales.

Non-Autistic Adults								
Total			**IS Subscale**			**RSMB Subscale**		
Raw Score	Percentile	Average	Raw Score	Percentile	Average	Raw Score	Percentile	Average
20	12	1.00	9	12	1.00	8	19	1.00
21	16	1.05	10	20	1.11	9	31	1.13
22	22	1.10	11	32	1.22	10	45	1.25
23	29	1.15	12	46	1.33	11	60	1.38
24	36	1.20	13	61	1.44	12	74	1.50
25	45	1.25	14	74	1.56	13	84	1.63
26	53	1.30	15	85	1.67	14	92	1.75
27	61	1.35	16	92	1.78	15	96	1.88
28	69	1.40	17	96	1.89	16	98	2.00
29	76	1.45	18	98	2.00	17	99	2.13
30	82	1.50	19	99	2.11	18	99	2.25
31	87	1.55	20	99	2.22	19	99	2.38
32	91	1.60	21	99	2.33	20	99	2.50
33	94	1.65	22	99	2.44	21	99	2.63
34	96	1.70	23	99	2.56	22	99	2.75
35	98	1.75	24	99	2.67	23	99	2.88
36	99	1.80	25	99	2.78	24	99	3.00
37	99	1.85	26	99	2.89	25	99	3.13
38	99	1.90	27	99	3.00	26	99	3.25
39	99	1.95	28	99	3.11	27	99	3.38
40	99	2.00	29	99	3.22	28	99	3.50
41	99	2.05	30	99	3.33	29	99	3.63
42	99	2.10	31	99	3.44	30	99	3.75

43	99	2.15	32	99	3.56	31	99	3.88
44	99	2.20	33	99	3.67	32	99	4.00
45	99	2.25	34	99	3.78			
46	99	2.30	35	99	3.89			
47	99	2.35	36	99	4.00			
48	99	2.40						
49	99	2.45						
50	99	2.50						
51	99	2.55						
52	99	2.60						
53	99	2.65						
54	99	2.70						
55	99	2.75						
56	99	2.80						
57	99	2.85						
58	99	2.90						
59	99	2.95						
60	99	3.00						
61	99	3.05						
62	99	3.10						
63	99	3.15						
64	99	3.20						
65	99	3.25						
66	99	3.30						
67	99	3.35						
68	99	3.40						
69	99	3.45						
70	99	3.50						
71	99	3.55						
72	99	3.60						
73	99	3.65						
74	99	3.70						

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75	99	3.75
76	99	3.80
77	99	3.85
78	99	3.90
79	99	4.00

Interpretive Text

The interpretive text for the RBQ-3 follows a structured format that adapts based on the client's scores.

Minimal (score 1.0–1.74):

The client's total score indicates minimal to no restricted interests or repeated sensory-motor behaviours. Changes in routine may not cause significant distress. Their score is lower than XX% of individuals in an Autistic adult sample.

Note: The total score interpretation has been enhanced to account for situations where there is a substantial disparity between the subscale scores. When one subscale is in the Minimal/Mild range and the other is in the Marked/Extreme range, the total interpretation text is adjusted accordingly.

Mild (score 1.75-2.49):

The client's total score suggests low levels of repeated sensory-motor behaviours or specific, intense interests and a preference for stability and consistency. Their score is lower than XX% of individuals in an Autistic adult sample.

Marked (score 2.5-3.24):

The client's total score indicates a noticeable level of repeated sensory-motor behaviours and specific, intense interests and a preference for stability and consistency. They may experience distress when changes occur in daily routines or schedules and repeated sensory-motor behaviours may cause disruptions or pose challenges to functioning. Their score is higher than XX% of individuals in an Autistic adult sample.

