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A Review of the Repetitive Behaviours Questionnaire–3 (RBQ-3): Qualitative Descriptors, Psychometric Properties, and Normative Data

The Repetitive Behaviours Questionnaire–3 (RBQ-3) is a 20-item scale designed to measure restricted and repetitive behaviours, a core feature of autism spectrum disorder (Jones et al. 2024). This technical review presents normative data, qualitative descriptors and percentile rankings to help clinicians better understand and utilise the assessment in practice.

This document was developed by NovoPsych to review contemporary literature, describe original scoring methodologies, provide interpretation material, enhance normative data and provide qualitative descriptors.

Developer

The Repetitive Behaviours Questionnaire–3 (RBQ-3) was developed by Jones et al. (2024):

Jones, C. R. G., Livingston, L. A., Fretwell, C., Uljarević, M., Carrington, S. J., Shah, P., & Leekam, S. R. (2024). Measuring self and informant perspectives of restricted and repetitive behaviours (RRBs): Psychometric evaluation of the Repetitive Behaviours Questionnaire-3 (RBQ-3) in adult clinical practice and research settings. *Molecular Autism*, 15(1), Article 24. <https://doi.org/10.1186/s13229-024-00603-7>

You can visit the home of the RBQ-3 [here](#) at Cardiff University's Wales Autism Research Centre.

Description

The Repetitive Behaviours Questionnaire–3 (RBQ-3) is a 20-item scale that comes in both [self-report](#) and [informant](#) versions, enabling measurement across the lifespan. The scale is designed to measure restricted and repetitive behaviours, a core feature of Autism (Jones et al. 2024). It has reliability and validity in measuring a wide range of restricted and repetitive behaviours (Wing et al., 2002) including items defined by ICD-10 (Leekam et al., 2002) and DSM-5 (Kent et al., 2013). The self-report version is currently recommended for persons aged 13 and above and without co-occurring intellectual disability. The informant-report version is designed for completion by someone who knows the person well, such as a parent, carer or partner. It can be completed for someone of any age, from 15 months upward.

The complex constellation of restricted and repetitive behaviours can be divided into two broad types, structured, specialised interests and repeated self-expressive sensory-motor behaviours, which is well-supported by research (Tian et al., 2022).

The RBQ-3 contains two primary subscales:

- **Insistence on Sameness (IS):** reflects resistance to change, adherence to routines, and focused, intense interests. Individuals high on IS prefer structured, predictable environments and find comfort in routines, with example behaviours including a preference for eating the same foods daily and experiencing distress over unexpected schedule changes.
- **Repetitive Sensory-Motor Behaviours (RSMB):** captures repeated self-expressive sensory-motor behaviours, that are sensory-seeking and self-stimulatory in nature. Specific self-expressions and sensory interests include hand-flapping, rocking, lining up objects, or fascination with certain sounds or textures.

RBQ-3 scores can provide valuable insights into specialised interests and self-expressive sensory-motor behaviours that can make up part of a more comprehensive assessment for Autism. Jones et al. (2024) demonstrated that RBQ-3 scores distinguish Autistic individuals from neurotypical individuals, supporting its use in assisting with preliminary evaluation.

For Autistic Individuals, the RBQ-3 offers assistance to clinicians in identifying whether a client's needs or challenges may be related more to self-expressive sensory-motor behaviours or to specialised interests. Distinctions are relevant when informing a therapeutic approach, for example, a high IS score might indicate the need for support around significant life transitions and managing anxiety related to change, while a high RSMB score might suggest addressing sensory challenges or needs.

Where appropriate, using both the self- and informant-report versions of the RBQ-3 together can add additional robustness to an assessment. When the pattern of responses closely align then they provide important corroborative information. However, important insights can also be gained when reports differ. For example, an Autistic person might mask or internalise certain repetitive behaviours, leading informants to under-report them. Conversely, the RBQ-3 informant-report version can capture behaviors that individuals themselves might not recognise or may underreport due to limited self-awareness. Some behaviors may have become so routine that the individual has difficulty consciously registering them, while observers can provide an outside perspective.

Restricted and repetitive behaviors can be seen across the general population (e.g. Evans et al., 2017), as well as in a range of neurodevelopmental and psychiatric conditions (e.g. Jiujiias et al., 2017; Moss et al., 2009). Therefore, they are not only observed in autistic people. Someone who scores highly on the RBQ-3 may benefit from support and understanding regardless of whether they are autistic or not. Restricted and repetitive behaviours may serve a range of purposes and functions, including self-regulation in the context of overwhelming environments, sensory overload, and difficult emotions or thoughts (Kapp et al., 2019). Restricted and repetitive behaviors can also be considered a means by which certainty can be introduced into a person's world (Lung et al., 2024), reflecting a strong association between restricted and repetitive behaviours and anxiety in autistic people (e.g. Lidstone et al., 2014). They may also help individuals make sense of their world and be an important part of positive self-identity (Lung et al., 2024).

Importantly, some restricted and repetitive behaviours have been described as enjoyable by autistic people (Collis et

al., 2022), whilst stigma and judgement of the behaviours can be a cause of distress (Turnock et al., 2022). Understanding the function(s) that a person’s restricted and repetitive behaviors serve, and the impact they have, may help the individual understand themselves better and receive appropriate support.

Psychometric Properties

Jones et al. (2024) examined the RBQ-3 alongside the Diagnostic Interview for Social and Communication Disorders-Abbreviated (DISCO-Abbreviated; Carrington et al., 2014). They observed moderate correlations ($r=.45-.54$) between RBQ-3 total scores and the DISCO-Abbreviated restricted and repetitive behavior domain, indicating good convergent validity. Furthermore, Jones et al. (2024) compared Autistic and non-Autistic adults, finding the Autistic group scored significantly higher on RBQ-3 total scores and on the two subscales (RSMB, IS) compared to the non-Autistic group, with large effect sizes. This is in line with earlier findings from the previous version, the RBQ-2A (Barrett et al., 2015).

