

Assessment Report

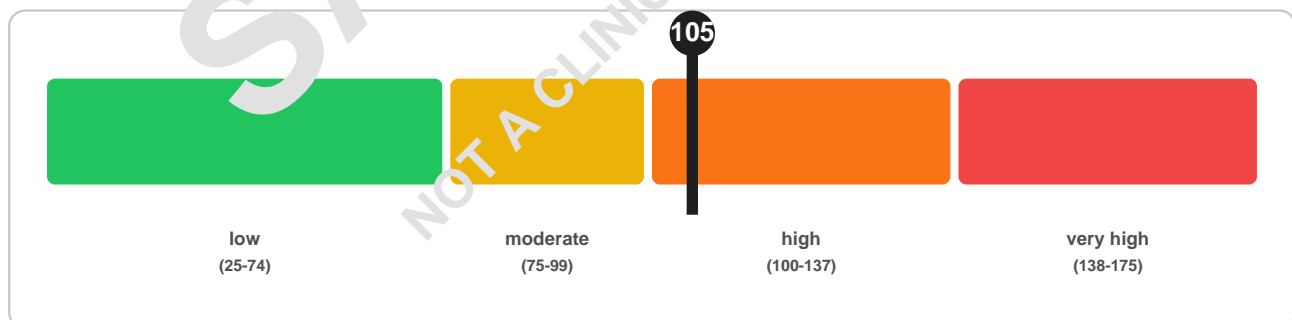
Practice: Mindful Psychology
Practitioner: Dr Sarah Johnson
Client: Alex Carter
Date: 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

CAT-Q — Camouflaging Autistic Traits Questionnaire

A 25-item self-report measure of camouflaging behaviours in autistic and non-autistic adults, assessing compensation, masking, and assimilation strategies.

RESULTS



INTERPRETATION

Current score: 105, high, as per the CAT-Q author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The Camouflaging Autistic Traits Questionnaire (CAT-Q) is a 25-item self-report measure of social camouflaging — the strategies autistic individuals use to compensate for, mask, or assimilate social differences. It measures three domains: compensation (strategies to overcome social difficulties), masking (hiding autistic characteristics), and assimilation (trying to fit in with non-autistic social norms). High camouflaging is associated with late diagnosis, mental health difficulties, and burnout.

Origins & Development

Developed by Laura Hull and colleagues at University College London, published in 2019. Created through qualitative research with autistic adults about their social camouflaging experiences, followed by psychometric validation in a sample of 832 autistic and 641 non-autistic adults. It was the first validated measure of autistic camouflaging and has been crucial in understanding why autism is underdiagnosed in women and gender-diverse individuals.

Australian Context

Increasingly used in Australian autism diagnostic assessments, particularly for adults and women seeking late diagnosis. The Autism CRC (Cooperative Research Centre) in Australia has referenced camouflaging research in its diagnostic guidelines. Relevant to NDIS assessments where understanding social presentation is important for accurate functional capacity evaluation. The Australian Autism Alliance supports strengths-based assessment that acknowledges camouflaging.

Subscales

Compensation: Strategies used to actively compensate for social-communication difficulties, such as learning social scripts, preparing conversation topics, or copying others' behaviour.

Masking: Efforts to hide autistic characteristics from others, including suppressing stimming, forcing eye contact, or concealing sensory



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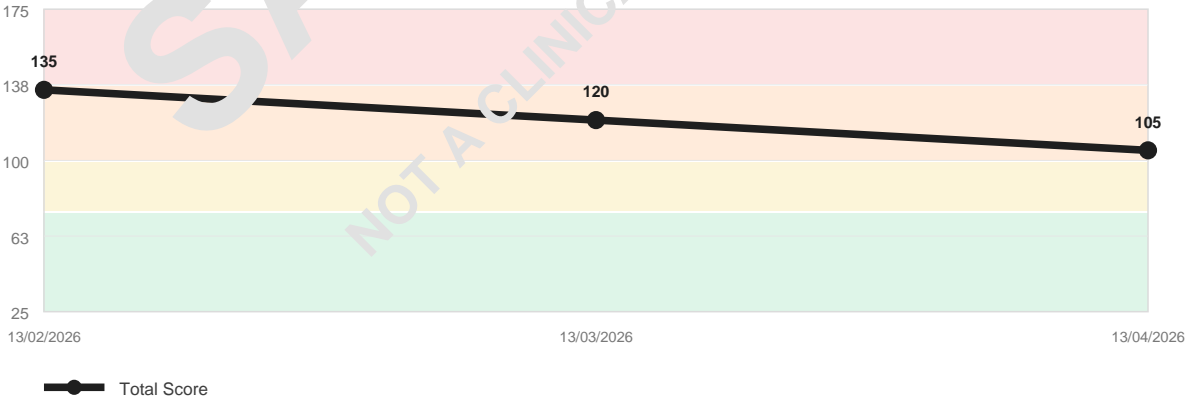
discomfort.