Responses to the following items contributed to the client's score:
*<**Three** highest scored items >. i.e.,*
4. Rock backwards and forwards, or side to side, either when sitting or when standing? (30 or more times daily/or at least twice an hour)
5. Pace or move around repetitively? (30 or more times daily/or at least twice an hour)

Extreme (score 3.25-4.0):

> *The client's total score indicates significant or intense repeated sensory-motor behaviours and interests, with a strong preference for stability and consistency. They may be experiencing persistent challenges due to repeated sensory-motor behaviours and distress at changes or interruptions in routines. Their score is higher than XX% of individuals in an Autistic adult sample.*
>
> *Responses to the following items contributed to the client's high score:*
> *<**Five** highest scored items >. i.e.,*
> *4. Rock backwards and forwards, or side to side, either when sitting or when standing? (30 or more times daily/or at least twice an hour)*
> *5. Pace or move around repetitively? (30 or more times daily/or at least twice an hour)*
> *17. Over the past two weeks, how often have you played the same music, game, or video, or read the same book repeatedly? (Serious or severe)*
> *18. Over the past two weeks, how often have you insisted on wearing the same clothes or refused to wear new clothes? (Serious or severe)*
> *19. Over the past two weeks, how often have you insisted on eating the same foods, or a very small range of foods, at every meal? (Serious or severe)*

Tracking score change over time.

> *Since the respondent was first assessed on [Date], their total score has [not changed | not shown meaningful change (if change <6) | increased | decreased]. A change of half a standard deviation (6) or more points is considered meaningful based on a minimally important difference calculation.*
>
> *Example: Since the respondent was first assessed on 02 Jan 2025, their total score has not shown meaningful change (score change = 3).*

The text then describes either of the two subscales that score at or above the 'Marked' range. The subscales are presented in order based on score, with higher scores listed first. For each elevated subscale, the text includes:

- The specific subscale percentile comparison to Autistic adults
- An explanation of what aspect of the subscale measures
- The specific items that received the highest ratings, highlighting the most significant areas

This allows for quick identification of important areas of restrictive and repetitive behaviours to inform clinical understanding.

Repetitive motor-sensory behaviours:

> *The responses on the RSMB subscale indicate [notable/blank] engagement in repeated sensory-motor behaviours, such as rocking, hand-flapping, or fascination with certain textures. Their score is on the XXst/nd/rd/th percentile when compared to an Autistic adult sample. This individual may benefit from a therapeutic approach that explores the function of these behaviours and, where they are associated with distress or functional difficulties, considers environmental adaptations, coping strategies, and sensory integration techniques.*
>
> *Items with the highest ratings were:*
> *<Top **Three** highest scored items >"*

Insistence of sameness:

> *The responses on the IS subscale reflect a [strong/blank] preference for consistency and routines, along with resistance to change or unexpected alterations to daily activities. Their score is on the XXst/nd/rd/th percentile when compared to an Autistic adult sample.*
>
> *Option 1: In therapy, this individual may benefit from approaches that build tolerance for change—such as cognitive-behavioural techniques to address anxiety about disruptions or gradual exposure to new routines.*
>
> *Option 2: This individual may benefit from a therapeutic approach that examines the role routines play in providing stability, while also identifying circumstances where rigidity might contribute to distress or present challenges in daily functioning. Where such difficulties are evident, interventions might include supportive environmental modifications, structured flexibility training, and gradual, anxiety-informed exposure to change.*
>
> *Items with the highest ratings were:*
> *<Top **Three** highest scored items >"*

Developer

Jones, C. R. G., Livingston, L. A., Fretwell, C., Uljarević, M., Carrington, S. J., Shah, P., & Leekam, S. R. (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 24. https://doi.org/10.1186/s13229-024-00603-7

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Assessment Questions

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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

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		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

Administer Now

Sample Result

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

Client Name	Generic Client	*Date administered*	28 Feb 2025
Date of birth (age)	1 Jan 1999 (26)	*Time taken*	7 min 54s
Assessor	Dr Emerson Bartholomew		

Results

	Raw Score	Average Score	Autistic Adult Percentile	Descriptor
Total	50	2.5	60	Marked
Insistence on Sameness	26	2.89	62	Marked
Repetitive Sensory Motor Behaviours	16	2	36	Mild