The RBQ-3 is yet to be investigated for its factor structure and is assumed to retain the established two-factor structure of repeated motor-sensory behaviours and insistence on sameness that analyses earlier versions of the RBQ-3 had demonstrated in both children (RBQ-2, Leekam, 2007, Lidstone et al., 2014) and adults (RBQ-2A; Barrett et al., 2015; 2018).

Jones et al. (2024) reported good to excellent internal consistency for total scores ($\alpha=.89, .82$) in Autistic and non-Autistic adults. The RSMB and IS subscales also showed acceptable-to-good alpha values ($\alpha=.68-.85$). McDonald’s ω coefficients were comparable, indicating that items on each subscale measure coherent underlying constructs.

Normative data is provided for the initial sample of $n=110$ Autistic adults without intellectual disability. Observed average scores (1-4) and standard deviations are reported for the total $M=2.48(.61)$, RSMB subscale $M=2.25(.68)$, IS subscale $M=2.68(.69)$. Converted from average scores to raw scores based on their respective ranges these are: total (range 20-79) $M=47.12(11.59)$, RSMB subscale (range 8-32) $M=18.0(5.54)$, IS subscale (range 9-36) $M=24.12(6.21)$. Additionally, data from a sample of non-Autistic adults is available, with raw score means for the total $M=25.65(4.75)$, and subscales RSMB $M=10.32(2.64)$, IS $M=12.24(2.7)$. Further normative data is reported for $n=151$ self-reported Autistic adults and $n=151$ self-reported non-Autistic adults sampled online (Jones et al., 2024).

Category guidelines were created by NovoPsych based on the RBQ-3 response options to assist in interpreting scores. These ranges are outlined below:

Average (1-4)	Descriptor	Meaning
1.0 - 1.74,	Never or rarely,	<i>Behaviours are rare or absent</i>
1.75 - 2.49,	Mild or occasional,	<i>Occasional or mild behaviours</i>
2.5 – 3.24,	Marked or notable,	<i>Noticeable and more frequent behaviours</i>
3.25 - 4.0,	Serious or extreme,	<i>Frequent, intense behaviours</i>

Clinicians can use the available normative data on Autistic adults for comparison. If using the RBQ-3 with a child or adolescent, one might cautiously compare their score to the adult Autistic benchmark.

Scoring & Interpretation

Scores are typically reported in the literature as averages (range 1-4). An average across all 20 items represents a Total score. The two subscales were based on factor analysis of items 1-19 (Barrett et al., 2018; Jones et al., 2024).

Scores can also be understood as raw scores, with the total raw score ranging from 20-79, for example. Higher total scores indicate a greater presence of structured, specialised interests and repeated sensory-motor behaviours. Subscale raw score ranges differ and are listed below:

- Insistence on Sameness (IS) (9 items: 7, 9, 12, 13, 14, 15, 16, 17, 18) subscale ranges from 9-36. Higher scores reflect stronger preference for stability and routine, collecting, and heightened interest in specific objects.
- Repetitive Sensory-Motor Behaviours (RSMB) (8 items: 2, 3, 4, 5, 6, 8, 10, 19) subscale ranges from 8-32. Higher scores indicate more frequent repeated sensory-motor behaviours and specific sensory interests, such as rocking, spinning, and hand movements.

Percentiles are presented that are based upon a sample of Autistic adults (n = 110) for the total and subscale scores. Presented percentiles change based on whether the self report or informant-report version is used, differences can be observed in table 2 and 2.2 of the technical review. Percentiles give context to a client's score, showing how they compare to others, for example, a percentile of 50 represents the typical level of specialised interests and repeated sensory-motor behaviours among Autistic adults.

Category guidelines were created by NovoPsych to assist in interpreting scores, and were based on response options, average scores and the percentile distribution of the total score in the Autistic adult sample (self-report):

- Never or rarely - Average Score 1.0-1.74 (1st - 13th percentile)
- Mild or occasional - Average Score 1.75-2.49 (14th - 56th percentile)
- Marked or notable - Average Score 2.5-3.24 (57th - 97th percentile)
- Serious or extreme - Average Score 3.25-4.0 (98th percentile +)

On the first administration, a stacked bar graph shows the total, IS subscale and RSMB subscale results in average scores (1-4). A horizontal comparison graph is also presented showing the respondent's score in comparison to Autistic and non-Autistic adult samples. When administered more than once, a line graph is presented for the subscale average scores over time. In addition, a new stacked bar graph and comparison horizontal bar graph are included reflecting the current scores.

Supporting Information

This section details the normative data for the RBQ-3. These norms enhance the interpretability of RBQ-3 scores, table 2 shows the percentiles for Autistic and non-Autistic adult samples.

NovoPsych has computed percentiles using mean and standard deviation data reported in Jones et al. (2024) from the Autistic and non-Autistic adult samples to convert the RBQ-3 total and subscale scores to percentiles as shown in table 2, according to the following equation.

$$\text{Percentile} = 100 \times \Phi(x - M) / SD$$

Where:

- x is the score
- M is the mean
- SD is the standard deviation
- Φ is the standard normal cumulative distribution function

This equation first standardises the score to a z-score by subtracting the mean and dividing by the standard deviation, then converts the z-score to a percentile by applying the standard normal cumulative distribution function and multiplying by 100. The percentiles contextualise each score relative to typical scores among Autistic and non-Autistic adults.

Table 1. RBQ-3 means and standard deviations for Autistic and non-Autistic samples.

