

CAT-Q Test

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When I am interacting with someone, I deliberately copy their body language or facial expressions.

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1 2 3 4 5

I monitor my body language or facial expressions so that I appear relaxed.

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1 2 3 4 5

I rarely feel the need to put on an act in order to get through a social situation.

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I have developed a script to follow in social situations.

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I will repeat phrases that I have heard others say in the exact same way that I first heard them.

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I adjust my body language or facial expressions so that I appear interested by the person I am interacting with.

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In social situations, I feel like I'm 'performing' rather than being myself.

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In my own social interactions, I use behaviours that I have learned from watching other people interacting.

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I always think about the impression I make on other people.

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I need the support of other people in order to socialise.

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I practice my facial expressions and body language to make sure they look natural.

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I don't feel the need to make eye contact with other people if I don't want to.

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I have to force myself to interact with people when I am in social situations.

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1 2 3 4 5

I have tried to improve my understanding of social skills by watching other people.

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1 2 3 4 5

I monitor my body language or facial expressions so that I appear interested by the person I am interacting with.

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1 2 3 4 5

When in social situations, I try to find ways to avoid interacting with others.

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I have researched the rules of social interactions to improve my own social skills.

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1 2 3 4 5

I am always aware of the impression I make on other people.

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1 2 3 4 5

I feel free to be myself when I am with other people.

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1 2 3 4 5

I learn how people use their bodies and faces to interact by watching television or films, or by reading fiction.

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1 2 3 4 5

I adjust my body language or facial expressions so that I appear relaxed.

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1 2 3 4 5

When talking to other people, I feel like the conversation flows naturally.

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I have spent time learning social skills from television shows and films, and try to use these in my interactions.

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In social interactions, I do not pay attention to what my face or body are doing.

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In social situations, I feel like I am pretending to be 'normal'.

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