Repetitive Behaviours Questionnaire-3
Total and Subscale Average Scores
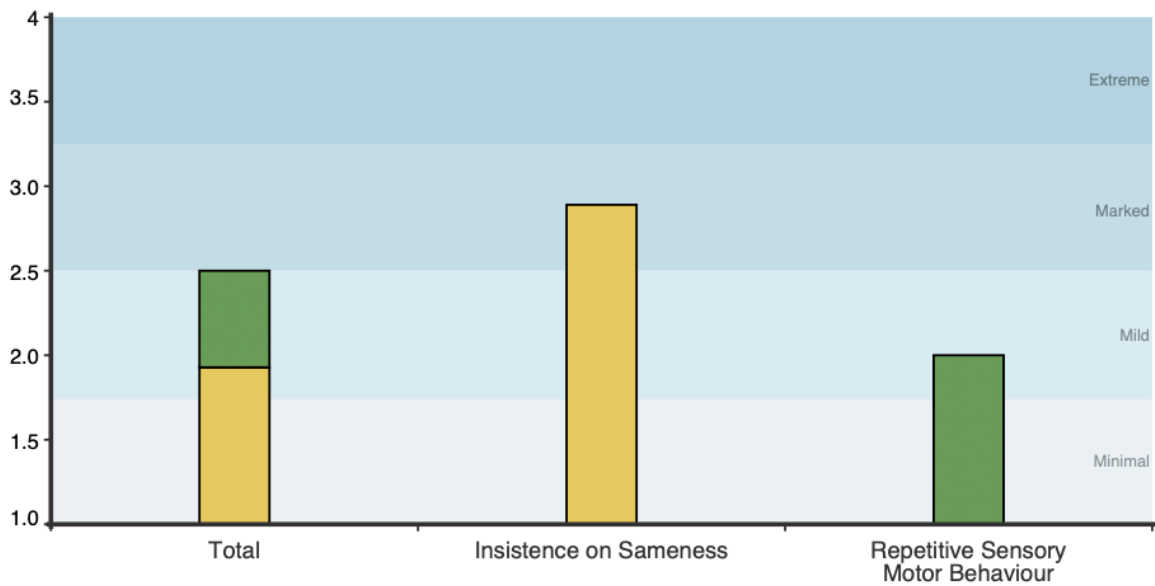
Client Name	Generic Client

RBQ-3 Score Compared to Autistic and non-Autistic Adult Samples
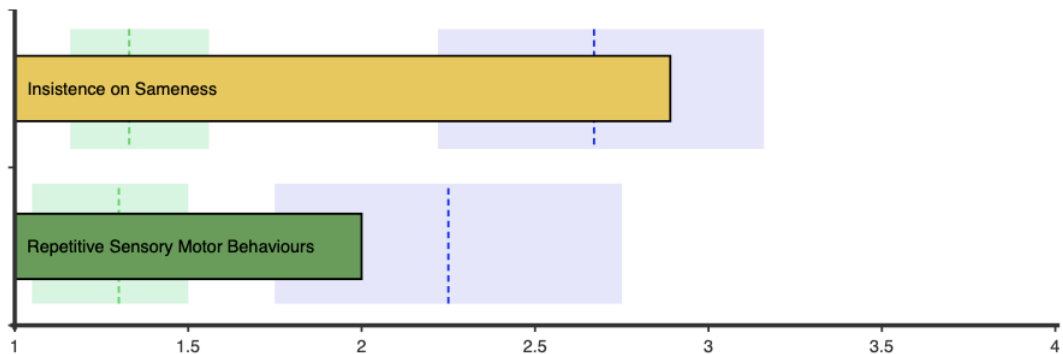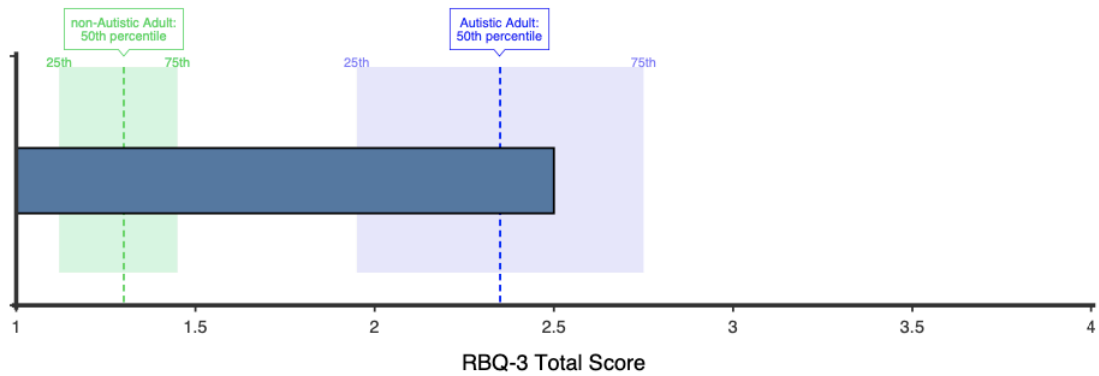
RBQ-3 Total Score