Study	Sample	Age Range, Mean (SD)	N	Total, Mean (SD)	IS	RSMB
Jones et al. 2024	Autistic adults referred for specialist diagnostic service	18–65, 33.08 (11.27)	110	2.48 (.61)	2.68 (.69)	2.25 (.68)
Jones et al. 2024	Autistic adults referred for specialist diagnostic service	18–65, 33.08 (11.27)	110	2.32(.64)	2.52(.75)	2.05(.71)
Jones et al. 2024	Online self-report Autistic adults	18–63, 30.51 (9.59)	151	2.18 (.51)	2.28 (.59)	2.07 (.57)
Jones et al. 2024	Online self-report non-Autistic adults	18–67, 31.70 (10.62)	151	1.35 (.25)	1.36 (.30)	1.29 (.33)

Table 2 Percentile distribution of the Autistic adult sample for the total and subscales.

Autistic Adults (Self-Report)								
Total			IS Subscale			RSMB Subscale		
Raw Score	Percentile	Average	Raw Score	Percentile	Average	Raw Score	Percentile	Average
20	1	1.00	9	1	1.00	8	3	1.00
21	1.2	1.05	10	1.1	1.11	9	5	1.13
22	1.5	1.10	11	2	1.22	10	7	1.25
23	1.9	1.15	12	3	1.33	11	10	1.38
24	2	1.20	13	4	1.44	12	14	1.50
25	2.8	1.25	14	5	1.56	13	18	1.63
26	3	1.30	15	7	1.67	14	23	1.75
27	4	1.35	16	10	1.78	15	29	1.88
28	5	1.40	17	13	1.89	16	36	2.00
29	6	1.45	18	16	2.00	17	43	2.13
30	7	1.50	19	20	2.11	18	50	2.25
31	8	1.55	20	25	2.22	19	57	2.38
32	10	1.60	21	31	2.33	20	64	2.50
33	11	1.65	22	37	2.44	21	71	2.63
34	13	1.70	23	43	2.56	22	77	2.75
35	15	1.75	24	49	2.67	23	82	2.88
36	17	1.80	25	56	2.78	24	86	3.00
37	19	1.85	26	62	2.89	25	90	3.13
38	22	1.90	27	68	3.00	26	93	3.25
39	24	1.95	28	73	3.11	27	95	3.38
40	27	2.00	29	78	3.22	28	97	3.50
41	30	2.05	30	83	3.33	29	98	3.63
42	33	2.10	31	87	3.44	30	99	3.75
43	36	2.15	32	90	3.56	31	99.2	3.88
44	39	2.20	33	92	3.67	32	99.5	4.00
45	43	2.25	34	94	3.78			
46	46	2.30	35	96	3.89			
47	50	2.35	36	97	4.00			



48	53	2.40	
49	56	2.45	
50	60	2.50	
51	63	2.55	
52	66	2.60	
53	69	2.65	
54	72	2.70	
55	75	2.75	
56	78	2.80	
57	80	2.85	
58	83	2.90	
59	85	2.95	
60	87	3.00	
61	88	3.05	
62	90	3.10	
63	91	3.15	
64	93	3.20	
65	94	3.25	
66	95	3.30	
67	95.7	3.35	
68	96	3.40	
69	97	3.45	
70	97.6	3.50	
71	98	3.55	
72	98.4	3.60	
73	98.7	3.65	
74	99	3.70	
75	99.2	3.75	
76	99.4	3.80	
77	99.5	3.85	
78	99.6	3.90	
79	99.7	4.00	

Table 2.1 Percentile distribution of the non-Autistic adult sample for the total and subscales.

Non-Autistic Adults (Self-Report)								
Total			IS Subscale			RSMB Subscale		
Raw Score	Percentile	Average	Raw Score	Percentile	Average	Raw Score	Percentile	Average
20	12	1.00	9	12	1.00	8	19	1.00
21	16	1.05	10	20	1.11	9	31	1.13
22	22	1.10	11	32	1.22	10	45	1.25
23	29	1.15	12	46	1.33	11	60	1.38
24	36	1.20	13	61	1.44	12	74	1.50
25	45	1.25	14	74	1.56	13	84	1.63
26	53	1.30	15	85	1.67	14	92	1.75
27	61	1.35	16	92	1.78	15	96	1.88
28	69	1.40	17	96	1.89	16	98	2.00
29	76	1.45	18	98	2.00	17	99	2.13
30	82	1.50	19	99	2.11	18	99	2.25
31	87	1.55	20	99	2.22	19	99	2.38
32	91	1.60	21	99	2.33	20	99	2.50
33	94	1.65	22	99	2.44	21	99	2.63
34	96	1.70	23	99	2.56	22	99	2.75
35	98	1.75	24	99	2.67	23	99	2.88
36	99	1.80	25	99	2.78	24	99	3.00
37	99	1.85	26	99	2.89	25	99	3.13
38	99	1.90	27	99	3.00	26	99	3.25
39	99	1.95	28	99	3.11	27	99	3.38
40	99	2.00	29	99	3.22	28	99	3.50
41	99	2.05	30	99	3.33	29	99	3.63
42	99	2.10	31	99	3.44	30	99	3.75
43	99	2.15	32	99	3.56	31	99	3.88
44	99	2.20	33	99	3.67	32	99	4.00
45	99	2.25	34	99	3.78			



46	99	2.30	35	99	3.89
47	99	2.35	36	99	4.00
48	99	2.40			
49	99	2.45			
50	99	2.50			
51	99	2.55			
52	99	2.60			
53	99	2.65			
54	99	2.70			
55	99	2.75			
56	99	2.80			
57	99	2.85			
58	99	2.90			
59	99	2.95			
60	99	3.00			
61	99	3.05			
62	99	3.10			
63	99	3.15			
64	99	3.20			
65	99	3.25			
66	99	3.30			
67	99	3.35			
68	99	3.40			
69	99	3.45			
70	99	3.50			
71	99	3.55			
72	99	3.60			
73	99	3.65			
74	99	3.70			
75	99	3.75			
76	99	3.80			
77	99	3.85			

78	99	3.90
79	99	4.00

Table 2.2. Percentile distribution of the informant-rated Autistic adult sample for the total and subscales.

