ADOLESCENT/ADULT SENSORY PROFILE™

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Self Questionnaire

Name: _____ Age: _____ Date: _____

Birthdate: _____ Gender: ☐ Male ☐ Female

Are there aspects of daily life that are not satisfying to you? If yes, please explain. _____

_____

_____

_____

INSTRUCTIONS

Please check the box that **best** describes the frequency with which you perform the following behaviors. If you are unable to comment because you have not experienced a particular situation, please draw an X through that item's number. Write any comments at the end of each section.

Please answer all of the statements. Use the following key to mark your responses:

ALMOST NEVER	When presented with the opportunity, you **almost never** respond in this manner (about 5% or less of the time).
SELDOM	When presented with the opportunity, you **seldom** respond in this manner (about 25% of the time).
OCCASIONALLY	When presented with the opportunity, you **occasionally** respond in this manner (about 50% of the time).
FREQUENTLY	When presented with the opportunity, you **frequently** respond in this manner (about 75% of the time).
ALMOST ALWAYS	When presented with the opportunity, you **almost always** respond in this manner (about 95% or more of the time).

PEARSON

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PsychCorp

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Item		A. Taste/Smell Processing	ALMOST NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALMOST ALWAYS
	1	I leave or move to another section when I smell a strong odor in a store (for example, bath products, candles, perfumes).					
	2	I add spice to my food.					
	3	I don't smell things that other people say they smell.					
	4	I enjoy being close to people who wear perfume or cologne.					
	5	I only eat familiar foods.					
	6	Many foods taste bland to me (in other words, food tastes plain or does not have a lot of flavor).					
	7	I don't like strong tasting mints or candies (for example, hot/cinnamon or sour candy).					
	8	I go over to smell fresh flowers when I see them.					

Comments

Item		B. Movement Processing	ALMOST NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALMOST ALWAYS
	9	I'm afraid of heights.					
	10	I enjoy how it feels to move about (for example, dancing, running).					
	11	I avoid elevators and/or escalators because I dislike the movement.					
	12	I trip or bump into things.					
	13	I dislike the movement of riding in a car.					
	14	I choose to engage in physical activities.					
	15	I am unsure of footing when walking on stairs (for example, I trip, lose balance, and/or need to hold the rail).					
	16	I become dizzy easily (for example, after bending over, getting up too fast).					

Comments

Item		C. Visual Processing	ALMOST NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALMOST ALWAYS
	17	I like to go to places that have bright lights and that are colorful.					
	18	I keep the shades down during the day when I am at home.					
	19	I like to wear colorful clothing.					
	20	I become frustrated when trying to find something in a crowded drawer or messy room.					
	21	I miss the street, building, or room signs when trying to go somewhere new.					
	22	I am bothered by unsteady or fast moving visual images in movies or TV.					
	23	I don't notice when people come into the room.					
	24	I choose to shop in smaller stores because I'm overwhelmed in large stores.					
	25	I become bothered when I see lots of movement around me (for example, at a busy mall, parade, carnival).					
	26	I limit distractions when I am working (for example, I close the door, or turn off the TV).					

Comments

Item		D. Touch Processing	ALMOST NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALMOST ALWAYS
	27	I dislike having my back rubbed.					
	28	I like how it feels to get my hair cut.					
	29	I avoid or wear gloves during activities that will make my hands messy.					
	30	I touch others when I'm talking (for example, I put my hand on their shoulder or shake their hands).					
	31	I am bothered by the feeling in my mouth when I wake up in the morning.					
	32	I like to go barefoot.					
	33	I'm uncomfortable wearing certain fabrics (for example, wool, silk, corduroy, tags in clothing).					
	34	I don't like particular food textures (for example, peaches with skin, applesauce, cottage cheese, chunky peanut butter).					
	35	I move away when others get too close to me.					
	36	I don't seem to notice when my face or hands are dirty.					
	37	I get scrapes or bruises but don't remember how I got them.					
	38	I avoid standing in lines or standing close to other people because I don't like to get too close to others.					
	39	I don't seem to notice when someone touches my arm or back.					

Comments

Item		E. Activity Level	ALMOST NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALMOST ALWAYS
	40	I work on two or more tasks at the same time.					
	41	It takes me more time than other people to wake up in the morning.					
	42	I do things on the spur of the moment (in other words, I do things without making a plan ahead of time).					
	43	I find time to get away from my busy life and spend time by myself.					
	44	I seem slower than others when trying to follow an activity or task.					
	45	I don't get jokes as quickly as others.					
	46	I stay away from crowds.					
	47	I find activities to perform in front of others (for example, music, sports, acting, public speaking, and answering questions in class).					
	48	I find it hard to concentrate for the whole time when sitting in a long class or a meeting.					
	49	I avoid situations where unexpected things might happen (for example, going to unfamiliar places or being around people I don't know).					

