

# SPECTRUM SERVICES

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Welcome to Spectrum Services!

We are extremely excited to have you work with us and look forward to treating you with the utmost respect, professionalism, and transparency as we embark on this journey together. We understand it takes much courage and can be difficult and stressful to reach out and take this initial step toward understanding oneself. With this in mind, we want you to be informed with every step and encourage you to ask any questions you may have along the way. We pride ourselves on having an eclectic group of dynamic, experienced, and highly educated professionals in the field of psychology; but most importantly, those who are kind, caring, and sensitive to your individual needs. They are ready to guide you through every step toward a comprehensive, skilled, and valid assessment, drawing from their extensive backgrounds and research in the field.

Following is a guideline of what you can expect over the next few weeks, in addition to some initial tasks for you to complete.

1. As part of your comprehensive evaluation, we like to include a variety of instruments to better understand you and assist in formulating an accurate diagnostic picture of you. Below you will find 4 online screening tools that are free to complete and score. They are currently still used in research studies around the world. Some of the questions may be ambiguous, worded poorly, not necessarily appear to apply to ASD, may be gender-specific, or a little outdated, but as a whole, they have very high validity in identifying ASD versus non-ASD, so will be useful in the overall evaluation and will be incorporated into your assessment.

Please complete the screeners and send us a copy of the results. **If you have already completed any or all of these screeners and have sent us the results, you do not need to do them again. We do not automatically receive a copy of the results for these screeners, so please either send us a screenshot of the results or send us your scores in writing.** If you have already completed any or all and have your results already, you do not need to retake them unless it was a while ago and you would like to compare your more recent results with your old results. Also, if you have taken any other measures not included here and would like to share, please do so. If you have any questions, do not hesitate to ask.

Also, if you have had any prior assessments, formal diagnoses, or have any other pertinent records you would like to provide that you feel may be helpful, you may also do so at this time. If you don't or they are not readily available, that is ok. You can always provide it at a later time.

**The Autism Spectrum Quotient (AQ)** is a self-administered questionnaire used to measure autistic traits in adults (age 16+).

Link: <https://spectrumservicesnyc.com/screeners-aq7/>

**Taking the Test:** The AQ consists of **50** statements, giving you **4** choices for each statement:

1. Definitely agree
2. Slightly agree
3. Slightly disagree
4. Definitely disagree

Note: it makes no difference to your score whether you choose *slightly* or *definitely*, so treat the statements as a binary choice **agree** and **disagree**.

Research shows that the AQ is a quick tool to identify where a person is situated on the continuum from autism to neurotypicality.

**The Empathy Quotient (EQ)** is a self-administered questionnaire designed to measure empathy in adults. It tests the ability to tune into how someone else is feeling, or what they might be thinking.

Link: <https://spectrumservicesnyc.com/screeners-eq2/>

**Taking the test:** The EQ consists of **60** statements, giving you **4** choices for each statement:

1. Definitely Agree = **2** points
2. Slightly Agree = **1** point
3. Slightly Disagree = **1** point
4. Definitely Disagree = **2** points

The Empathy Quotient (EQ) has good reliability and validity and falls into a normal bell curve. Everyone can be placed on this empathy spectrum (from high to low).

**The Systemizing Quotient-Revised (SQ-R)** is a self-report questionnaire comprising 75 items, which is used to assess so-called systemizing cognitive styles. Systemizing measures your proclivity to *systemize*, or think in terms of systems. Someone who scores high on this measure is keen on analyzing systems and classifications, they explore categories and the relationships between concepts, they are able to discern and manipulate causal patterns, and they have great attention to detail. They may also collect and organize things. According to Simon Baron-Cohen, one of the leading researchers in the world from Cambridge University indicates systemizing is particularly strong in innovators in all fields—the sciences as well as the arts—and autistic people tend to score high on this cognitive mechanism.

Link: <https://www.pytoolkit.org/cgi-bin/3.4.0/survey?s=G8eJN>

**Taking the test:** The **SQ-R** consists of **75** statements, giving you **4** choices for each statement:

1. Strongly agree
2. Slightly agree
3. Slightly disagree
4. Strongly disagree

**The Ritvo Autism Asperger Diagnostic Scale-Revised (RAADS-R)** is a self-report questionnaire designed to identify adult autistics who “escape diagnosis” due to a subclinical level presentation.

**Link:** <https://spectrumservicesnyc.com/screeners-raads-r3/>

**Taking the Test:** The test assesses developmental symptoms correlating with the **DSM-5** diagnostic categories (**Language, Social Relatedness, Sensory-motor, and Circumscribed interests**). It consists of **80** statements, giving you **4** choices for each statement:

True now and when I was young  
True now only  
True only when I was younger than 16 and  
Never True

The RAADS-R is a reliable instrument to assist in the diagnosis of autistic adults. **No neurotypical people who took the test scored above the autism threshold.** Only **3%** of the autistic group did not score over **65**.

Thank you for your time and patience in completing these!

2. You can expect to receive several links to additional questionnaires inclusive of measures assessing personality functioning, executive functioning, anxiety, depression, OCD, trauma and various others specific to ASD and components of the diagnostic criteria.
3. Once we have received your background information survey results via the TherapyNotes portal, online screeners, and any prior assessments or records you wish to provide, our psychologist will review the results and will reach out via e-mail to schedule an initial session and will provide further information then. You can expect the initial session to typically be an hour and a half to two hours long. Subsequent sessions will be scheduled at that time, and your psychologist will guide you through the rest of the process.

Sincerely,

The Assessment Team at Spectrum Services