Autistic Adults (Informant)								
Total			IS Subscale			RSMB Subscale		
Raw Score	Percentile	Average	Raw Score	Percentile	Average	Raw Score	Percentile	Average
20	2	1.00	9	2	1.00	8	7	1.00
21	3	1.05	10	3	1.11	9	10	1.13
22	3	1.10	11	4	1.22	10	13	1.25
23	4	1.15	12	6	1.33	11	17	1.38
24	5	1.20	13	8	1.44	12	22	1.50
25	6	1.25	14	10	1.56	13	27	1.63
26	7	1.30	15	13	1.67	14	34	1.75
27	8	1.35	16	16	1.78	15	40	1.88
28	9	1.40	17	20	1.89	16	47	2.00
29	11	1.45	18	24	2.00	17	54	2.13
30	12	1.50	19	29	2.11	18	61	2.25
31	14	1.55	20	35	2.22	19	68	2.38
32	16	1.60	21	40	2.33	20	74	2.50
33	18	1.65	22	46	2.44	21	79	2.63
34	20	1.70	23	52	2.56	22	84	2.75
35	23	1.75	24	58	2.67	23	88	2.88
36	25	1.80	25	63	2.78	24	91	3.00
37	28	1.85	26	69	2.89	25	93	3.13
38	31	1.90	27	74	3.00	26	95	3.25
39	34	1.95	28	78	3.11	27	97	3.38
40	37	2.00	29	83	3.22	28	98	3.50
41	40	2.05	30	86	3.33	29	99	3.63
42	43	2.10	31	89	3.44	30	99.2	3.75
43	46	2.15	32	92	3.56	31	99.5	3.88



44	50	2.20	33	94	3.67	32	99.7	4.00
45	53	2.25	34	95	3.78			
46	56	2.30	35	97	3.89			
47	59	2.35	36	98	4.00			
48	63	2.40						
49	66	2.45						
50	69	2.50						
51	72	2.55						
52	74	2.60						
53	77	2.65						
54	79	2.70						
55	82	2.75						
56	84	2.80						
57	86	2.85						
58	87	2.90						
59	89	2.95						
60	90	3.00						
61	92	3.05						
62	93	3.10						
63	94	3.15						
64	95	3.20						
65	96	3.25						
66	96	3.30						
67	97	3.35						
68	98	3.40						
69	98	3.45						
70	98.3	3.50						
71	98.7	3.55						
72	99	3.60						
73	99.1	3.65						
74	99.3	3.70						
75	99.5	3.75						



76	99.6	3.80
77	99.7	3.85
78	99.74	3.90
79	99.8	4.00

Interpretive Text

The interpretive text for the RBQ-3 follows a structured format that adapts based on the client's scores.

Average Score 1.0-1.74 = "Never or rarely"

Average Score 1.75-2.49 = "Mild or occasional"

Average Score 2.5-3.24 = "Marked or notable"

Average Score 3.25-4.0 = "Serious or extreme"

Never or rarely (score 1.0–1.74):

The client's total score indicates minimal to no restricted interests or repeated sensory-motor behaviours. Changes in routine may not cause significant distress. Their score is lower than XX% of individuals in an Autistic adult sample.

Note: The total score interpretation has been enhanced to account for situations where there is a substantial disparity between the subscale scores. When one subscale is in the Never or rarely/Mild or occasional range and the other is in the Marked or notable/Serious or extreme range, the total interpretation text is adjusted accordingly.

Mild or occasional (score 1.75-2.49):

The client's total score suggests low levels of repeated sensory-motor behaviours or specific, intense interests and a preference for stability and consistency. Their score is lower than XX% of individuals in an Autistic adult sample.

Marked or notable (score 2.5-3.24):

The client's total score indicates a noticeable level of repeated sensory-motor behaviours and specific, intense interests and a preference for stability and consistency. They may experience distress when changes occur in daily routines or schedules and repeated sensory-motor behaviours may cause disruptions or pose challenges to functioning. Their score is higher than XX% of individuals in an Autistic adult sample.

Responses to the following items contributed to the client's score:

<Three highest scored items >. i.e.,

4. Rock backwards and forwards, or side to side, either when sitting or when standing? (30 or more times daily/or at least twice an hour)

5. Pace or move around repetitively? (30 or more times daily/or at least twice an hour)

Serious or extreme (score 3.25-4.0):

The client's total score indicates significant or intense repeated sensory-motor behaviours and interests, with a strong preference for stability and consistency. They may be experiencing persistent challenges due to repeated sensory-motor behaviours and distress at changes or interruptions in routines. Their score is higher than XX% of individuals in an Autistic adult sample.

Responses to the following items contributed to the client's high score:

<Five highest scored items >. i.e.,

4. Rock backwards and forwards, or side to side, either when sitting or when standing? (30 or more times daily/or at least twice an hour)

5. Pace or move around repetitively? (30 or more times daily/or at least twice an hour)

17. Over the past two weeks, how often have you played the same music, game, or video, or read the same book repeatedly? (Serious or severe)

18. Over the past two weeks, how often have you insisted on wearing the same clothes or refused to wear new clothes? (Serious or severe)

19. Over the past two weeks, how often have you insisted on eating the same foods, or a very small range of foods, at every meal? (Serious or severe)

Tracking score change over time.

Since the respondent was first assessed on [Date], their total score has [not changed | not shown meaningful change (if change <6) | increased | decreased]. A change of half a standard deviation (6) or more points is considered meaningful based on a minimally important difference calculation.

Example: Since the respondent was first assessed on 02 Jan 2025, their total score has not shown meaningful change (score change = 3).

The text then describes either of the two subscales that score at or above the 'Marked or notable' range. The subscales are presented in order based on score, with higher scores listed first. For each elevated subscale, the text includes:

- The specific subscale percentile comparison to Autistic adults
- An explanation of the subscale in relation to the client's score
- The specific items that received the highest ratings, highlighting the most significant areas

This allows for quick identification of important areas of restrictive and repetitive behaviours to inform clinical understanding.

