



Assessment Report

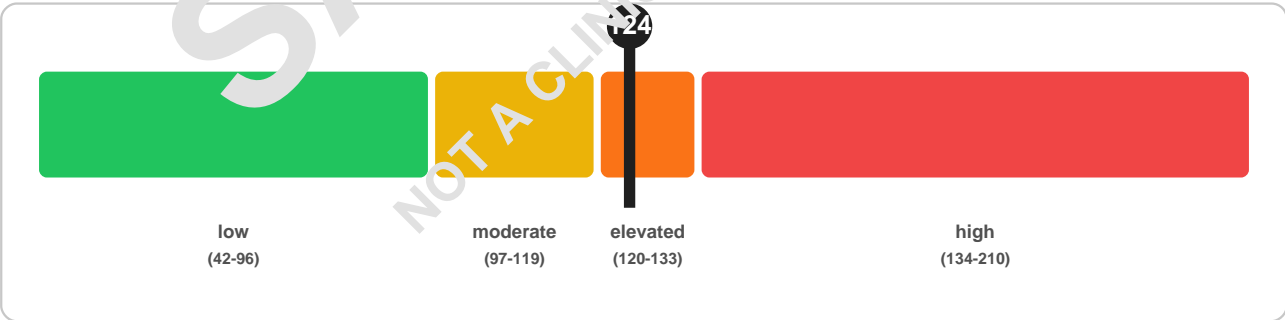
Practice: Mindful Psychology
Practitioner: Dr Sarah Johnson
Client: Alex Carter
Date: 26/04/2026

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

CATI — Comprehensive Autistic Trait Inventory

A 42-item self-report measure of autistic traits across six domains: Social Interactions, Communication, Social Camouflage, Cognitive Inflexibility, Repetitive Behaviours, and Sensory Sensitivity.

RESULTS



Interpreted with Australian community norms — see References

INTERPRETATION

Current score: 124, elevated, as per the CATI author/publisher guidelines.

ABOUT THIS ASSESSMENT

Clinical Purpose

The Comprehensive Autistic Trait Inventory (CATI) is a 42-item self-report measure of autistic traits across six domains: social interactions, communication, repetitive behaviours, cognitive rigidity, sensory sensitivity, and social camouflaging. Unlike diagnostic screening tools, it measures the dimensional distribution of autistic traits in both autistic and non-autistic populations.

Origins & Development

Developed by English, Gould, and colleagues, published in 2021. Designed to address limitations of existing autism trait measures (AQ-10, AQ-50) by incorporating contemporary understanding of autism including sensory processing, camouflaging, and gender-diverse presentations. Validated in a large sample (N > 2,000) with strong internal consistency across all subscales and good discriminant validity between autistic and non-autistic groups.

Australian Context

Relevant to the Australian clinical context where autism diagnosis rates are increasing, particularly among adults and women. NDIS access for autism requires evidence of functional impact across domains aligned with CATI subscales. The inclusion of camouflaging and sensory subscales reflects the broadened understanding of autism in Australian diagnostic practice.

Subscales

- Social Interactions: Difficulties with understanding social cues, maintaining friendships, and navigating social situations.
Communication: Challenges with verbal and non-verbal communication, including understanding figurative language and maintaining



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conversation flow.

Social Camouflage: Strategies used to mask autistic traits in social settings, including mimicking others' behaviour and suppressing natural responses.

Cognitive Inflexibility: Preference for routine, difficulty with change, and tendency toward rigid or repetitive patterns of thinking.

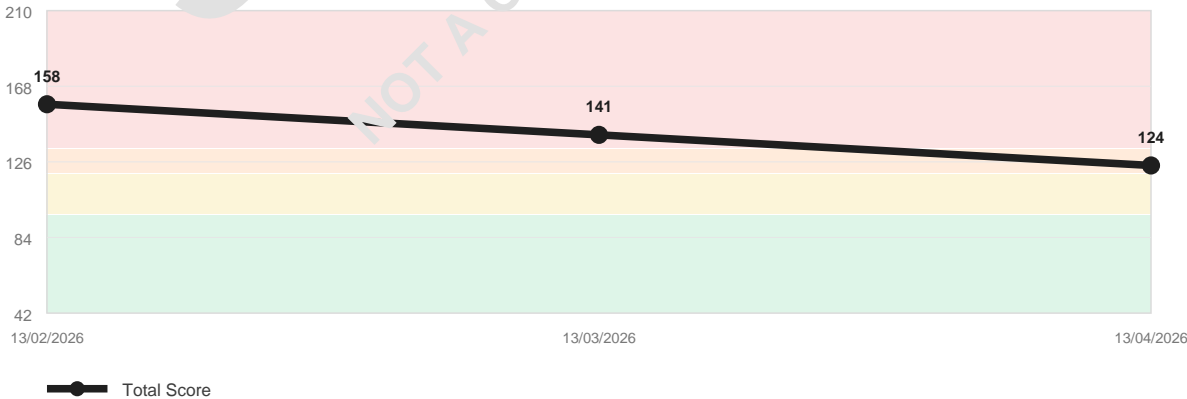
Self-Regulatory Behaviours: Repetitive movements or behaviours (stimming) used for self-regulation, comfort, or sensory needs.

Sensory Sensitivity: Heightened or reduced sensitivity to sensory input including sound, light, texture, taste, and movement.