Interpretation

The client's total score indicates a noticeable level of specific, intense interests and a preference for stability and consistency. They may experience distress when changes occur in daily routines or schedules. Their score is higher than 60% of individuals in an Autistic adult sample.

Responses to the following items contributed to the client's high score:
- 12. Collect or hoard items of any sort?
(Serious or extreme)
- 15. Insist that aspects of daily routine must remain the same? (Serious or extreme)
- 2. Repetitively fiddle with items? (15 or more times daily (or at least once an hour))

Client Name	Generic Client

Interpretation (cont.)

Area(s) of Difficulty:

The responses on the Insistence on sameness subscale reflect a notable preference for consistency and routines, along with resistance to change or unexpected alterations to daily activities. Their score is on the 62nd percentile when compared to an Autistic adult sample. This individual may benefit from a therapeutic approach that examines the role routines play in providing stability, while also identifying circumstances where rigidity might contribute to distress or present challenges in daily functioning. Where such difficulties are evident, interventions might include supportive environmental modifications, structured flexibility training, and gradual, anxiety-informed exposure to change.

Items with the highest ratings were:
- 12. Collect or hoard items of any sort?
(Serious or extreme)
- 15. Insist that aspects of daily routine must remain the same? (Serious or extreme)
- 9. Have a special interest in the smell of people or objects? (Marked or notable)

Additional Information

For comprehensive information on the RBQ-3, see here.

Scores are typically reported in the literature as averages across all items or by subscale (range 1-4). These can also be understood as raw scores, with the total raw score ranging from 20-79 for example. Higher total scores indicate a greater presence of structured, specialised interests and repeated sensory-motor behaviours. Subscale raw score ranges differ and are listed below:

Insistence on Sameness (IS) (9 items: 7, 9, 12, 13, 14, 15, 16, 17, 18) subscale ranges from 9-36. Higher scores reflect stronger preference for stability and routine, collecting, and heightened interest in specific objects.

Repetitive Sensory-Motor Behaviours (RSMB) (8 items: 2, 3, 4, 5, 6, 8, 10, 19) subscale ranges from 8-32. Higher scores indicate more frequent repeated sensory-motor behaviours and specific sensory interests, such as rocking, spinning, hand movements.

Percentiles are presented that are based upon a sample of Autistic adults (n = 110) for the total and subscale scores. Percentiles give context to a client's score, showing how they compare to others, for example, a percentile of 50 represents the typical level of specialised interests and repeated sensory-motor behaviours among Autistic adults.

Category guidelines were created by NovoPsych to assist in interpreting scores, and were based on response options, average scores and the percentile distribution of the total score in the Autistic adult sample:

Minimal - Average Score 1.0-1.74 (1st - 13th percentile)
Mild - Average Score 1.75-2.49 (14th - 56th percentile)
Marked - Average Score 2.5-3.24 (57th - 97th percentile)
Extreme - Average Score 3.25-4.0 (98th percentile +)

Client Name	Generic Client

Additional Information (cont.)

On the first administration, a stacked bar graph shows the total, IS and RSMB results in average scores (1-4). A horizontal comparison graph is also presented showing the respondent's score in comparison to Autistic and non-Autistic adult samples.

When administered more than once, a line graph is presented for the total and subscale average scores over time. In addition, a new stacked bar graph and comparison horizontal bar graph are included reflecting the current scores.

Client Responses

		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

Client Name	Generic Client

		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
14	Get upset about minor changes to objects?	1	2	**3**	4
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**