Repetitive motor-sensory behaviours:

The responses on the RSMB subscale indicate [notable/blank] engagement in repeated sensory-motor behaviours, such as rocking, hand-flapping, or fascination with certain textures. Their score is on the XXst/nd/rd/th percentile when compared to an Autistic adult sample. This individual may benefit from a therapeutic approach that explores the function of these behaviours and, where they are associated with distress or functional difficulties, considers environmental adaptations or strategies that target the underlying distress.

Items with the highest ratings were:

*<Top **Three** highest scored items >*

Insistence of sameness:

The responses on the IS subscale reflect a [strong/blank] preference for consistency and routines, along with resistance to change or unexpected alterations to daily activities. Their score is on the XXst/nd/rd/th percentile when compared to an Autistic adult sample. This individual may benefit from a therapeutic approach that examines the role routines play in providing stability, while also identifying circumstances where rigidity might contribute to distress or present challenges in daily functioning. Where such difficulties are evident, interventions might include supportive environmental modifications, structured flexibility training, and gradual, anxiety-informed exposure to change.

Items with the highest ratings were:

*<Top **Three** highest scored items >*

Developer

Jones, C. R. G., Livingston, L. A., Fretwell, C., Uljarević, M., Carrington, S. J., Shah, P., & Leekam, S. R. (2024). Measuring self and informant perspectives of restricted and repetitive behaviours (RRBs): Psychometric evaluation of the Repetitive Behaviours Questionnaire-3 (RBQ-3) in adult clinical practice and research settings. *Molecular Autism*, 15(1), Article 24. <https://doi.org/10.1186/s13229-024-00603-7>

Repetitive Behaviour Questionnaire-3 webpage:

<https://www.cardiff.ac.uk/psychology/research/impact/measuring-repetitive-behaviours-across-the-lifespan>

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Assessment Questions



Repetitive Behaviours Questionnaire–3 Self-Report (RBQ3-self)

Instructions:

Please rate the behaviours you have shown over the last two weeks.

		Never or rarely	One or more times daily	15 or more times daily (or at least once an hour)	30 or more times daily (or at least twice an hour)
1	Like to arrange items in rows or patterns?	1	2	3	4
2	Repetitively fiddle with items?	1	2	3	4
3	Spin yourself around and around?	1	2	3	4
4	Rock backwards and forwards, or side to side, either when sitting or when standing?	1	2	3	4
5	Pace or move around repetitively?	1	2	3	4
6	Make repetitive hand and/or finger movements?	1	2	3	4
7	Have a fascination with specific objects?	1	2	3	4
		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
8	Like to look at objects from particular or unusual angles?	1	2	3	4
9	Have a special interest in the smell of people or objects?	1	2	3	4
10	Have a special interest in the feel of different surfaces?	1	2	3	4
11	Have any special objects you like to carry around?	1	2	3	4
12	Collect or hoard items of any sort?	1	2	3	4
		Never or rarely	Mild or occasional (does not affect others)	Marked or notable (occasionally affects others)	Serious or severe (affects others on a regular basis)
13	Insist on things at home remaining the same?	1	2	3	4
		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
14	Get upset about minor changes to objects?	1	2	3	4



	Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
15	1	2	3	4
	Never or rarely	Mild or occasional (does not affect others)	Marked or notable (occasionally affects others)	Serious or severe (affects others on a regular basis)
16	1	2	3	4
	Never or rarely	Mild or occasional (not entirely resistant to change or new things)	Marked or notable (will tolerate changes when necessary)	Serious or severe (will not tolerate any changes)
17	1	2	3	4
18	1	2	3	4
19	1	2	3	4
	A range of different and flexible self-chosen activities	Some varied and flexible interests but commonly chooses the same activities	Almost always chooses from a restricted range of repetitive activities	
20	1	2	3	
	What sort of activity will you choose if left to occupy yourself?			

Developer Reference:

Jones, C. R., Livingston, L. A., Fretwell, C., Uljarevic, M., Carrington, S. J., Shah, P., & Leekam, S. R. (2024). Measuring self and informant perspectives of Restricted and Repetitive Behaviours (RRBs): psychometric evaluation of the Repetitive Behaviours Questionnaire-3 (RBQ-3) in adult clinical practice and research settings. *Molecular Autism*, 15(1), 24. <https://doi.org/10.1186/s13229-024-00603-7>

