

# Do I Have Adult Autism? (Self-Assessment)

This short quiz written by an expert can help you assess whether you are experiencing symptoms common among those with autism spectrum disorder (ASD).

Feb 9, 2022

By: John Carosso, PsyD

---



iStockPhoto.com/ArtistGNDphotography

**In This Article:** [Who This Is For](#) | [Accuracy](#) | [Treatment](#) | [Take the Quiz](#) | [FAQs](#)

## Who This Is For

## Who Is This Autism Quiz For?

Answer the quiz questions below to see if you could have autism as an adult.

Below is a list of questions that relate to life experiences common among adults diagnosed with [autism spectrum disorder \(ASD\)](#). Please read each question carefully, indicate how often you have experienced the same or similar challenges in the past fe

[Privacy](#) - [Terms](#)

months.

## Accuracy

### How Accurate Is It?

This quiz is *NOT* a diagnostic tool. Mental health disorders can only be diagnosed by licensed health care professionals.

*Psycom* believes assessments can be a valuable first step toward getting treatment. All too often people stop short of seeking help out of fear their concerns aren't legitimate or severe enough to warrant professional intervention.

## Treatment

### How Is ASD Treated?

One of the biggest challenges is finding the most effective form of treatment. The choices seem endless and differentiating one from another can be daunting. The most common treatments include applied behavioral analysis, relationship-building strategies, speech/language, and occupational therapy, counseling, and social skills groups.

## Take the Quiz

### Adult Autism Quiz

*Your privacy is important to us. All results are completely anonymous.*

#### Your Results

### Severe Indication of Adult Autism

Your answers suggest that there is a severe indication that you have symptoms common among people with adult autism. However, this quiz is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule

an appointment with your doctor or other mental health professional now.

ADVERTISEMENT

## **AUTISM SPECTRUM DISORDER OVERVIEW: SYMPTOMS AND CAUSES**

### **FAQs**

## **Adult Autism FAQs**

### **Frequently Asked Questions**

#### **✓ What is adult autism?**

Raleigh, N.C.-based Autism Society of North Carolina (ASNC) offers that adult autism, also known as autism spectrum disorder (ASD), is characterized by a range of social skill challenges, including repetitive behaviors and nonverbal communication. An estimated 5,437,988

(2.21%) adults in the United States have ASD, according to the Centers for Disease Control and Prevention.

Adult autism is not a clear-cut condition. Instead, there are various subtypes, determined by a combination of genetic and environmental factors. And, because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges, notes ASNC.

“The ways in which autistic people learn, think and problem-solve can range from highly skilled to severely challenged,” shares ASNC Director of Communications David Laxton. “Some may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.”

Healthgrades, a resource for finding area physicians and hospitals based on individual need, provides information on diagnosing autism in adults. Regarding ASD, Healthgrades informs that while the symptoms of autism almost always appear in childhood, often before age 2, they are not always recognized.

Many adults do not obtain an official diagnosis, partly because during their early years their caretakers and teachers did not recognize or understand the signs of autism. Plus, undiagnosed autism in adults is often due to feelings of shame or embarrassment. They simply do not want to learn for certain that they have ASD. Adults who learn later in life that they have autism most likely had autism as a child and were not aware of the symptoms or the label.

While not everyone with ASD has the same symptoms, some main symptoms of ASD, according to Carolina Wellness Psychiatry in Chapel Hill, N.C., are:

- Making inconsistent eye contact
- Having difficulty with back and forth conversation
- Becoming upset by slight changes in a routine
- Being more or less sensitive than others to sensory input such as light, noise, and clothing textures
- Being able to learn and remember things in great detail

- > **What are the signs of high functioning autism in adults?**
- > **How do adults get a formal diagnosis of autism?**
- > **Do symptoms of autism get worse with age?**

## More On This Topic

- Autism Spectrum Disorder
- Child Asperger Quiz (Self-Assessment)
- The Biggest Questions Parents Have About Autism
- How to Improve Communication with Your ASD Child
- The First Things You Need To Know When Your Child Is Diagnosed with ASD
- Is There Really a Single Spectrum for Autism?
- What An Autism Diagnosis Really Means
- 7 Famous People With Autism
- The Autistic Brain
- Is Autism Genetic?
- Childhood Autism Quiz
- Adult Autism Quiz
- Coping with Stress While Caring for a Child with Autism
- Autism Spectrum Disorder

© 2023 HealthCentral LLC. All rights reserved.

## SOURCES

 [Copy Link](#)  [Share](#)  [Print](#)

 [Our Review Process](#)

**John Carosso, PsyD, Licensed Child Clinical Psychologist and Certified School**

**Psychologist:** John Carosso, PsyD, has more than 30 years of experience as a licensed child clinical psychologist and certified school psychologist working in private, inpatient, outpatient, residential, school, and home settings. He is Clinical Director of Community Psychiatric Centers, a licensed Behavioral Health Outpatient Clinic, and operates both the

Autism Center of Pittsburgh and the Dyslexia Diagnostic and Treatment Center.

## Sign Up for Our Newsletters!

Email Address...

GO

## Follow Us!

[About Us](#)

[Editorial Board](#)

[Editorial Guidelines](#)

[Medical Review Board](#)

[Contact Us](#)

[Sitemap](#)

[Privacy Policy](#)

[Terms of Use](#)

[Advertising Policy](#)

[Advertise With Us](#)

[Do Not Sell My Info](#)

[Cookie Preferences](#)

[Patient Power](#)

[TheBody](#)

[HealthCentral](#)

© 2023 HealthCentral LLC. All rights reserved.