Assimilation: Attempts to fit in with non-autistic social environments by finding ways to appear neurotypical, avoiding standing out, or adjusting behaviour to match social norms.

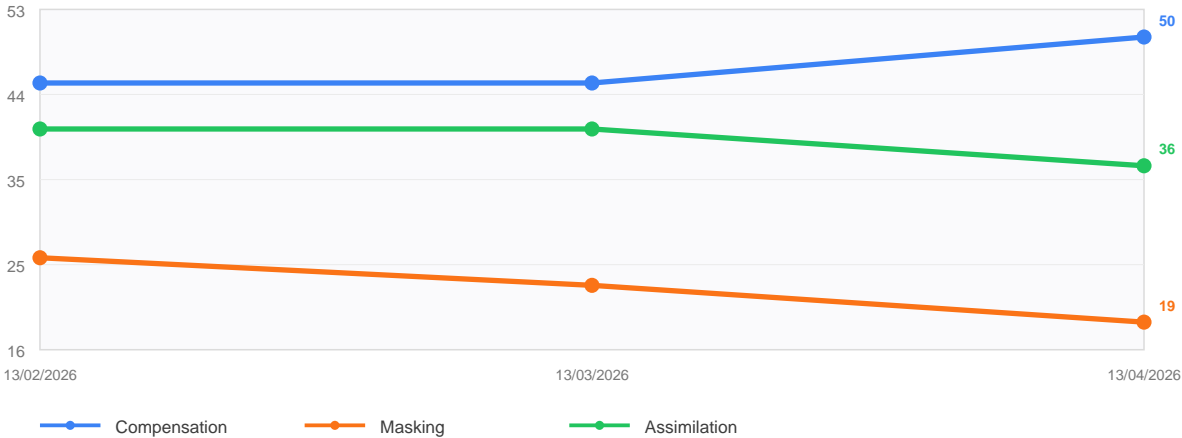
SCORE HISTORY

Date	Score	Level
13/02/2026	135	high
13/03/2026	120	high
13/04/2026	105	high

SCORE TRAJECTORY



SUBSCALE TRAJECTORY





Assessment Report — Response Details

RESPONSE DETAILS

#	Statement	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
1	When I am interacting with someone, I deliberately copy their body language or facial expressions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2	I monitor my body language or facial expressions so that I appear relaxed.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I rarely feel the need to put on an act in order to get through a social situation.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I have developed a script to follow in social situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5	I will repeat phrases that I hear other others say in the exact same way that I first heard them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6	I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	In social situations, I feel like I'm 'performing' rather than being myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	In my own social interactions, I use behaviours that I have learned from watching other people interacting.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
9	I always think about the impression I make on other people.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I need the support of other people in order to socialise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	I practice my facial expressions and body language to make sure they look natural.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I don't feel the need to make eye contact with other people if I don't want to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
13	I have to force myself to interact with people when I am in social situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I have tried to improve my understanding of social skills by watching other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	I monitor my body language or facial expressions so that I appear interested by the person I am interacting with.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	When in social situations, I try to find ways to avoid interacting with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I have researched the rules of social interactions to improve my own social skills.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I am always aware of the impression I make on other people.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I feel free to be myself when I am with other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Assessment Report

#	Statement	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Agree	Strongly Agree
20	I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	5	<input type="radio"/>	<input type="radio"/>
21	I adjust my body language or facial expressions so that I appear relaxed.	<input type="radio"/>	<input type="radio"/>	3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	When talking to other people, I feel like the conversation flows naturally.	<input type="radio"/>	<input type="radio"/>	3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I have spent time learning social skills from television shows and films, and try to use these in my interactions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6	<input type="radio"/>
24	In social interactions, I do not pay attention to what my face is doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6	<input type="radio"/>
25	In social situations, I feel like I am pretending to be normal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

- Hull L, Mandy W, Lai MC, Baron-Cohen S, Allison C, Smith P, Petrides KV. Development and validation of the Camouflaging Autistic Traits Questionnaire (CAT-Q). *J Autism Dev Disord.* 2019;49(3):819-833.
- Lai MC, Lombardo MV, Ruigrok AN, et al. Quantifying and exploring camouflaging in men and women with autism. *Autism.* 2017;21(6):690-702.

ACKNOWLEDGEMENT & LICENSING

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