Administer Now



Sample Result

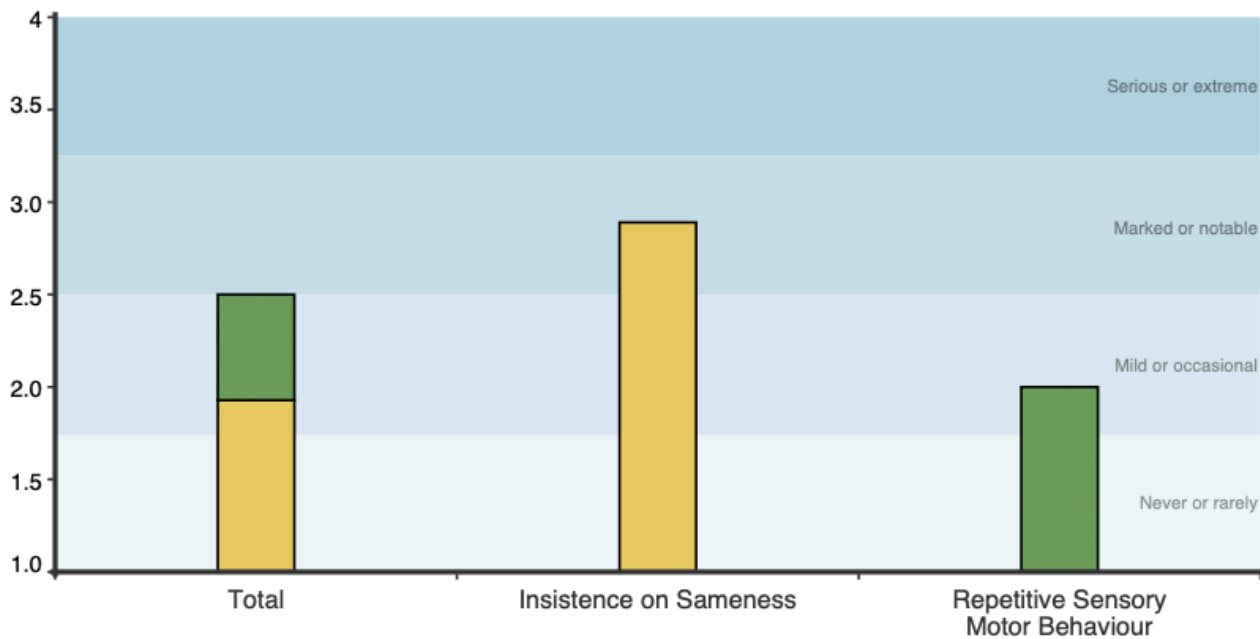
Repetitive Behaviours Questionnaire–3 Self-Report (RBQ3-self)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	7 Jan 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	7 min 54s
<i>Assessor</i>	Dr Emerson Bartholomew		

Results

	Raw Score	Average Score	Autistic Adult Percentile	Descriptor
Total	50	2.5	60	Marked or notable
Insistence on Sameness	26	2.89	62	Marked or notable
Repetitive Sensory Motor Behaviours	16	2	36	Mild or occasional

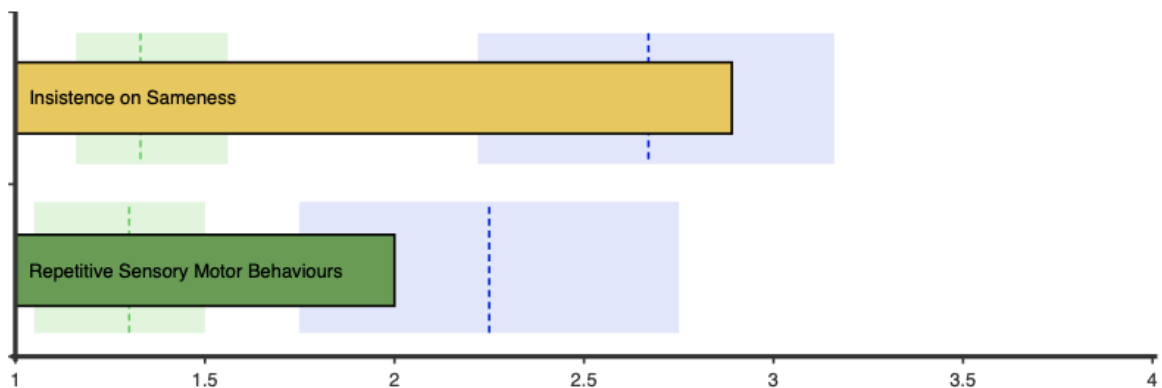
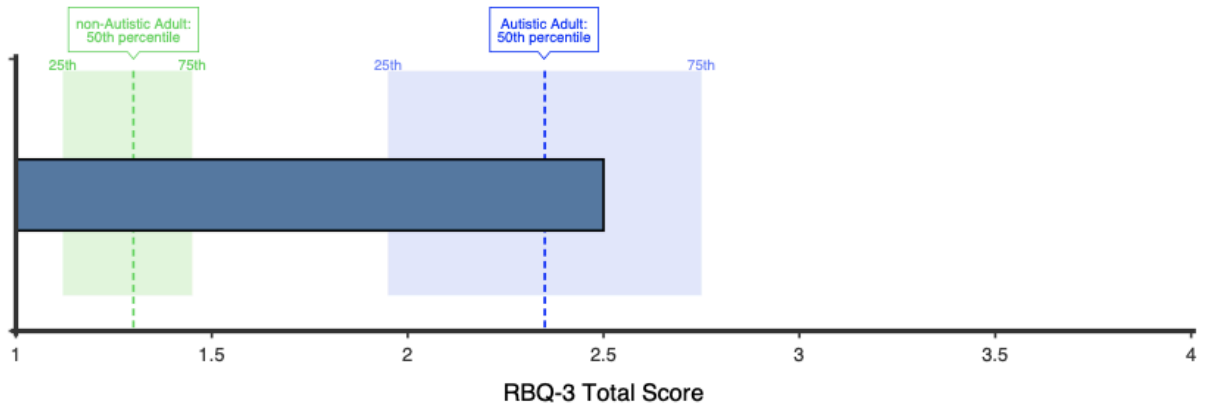
**Repetitive Behaviours Questionnaire-3
Total and Subscale Average Scores**





Client Name | Generic Client

RBQ-3 Score Compared to Autistic and non-Autistic Adult Samples



Interpretation

The client's total score indicates a noticeable level of specific, intense interests and a preference for stability and consistency. They may experience distress when changes occur in daily routines or schedules. Their score is higher than 60% of individuals in an Autistic adult sample.

Responses to the following items contributed to the client's high score:

- 12. *Collect or hoard items of any sort? (Serious or extreme)*
- 15. *Insist that aspects of daily routine must remain the same? (Serious or extreme)*
- 2. *Repetitively fiddle with items? (15 or more times daily (or at least once an hour))*



Client Name | Generic Client

Interpretation (cont.)

Area(s) of Difficulty:

The responses on the Insistence on sameness subscale reflect a notable preference for consistency and routines, along with resistance to change or unexpected alterations to daily activities. Their score is on the 62nd percentile when compared to an Autistic adult sample. This individual may benefit from a therapeutic approach that examines the role routines play in providing stability, while also identifying circumstances where rigidity might contribute to distress or present challenges in daily functioning. Where such difficulties are evident, interventions might include supportive environmental modifications, structured flexibility training, and gradual, anxiety-informed exposure to change.