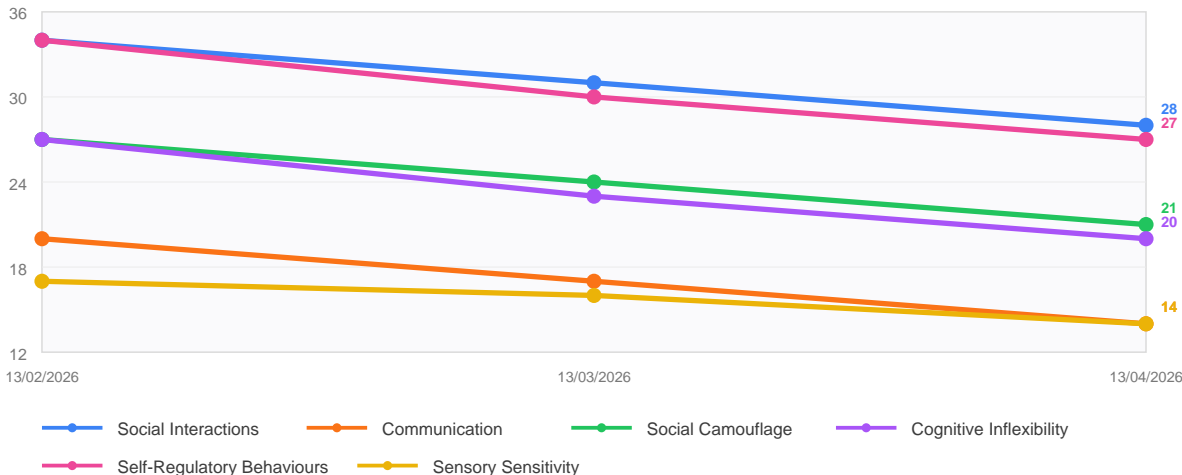
SCORE HISTORY

Date	Score	Severity
13/02/2026	158	high
13/03/2026	141	high
13/04/2026	124	elevated

SCORE TRAJECTORY



SUBSCALE TRAJECTORY





Assessment Report — Response Details

RESPONSE DETAILS

#	Statement	Definitely Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Definitely Agree
1	I often find myself fiddling or playing repetitively with objects (e.g. clicking pens)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2	I like to stick to certain routines for every-day tasks	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	I expend a lot of mental energy trying to fit in with others	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I am very sensitive to bright lighting	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	There are certain activities that I always do the same way, every time	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Sometimes I watch people interact and try to copy them when I need to socialize	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I often rock when sitting in a chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
8	I generally enjoy social situations	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	I look for strategies and tips to appear more sociable	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	In social situations, I try to avoid interactions with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
11	There are times when I feel that my senses are overloaded	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	There are certain objects that I fiddle or play with that can help me calm down or collect my thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
13	Reading non-verbal cues (e.g. facial expressions, body language) is difficult for me	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I like my belongings to be sorted in certain ways and will spend time making sure they are that way	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Social interaction is easy for me	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	When interacting with other people, I spend a lot of effort monitoring how I am coming across	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	I find social interactions stressful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
18	I am very sensitive to touch	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I can tell how people feel from their facial expressions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
20	I have a tendency to pace or move around in a repetitive path	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	I feel discomfort when prevented from completing a particular routine	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	I rely on a set of scripts when I talk with people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I find it easy to sense what someone else is feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
24	I am very sensitive to particular tastes (e.g. salty, sour, spicy, or sweet)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	I engage in certain repetitive actions when I feel stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
26	I rarely use non-verbal cues in my interactions with others	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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#	Statement	Definitely Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Definitely Agree
27	I often insist on doing things in a certain way, or re-doing things until they are 'just right'	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	I feel confident or capable when meeting new people	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	Before engaging in a social situation, I will create a script to follow where possible	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	Social occasions are often challenging for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
31	Sometimes the presence of a smell makes it difficult for me to focus on anything else	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	There are certain repetitive actions or behaviors that I consider to be 'characteristic' of me (e.g. pulling out my hair)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
33	Metaphors or 'figures of speech' often confuse me	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	It annoys me when plans I have made are changed	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	I find it difficult to make decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
36	I react strongly to unexpected loud noises	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	I have difficulty understanding someone else's point-of-view	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38	I like to arrange items in rows or patterns	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
39	I try to follow certain 'rules' in order to get by in social situations	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
40	I am sensitive to flickering lights	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41	I have certain habits that I find difficult to stop (e.g. biting/tearing nails, pulling strands of hair)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
42	I have difficulty understanding the 'unspoken rules' of social situations	<input type="radio"/>	<input checked="" type="radio"/>	<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

- English MCW, Gignac GE, Visser TAW, Whitehouse AJO, Enns JT, Maybery MT. The Comprehensive Autistic Trait Inventory (CATI): development and validation of a new measure of autistic traits in the general population. *Mol Autism*. 2021;12(1):37. doi:10.1186/s13229-021-00445-7. Australian-origin scale developed at the University of Western Australia and Telethon Kids Institute.
- English MC, Poulsen RE, Maybery MT, McAlpine D, Sowman PF, Pellicano E. Psychometric evaluation of the Comprehensive Autistic Trait Inventory in autistic and non-autistic adults. *Autism*. 2025;29(12):2955-2974. doi:10.1177/13623613251347740. Australian (Macquarie University) follow-up validation.
- Hull L, Petrides KV, Allison C, et al. "Putting on my best normal": social camouflaging in adults with autism spectrum conditions. *J Autism Dev Disord*. 2017;47(8):2519-2534.
- Lai MC, Lombardo MV, Baron-Cohen S. *Autism*. *Lancet*. 2014;383(9920):896-910.



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ACKNOWLEDGEMENT & LICENSING

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SAMPLE
NOT A CLINICAL REPORT