



## Autism Progress Self-Test

**Instructions:** This self-test is designed to help you assess the progress of an individual with autism using standardized testing and assessments.

Read each question carefully and select the most appropriate response based on your observations. Choose the option that best reflects the individual's current behavior and abilities.

### 1. Communication Skills

How would you rate the individual's communication skills compared to previous assessments?

- A. Improved significantly
- B. Improved moderately
- C. Stayed about the same
- D. Declined

### 2. Social Interactions

How would you describe the individual's social interactions in recent interactions?

- A. More engaging and interactive
- B. Slightly improved
- C. No significant change
- D. Less engaged or withdrawn

### 3. Repetitive Behaviors

Have there been any noticeable changes in the individual's repetitive behaviors?

- A. Decreased significantly
- B. Decreased slightly
- C. Remained consistent
- D. Increased

### 4. Autism Diagnostic Observation Schedule (ADOS)

How would you rate the individual's performance on the ADOS assessment in comparison to previous evaluations?

- A. Showing significant improvement
- B. Demonstrating some improvement
- C. No notable change
- D. Showing signs of regression



## 5. Childhood Autism Rating Scale (CARS)

Considering the results of the CARS assessment, what is your assessment of the individual's current autism severity level?

- A. Reduced severity
- B. Slightly reduced severity
- C. Stable severity level
- D. Increased severity

## 6. Adaptive Skills

Have there been any improvements in the individual's ability to perform daily tasks and activities independently?

- A. Significant improvement in adaptive skills
- B. Some improvement in specific areas
- C. Minor changes observed
- D. No noticeable improvement or decline

## 7. Emotional Regulation

How effectively does the individual manage their emotions and cope with stressful situations compared to previous assessments?

- A. Demonstrating better emotional regulation
- B. Slightly improved coping skills
- C. No significant change in emotional regulation
- D. Increased difficulty in managing emotions

## 8. Sensory Sensitivities

Have there been any changes in the individual's sensitivity to sensory stimuli (e.g., light, sound, touch)?

- A. Decreased sensitivity
- B. Slightly decreased sensitivity
- C. Sensitivity levels remain unchanged
- D. Increased sensitivity



### Scoring:

For each question, assign the following points:

- A = 3 points
- B = 2 points
- C = 1 point
- D = 0 points

Total the points from all questions to determine the individual's overall progress score:

- 21-24 points: Significant progress
- 15-20 points: Moderate progress
- 9-14 points: Some progress
- 0-8 points: Limited progress or regression

This self-test is intended for informational purposes only and should not replace professional assessment or advice. Consult a healthcare professional or qualified therapist for a comprehensive evaluation of an individual's progress and development.

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