Comments

Item		F. Auditory Processing	ALMOST NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALMOST ALWAYS
	50	I hum, whistle, sing, or make other noises.					
	51	I startle easily at unexpected or loud noises (for example, vacuum cleaner, dog barking, telephone ringing).					
	52	I have trouble following what people are saying when they talk fast or about unfamiliar topics.					
	53	I leave the room when others are watching TV, or I ask them to turn it down.					
	54	I am distracted if there is a lot of noise around.					
	55	I don't notice when my name is called.					
	56	I use strategies to drown out sound (for example, close the door, cover my ears, wear ear plugs).					
	57	I stay away from noisy settings.					
	58	I like to attend events with a lot of music.					
	59	I have to ask people to repeat things.					
	60	I find it difficult to work with background noise (for example, fan, radio).					

Comments

Summary Score Sheet

Quadrant Grid

Instructions: Transfer from the *Self Questionnaire* the item raw score that corresponds with each item listed (refer to the *User's Manual* for directions on how to obtain item raw scores). Add the Raw Score column to get the Quadrant Raw Score Total for each quadrant.

QUADRANT 1	
Low Registration	
Item	Raw Score
3	
6	
12	
15	
21	
23	
36	
37	
39	
41	
44	
45	
52	
55	
59	
Quadrant Raw Score Total	

QUADRANT 2	
Sensation Seeking	
Item	Raw Score
2	
4	
8	
10	
14	
17	
19	
28	
30	
32	
40	
42	
47	
50	
58	
Quadrant Raw Score Total	

QUADRANT 3	
Sensory Sensitivity	
Item	Raw Score
7	
9	
13	
16	
20	
22	
25	
27	
31	
33	
34	
48	
51	
54	
60	
Quadrant Raw Score Total	

QUADRANT 4	
Sensation Avoiding	
Item	Raw Score
1	
5	
11	
18	
24	
26	
29	
35	
38	
43	
46	
49	
53	
56	
57	
Quadrant Raw Score Total	

SCORE KEY	
1	Almost Never
2	Seldom
3	Occasionally
4	Frequently
5	Almost Always

ICON KEY	
—	Low Registration
S	Sensation Seeking
Sensory Sensitivity	
|	Sensation Avoiding

Quadrant Summary

Instructions: Choose the appropriate Quadrant Summary Chart and then transfer the Quadrant Raw Score Total from the previous page to the corresponding Quadrant Raw Score Total box. Plot these totals by marking an X in the appropriate classification column (Much Less than Most People, Less than Most People, etc.)*

Quadrant Summary Chart for Ages 11–17

Quadrant	Quadrant Raw Score Total	Much Less Than Most People	Less Than Most People	Similar To Most People	More Than Most People	Much More Than Most People
		– –	–	=	+	+ +
1. Low Registration	/75	15 ---------- 18	19 ---------- 26	27 ---------- 40	41 ---------- 51	52 ---------- 75
2. Sensation Seeking	/75	15---------- 27	28 ---------- 41	42 ---------- 58	59 ---------- 65	66 ---------- 75
3. Sensory Sensitivity	/75	15 ---------- 19	20 ---------- 25	26 ---------- 40	41 ---------- 48	49 ---------- 75
4. Sensation Avoiding	/75	15 ---------- 18	19 ---------- 25	26 ---------- 40	41 ---------- 48	49 ---------- 75

*Classifications are based on the performance of individuals without disabilities ($n = 193$).

Quadrant Summary Chart for Ages 18–64

Quadrant	Quadrant Raw Score Total	Much Less Than Most People	Less Than Most People	Similar To Most People	More Than Most People	Much More Than Most People
		– –	–	=	+	+ +
1. Low Registration	/75	15 ---------- 18	19 ---------- 23	24 ---------- 35	36 ---------- 44	45 ---------- 75
2. Sensation Seeking	/75	15 ---------- 35	36 ---------- 42	43 ---------- 56	57 ---------- 62	63 ---------- 75
3. Sensory Sensitivity	/75	15 ---------- 18	19 ---------- 25	26 ---------- 41	42 ---------- 48	49 ---------- 75
4. Sensation Avoiding	/75	15 ---------- 19	20 ---------- 26	27---------- 41	42 ---------- 49	50 ---------- 75

*Classifications are based on the performance of individuals without disabilities ($n = 496$).

