

Asperger's Experience & Self-Understanding Survey

This survey is designed to gather information about the lived experiences, preferences, challenges, and self-perceptions of individuals with Asperger's. Your honest answers will help improve understanding and support for people on the spectrum.

Part 1: Demographic Questions

1. **What is your age?**
 - ☐ Under 18
 - ☐ 18–24
 - ☐ 25–34
 - ☐ 35–44
 - ☐ 45–54
 - ☐ 55 or older
2. **What is your gender?**
 - ☐ Male
 - ☐ Female
 - ☐ Non-binary / Third gender
 - ☐ Prefer to self-describe: _____
 - ☐ Prefer not to say
3. **At what age were you diagnosed with Asperger's or Autism Spectrum Disorder (Level 1)?**
 - ☐ Before age 10
 - ☐ Between ages 10–17
 - ☐ Between ages 18–25
 - ☐ After age 25
 - ☐ Not officially diagnosed, but I self-identify
 - ☐ Prefer not to say

Part 2: Multiple-Choice Questions

4. **How would you describe your comfort level in social situations?**
 - ☐ Very uncomfortable
 - ☐ Uncomfortable
 - ☐ Neutral
 - ☐ Comfortable
 - ☐ Very comfortable

5. **Which of the following do you find most helpful in your daily routine?** *(Select all that apply)*
- ☐ Clear structure or schedule
 - ☐ Quiet spaces
 - ☐ Alone time
 - ☐ Support from a trusted person
 - ☐ Technology/tools (apps, reminders, etc.)
 - ☐ Other: _____
6. **Do you experience sensory sensitivities?**
- ☐ Yes – Strongly
 - ☐ Yes – Mildly
 - ☐ No
 - ☐ I'm not sure
7. **In conversations, how often do you find it hard to know what to say or how to respond?**
- ☐ Almost always
 - ☐ Often
 - ☐ Sometimes
 - ☐ Rarely
 - ☐ Never
8. **How well do you feel others understand your way of thinking or communicating?**
- ☐ Not at all
 - ☐ A little
 - ☐ Somewhat
 - ☐ Mostly
 - ☐ Completely

Part 3: Open-Ended Questions

9. **What is something about having Asperger's that you wish more people understood?**
10. **Can you describe a personal strength or talent that you feel is connected to how your brain works?**

11. **Share a personal experience—good or bad—that has stood out to you as someone with Asperger's.**