Items with the highest ratings were:

- 12. *Collect or hoard items of any sort? (Serious or extreme)*
- 15. *Insist that aspects of daily routine must remain the same? (Serious or extreme)*
- 9. *Have a special interest in the smell of people or objects? (Marked or notable)*

Additional Information

For comprehensive information on the RBQ-3, [see here](#).

Scores are typically reported in the literature as averages (range 1-4). An average across all 20 items represents a Total score. The two subscales were based on factor analysis of items 1-19 (Barrett et al., 2018; Jones et al., 2024). Scores can also be understood as raw scores, with the total raw score ranging from 20-79, for example. Higher total scores indicate a greater presence of structured, specialised interests and repeated sensory-motor behaviours. Subscale raw score ranges differ and are listed below:

Insistence on Sameness (IS) (9 items: 7, 9, 12, 13, 14, 15, 16, 17, 18) subscale ranges from 9-36. Higher scores reflect stronger preference for stability and routine, collecting, and heightened interest in specific objects.

Repetitive Sensory-Motor Behaviours (RSMB) (8 items: 2, 3, 4, 5, 6, 8, 10, 19) subscale ranges from 8-32. Higher scores indicate more frequent repeated sensory-motor behaviours and specific sensory interests, such as rocking, spinning, hand movements.

Percentiles are presented that are based upon a sample of Autistic adults (n = 110) for the total and subscale scores. Presented percentiles change based on whether the self report or informant-report version is used, differences can be observed in table 2 and 2.2 of the technical review. Percentiles give context to a client's score, showing how they compare to others, for example, a percentile of 50 represents the typical level of specialised interests and repeated sensory-motor behaviours among Autistic adults.

Category guidelines were created by NovoPsych to assist in interpreting scores, and were based on response options, average scores and the percentile distribution of the total score in the

Autistic adult sample (self-report):

- Never or rarely - Average Score 1.0-1.74 (1st - 13th percentile)



Client Name	Generic Client
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Additional Information (cont.)

- Mild or occasional - Average Score 1.75-2.49 (14th - 56th percentile)
- Marked or notable - Average Score 2.5-3.24 (57th - 97th percentile)
- Serious or extreme - Average Score 3.25-4.0 (98th percentile +)

On the first administration, a stacked bar graph shows the total, IS subscale and RSMB subscale results in average scores (1-4). A horizontal comparison graph is also presented showing the respondent's score in comparison to Autistic and non-Autistic adult samples.

When administered more than once, a line graph is presented for the subscale average scores over time. In addition, a new stacked bar graph and comparison horizontal bar graph are included reflecting the current scores.

Client Responses

		Never or rarely	One or more times daily	15 or more times daily (or at least once an hour)	30 or more times daily (or at least twice an hour)
1	Like to arrange items in rows or patterns?	1	2	3	4
2	Repetitively fiddle with items?	1	2	3	4
3	Spin yourself around and around?	1	2	3	4
4	Rock backwards and forwards, or side to side, either when sitting or when standing?	1	2	3	4
5	Pace or move around repetitively?	1	2	3	4
6	Make repetitive hand and/or finger movements?	1	2	3	4
7	Have a fascination with specific objects?	1	2	3	4
		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
8	Like to look at objects from particular or unusual angles?	1	2	3	4
9	Have a special interest in the smell of people or objects?	1	2	3	4
10	Have a special interest in the feel of different surfaces?	1	2	3	4
11	Have any special objects you like to carry around?	1	2	3	4
12	Collect or hoard items of any sort?	1	2	3	4



Client Name		Generic Client			
		Never or rarely	Mild or occasional (does not affect others)	Marked or notable (occasionally affects others)	Serious or severe (affects others on a regular basis)
13	Insist on things at home remaining the same?	1	2	3	4
		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
14	Get upset about minor changes to objects?	1	2	3	4
15	Insist that aspects of daily routine must remain the same?	1	2	3	4
		Never or rarely	Mild or occasional (does not affect others)	Marked or notable (occasionally affects others)	Serious or severe (affects others on a regular basis)
16	Insist on doing things in a certain way or re-doing things until they are "just right"?	1	2	3	4
		Never or rarely	Mild or occasional (not entirely resistant to change or new things)	Marked or notable (will tolerate changes when necessary)	Serious or severe (will not tolerate any changes)
17	Play the same music, game or video, or read the same book repeatedly?	1	2	3	4
18	Insist on wearing the same clothes or refuse to wear new clothes?	1	2	3	4
19	Insist on eating the same foods, or a very small range of foods, at every meal?	1	2	3	4
		A range of different and flexible self-chosen activities	Some varied and flexible interests but commonly chooses the same activities	Almost always chooses from a restricted range of repetitive activities	
20	What sort of activity will you choose if left to occupy yourself?	1	2	3	