Quadrant Summary Chart for Ages 65 and older

Quadrant	Quadrant Raw Score Total	Much Less Than Most People	Less Than Most People	Similar To Most People	More Than Most People	Much More Than Most People
		– –	–	=	+	+ +
1. Low Registration	/75	15 ---------- 19	20 ---------- 26	27 ---------- 40	41 ---------- 51	52 ---------- 75
2. Sensation Seeking	/75	15 ---------- 28	29 ---------- 39	40 ---------- 52	53 ---------- 63	64 ---------- 75
3. Sensory Sensitivity	/75	15 ---------- 18	19 ---------- 25	26 ---------- 41	42 ---------- 48	49 ---------- 75
4. Sensation Avoiding	/75	15 ---------- 18	19 ---------- 25	26 ---------- 42	43 ---------- 49	50 ---------- 75

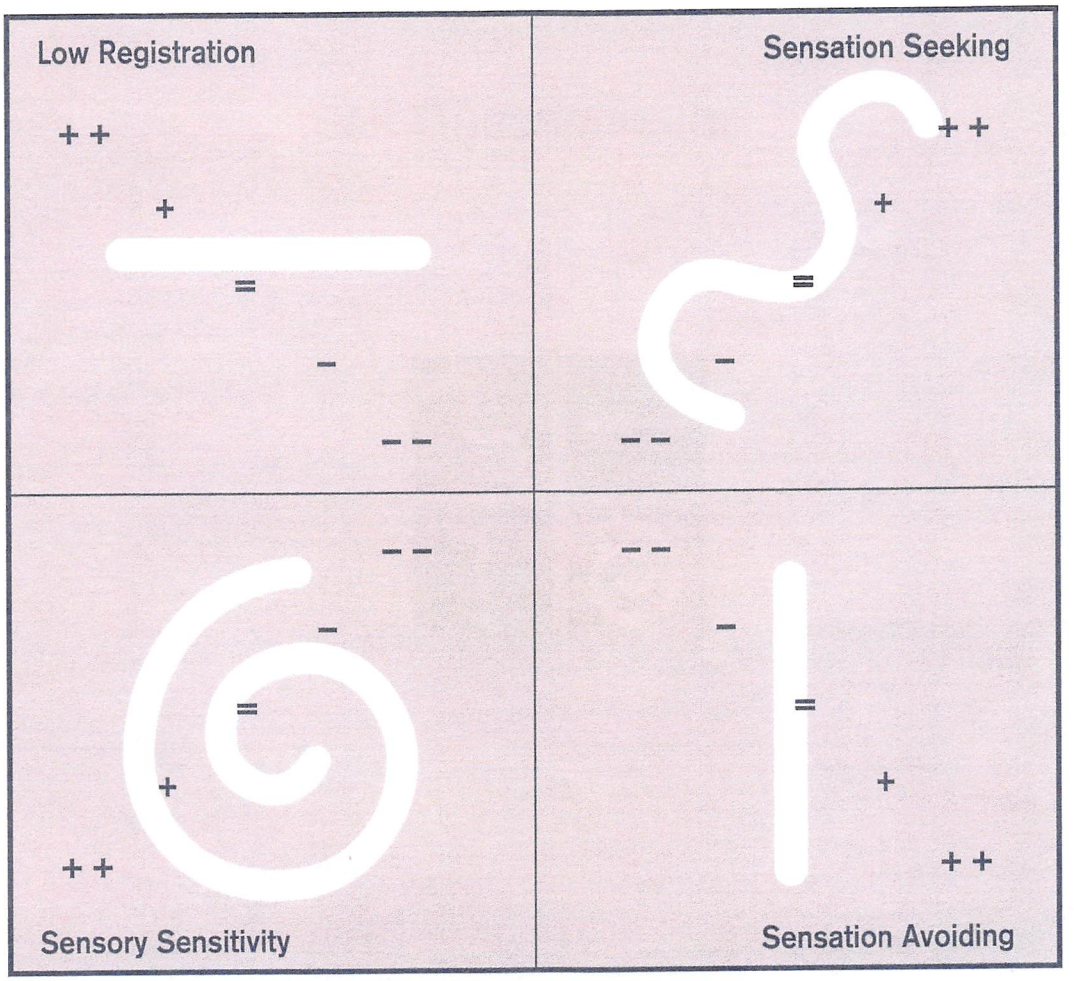
*Classifications are based on the performance of individuals without disabilities ($n = 261$).

Quadrant Profile

Instructions: Transfer the information from the classification columns of the Quadrant Summary Chart (the areas marked with an X) to the Quadrant Profile. Circle the classification symbol in each quadrant below that corresponds with the classification information for that quadrant. Finally, check the appropriate age box.

The following symbols are used to represent the classifications on the Quadrant Profile:

- – – Much Less Than Most People
- – Less Than Most People
- = Similar to Most People
- + More Than Most People
- + + Much More Than Most People



See chapter 5 for more information regarding interpretations and intervention.

Check the correct age:

- ☐ 11–17 years
- ☐ 18–64 years
- ☐ 65 years and older