



IPAs+

Autism- training for inclusion

MODULE 2 - LEVEL I Self-assessment questionnaire



1. One of the main characteristics of autism, according to the criteria outlined in DSM-5, is:

- a) Particular ease in communicating
- b) Deficits in communication**
- c) A complete inability for individuals to express themselves verbally
- d) Shyness in talking with others

2. Persons on the autism spectrum often manifest:

- a) A preference for using nonliteral language
- b) Difficulties understanding sentences and phrases that are too long
- c) A fear of over-ambiguous language
- d) Difficulties understanding nonliteral or ambiguous language**

3. Sometimes you can spot physical characteristics in a person on the autism spectrum as:

- a) They might display stereotyped or repetitive motor movements**
- b) They will be accompanied by an assistant
- c) They will be alone
- d) They will have specific facial features

4. It can be said that, regarding structure of activities, persons on the autism spectrum:

- a) Will always stick to the exact same daily routine
- b) Often insist on sameness and can be inflexible in adherence to routines**
- c) Are usually open to change
- d) Will only accept changes to their routine if informed about it the day before

5. Persons on the autism spectrum more often display:

- a) One sole interest
- b) An ever-smaller number of interests as they grow older
- c) A variety of interest and hobbies comparable to that of a neurotypical individual
- d) Restricted, fixated interests that are abnormal in intensity or focus**

6. Persons on the autism spectrum also most commonly display:

a) High levels of anxiety

- b) General ambiguity to most social situations
- c) A larger number of fears and phobias than the general population
- d) A higher tendency for taking risks

7. Having autism:

- a) Almost invariably means a person will have an intellectual disability
- b) Does not necessarily mean a person has an intellectual disability**
- c) Reduces the likelihood of a person having an intellectual disability
- d) Is most commonly accompanied by an above-average level of intellect

8. A common comorbidity of autism can be:

- a) Diabetes
- b) Narcolepsy
- c) Epilepsy**
- d) Alzheimers

9. Certain persons on the autism spectrum often manifest sensory difficulties, notably:

a) Sensory hypersensitivity

- b) Difficulties in hearing
- c) Colour blindness
- d) Hot flushes

10. Early intervention, before two years of age:

- a) Appears to reverse the onset of autistic traits
- b) Gives parents enough time to make changes in their daily structure to accommodate autistic traits
- c) Is a standard practice put into place all over Europe
- d) Appear to allow people to develop to the best of their potential**

11. Current understanding of autism links its causes significantly to:

- a) Diet

b) Genetics

- c) Vaccines
- d) Stress in mothers during pregnancy

12. Evidence overwhelmingly shows that the link between parental attitudes and actions, to autism in a child, is that:

a) That there is no causative link between parental actions and the development of autism

- b) A lack of proximity between parents and their child can lead to autism
- c) The rates of autism increase in cases when a child is brought up in a single-parent household
- d) There could be a causal link between parental actions and autism, but there is yet no conclusion as to what exactly this might be.

13. Screening tools for autism are:

- a) Designed to help identify children who might have developmental delays and can be used to give a diagnosis.
- b) Designed to help identify children who might have developmental delays, but do not result in diagnosis alone.**
- c) Designed to help identify children who might develop autistic traits when they are adults.
- d) Designed to help teachers and professionals distinguish which children already have diagnosable autism.

14. Which of the following can be said to be true regarding the link between vaccines and autism?

- a) There is a clear indication that vaccines heighten the likelihood of a child becoming autistic
- b) Consensus around the likely effect vaccines have on the onset of autism has been steadily growing over the past decade
- c) The idea has been largely discredited and to this day there has not been any proof of the link between vaccines and autism**
- d) There is now undeniable proof that vaccines do not in any way increase the incidence of autism

15. Some people opt for gluten free diets for persons on the autism spectrum because:

- a) There is a misconception that gluten is causing the features of autism**
- b) Autistic people often put on weight in adulthood
- c) There is a high incidence of coeliac disease among persons on the autism spectrum
- d) Eating alternatives to gluten makes autistic individuals less lethargic and more responsive to therapies

16. The practice of “packing” consists of:

- a) Enhancing concentration by placing objects in boxes, to build special awareness
- b) Helping an autistic person become accustomed to changing environment by getting them to pack a suitcase ahead of short excursions
- c) Wrapping the autistic individual in towels previously wet in cold water to give them a better perception of their own body**
- d) Collecting objects found during excursions into a backpack and encouraging the autistic person to explain why they chose this particular object

17. The process of “packing” is considered:

- a) An effective way to push autistic individuals out of their comfort zones
- b) A form of child abuse and a gross violation of basic human rights and there is no scientific evidence to prove it has any benefits**
- c) Traumatizing for very young children, but highly beneficial for adults
- c) A challenging form of intervention that produces concrete improvements

18. The condemned practice of “bleach therapy” consists of:

- a) The consumption of an industrial-strength bleach solution to expel parasites which are believed to cause autism**
- b) Placing bleach on the persons skin to help them feel the extremities of their bodies and improve their corporal awareness
- c) Cleaning a person living quarters with bleach to get rid of bacteria that can worsen behavioral difficulties
- d) Wearing white clothes washed in bleach to accustomise the autistic individual to high visual stimulation and reduce their oversensitivity to light

19. Highlight one characteristic that is NOT listed in DSM5:

- a) Deficits in using communication appropriate for the social context
- b) Impairment of the ability to feel empathy**
- c) Difficulties following rules for conversation and storytelling, such as taking turns in conversation
- d) Difficulties understanding what is not explicitly stated (e.g., making inferences)

20. Highlight one characteristic that is NOT listed in DSM5:

- a) Stereotyped or repetitive motor movements, use of objects, or speech
- b) Insistence on sameness, inflexible adherence to routines
- c) Ritualised patterns or verbal nonverbal behavior
- d) Special talent**