



Aspergers Anonymous™
Together We Can!

THE PROFESSOR'S OPINION
of
ASPERGERS ANONYMOUS™



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I think that the Aspergers Anonymous™ assessment guide is simple but also very perceptive in identifying the characteristics of Asperger's Syndrome. I think this is an excellent document. What it does is go through 20 key points. Obviously it's not the definitive diagnostic process, but it's a good screening tool that will indicate those who will warrant and benefit from a thorough diagnostic assessment. What a clinician does is take each of those 20 items, adds a few more and then goes through them in much more depth. But this assessment guide makes for a very legitimate referral. I think the questions are very simple and very straightforward. There aren't any psychological terms that you've got to explain. So I think many people could understand exactly what the question is asking about and you have a simple yes or no. It is simple, easy and effective.

I'm a Professor and I suppose I have a fair bit of knowledge. However my greatest knowledge has come from those who have Asperger's Syndrome and their families, not from research articles or conferences and the greatest wisdom and experience is in the families and their advice has greater credibility and practicality than some of the clinicians and academics advice. The Aspergers Anonymous™ groups have many functions – there's a level of emotional support and a sense of belonging but also access to wisdom that you don't get from any textbook. In terms of the Aspergers Anonymous™ program for acceptance and positive thinking, I think those with Asperger's Syndrome need to look on the brightside, otherwise there's a tendency to focus and dwell on the negatives, it seems to be a characteristic and if I had a tablet to give optimism, I would design that for those with Asperger's. It means that they will often need to change their perception of situations and their own self worth and their own value. That is before any event, during it and also after it because they can do what I call a post mortem on it and be very self critical. So it's very important that somebody assists them in being objective rather than subjective.

I think that Aspergers Anonymous™ should hold meetings as often as is needed and sometimes you get offshoots that will meet on separate days because they have common issues or they all want to go and see the latest science fiction movie. So there will be subgroups that will form and friendships that will develop and I feel that the benefit of the meetings is not just in terms of wisdom but it's also the development of friendships they're going to make.



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I think the parents of people with Asperger's Syndrome are more practical and realistic than professionals and they know what's reasonable in any situation. So I think that the advice that comes from a parent has that authority to it and that a professional who may not know Asperger's Syndrome from within a family setting may have expectations that are too high or not be able to explain it in everyday language. Sometimes professionals hide behind their terminology which parents don't do and so the parents speak sense.

In terms of the Spiritual program offered by Aspergers Anonymous™ - first of all I think people with Asperger's Syndrome are actually very Spiritual people. It depends on where it goes and what they do, but there is both a Spiritual essence and how aspects of Spirituality can help that needs to be recognised. Sometimes psychologists are very practical people and because in Spirituality you can't put numbers and data to it, they don't accept it. Yet for Humans and in life, Spirituality can make the difference between life & death.

If Aspergers Anonymous™ is going to be effective, you're going to have to be independent. Governments want to control and if they fund you, they will control you and Aspergers Anonymous™ needs to be independent of that. You need to be very objective and able to criticise Government agencies without fear of them withdrawing the funds.

In my experience, the bullying of people with Asperger's Syndrome by other people is responsible for causing up to 25% of all alcoholics and drug addicts. The problems for the person with Asperger's Syndrome are so great that the person will try to find a solution and a temporary solution that is not a solution is alcohol and drugs. So I would see that the fellowship of Aspergers Anonymous™ and the support and the wisdom will strangely enough, act as an antidote to inappropriate strategies such as alcohol and drug dependency.

I encourage people with AS and their families to join Aspergers Anonymous™, because they're good and they will do you good - so come along!

Professor Tony Attwood

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	Yes	No
1. Are you very shy?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you avoid eye contact with other people who you don't know?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you mostly spend lunchtimes or break periods on your own?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do changes to your routine make you very anxious?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you physically clumsy?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you always stick to and never break the rules?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you dislike and avoid team sports or team activities?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you prefer to do your hobbies or interests on your own?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you say things that other people find hurtful even though you don't find it hurtful?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you take things that other people say literally?	<input type="checkbox"/>	<input type="checkbox"/>
11. Are you easily hurt by what other people say to you?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you have poor or no social relationships with people who are the same age as you?	<input type="checkbox"/>	<input type="checkbox"/>
13. Would you prefer a vacation in a private place rather than in a crowded place?	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you have a posture or gait that is not straight?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you prefer to eat at home rather than eating out in restaurants?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you get very anxious when travelling to new places or when meeting new people?	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you spend most of your time by yourself or in your own private space?	<input type="checkbox"/>	<input type="checkbox"/>
18. Are you often oppositional or argumentative with parents or authorities?	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you dislike sharing your close friend or relative?	<input type="checkbox"/>	<input type="checkbox"/>
20. Are you bothered by smells, lights, noises or textures that don't bother other people?	<input type="checkbox"/>	<input type="checkbox"/>

WHAT'S YOUR SCORE?

If you have answered YES to three or more questions, there is a chance that you may have Asperger's Syndrome.

If you have answered YES to five or more, chances are that you have Asperger's Syndrome.

If you have answered YES to seven or more, you definitely have Asperger's Syndrome.

Why do we say this? Because the actual experience of many people and their families who have and live with Asperger's Syndrome on a daily basis has taught us some basic truths about our symptoms - and about ourselves.