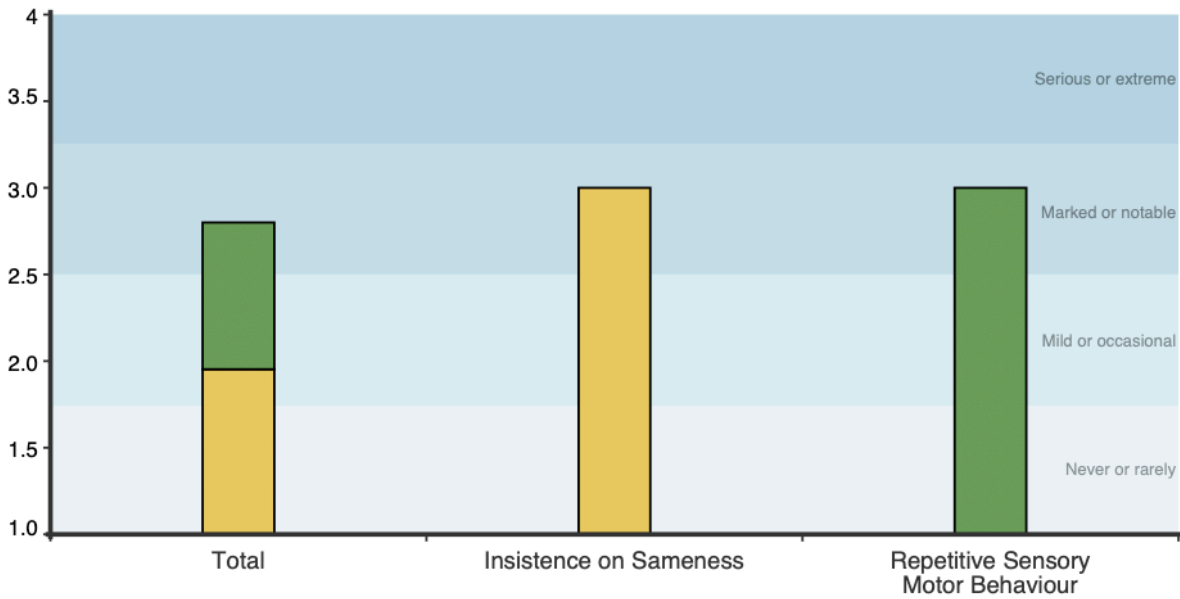
Repetitive Behaviours Questionnaire-3 Informant (RBQ3-informant)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	6 Mar 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	44s
<i>Assessor</i>	Dr Emerson Bartholomew		

Results

	Raw Score	Average Score	Autistic Adult Percentile	Descriptor
Total	56	2.8	84	Marked or notable
Insistence on Sameness	27	3	74	Marked or notable
Repetitive Sensory Motor Behaviours	24	3	91	Marked or notable

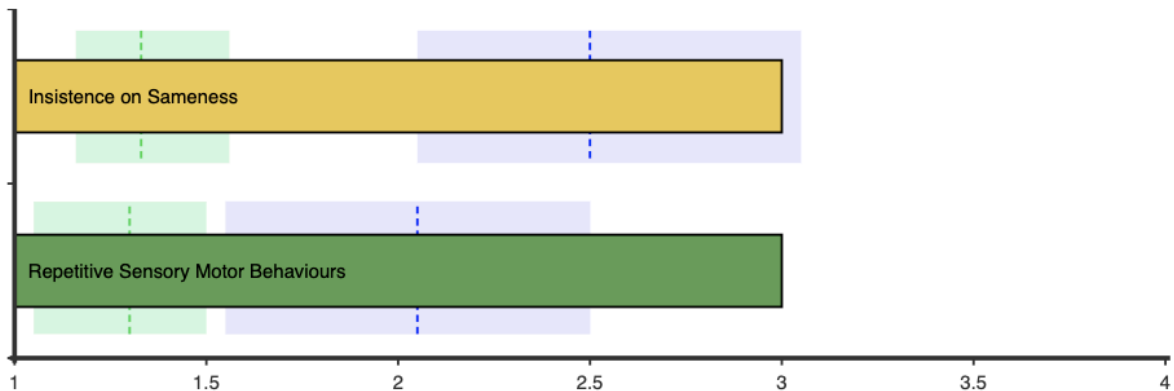
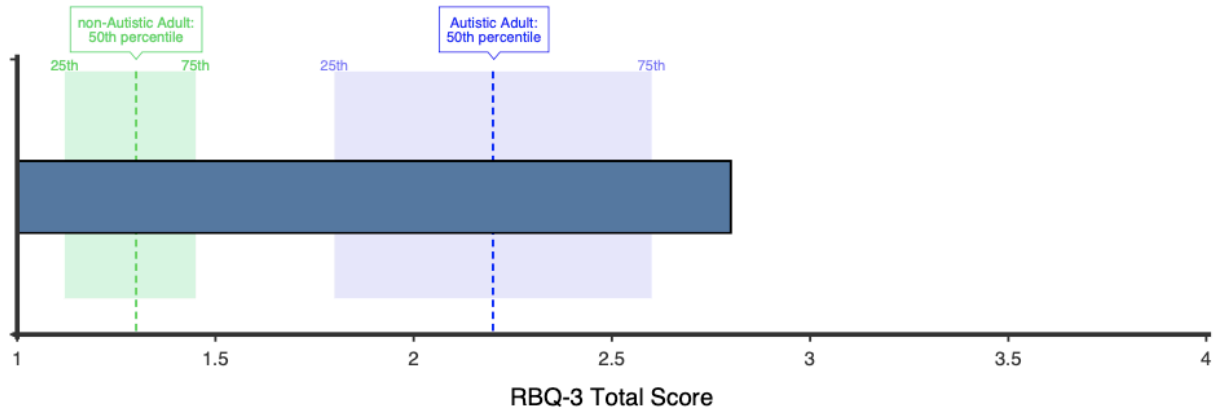
**Repetitive Behaviours Questionnaire-3
Total and Subscale Average Scores**





Client Name Generic Client

RBQ-3 Score Compared to Autistic and non-Autistic Adult Samples



Interpretation

The client's total score indicates a noticeable level of repeated sensory-motor behaviours and specific, intense interests and a preference for stability and consistency. They may experience distress when changes occur in daily routines or schedules and repeated sensory-motor behaviours may cause disruptions or pose challenges to functioning. Their score is higher than 84% of individuals in an Autistic adult sample.

Responses to the following items contributed to the client's high score:

- 6. Make repetitive hand and/or finger movements? (e.g. flap, wave, or flick hands or fingers repeatedly?) (30 or more times daily (or at least twice an hour))
- 10. Have a special interest in the feel of different surfaces? (Serious or extreme)
- 12. Collect or hoard items of any sort? (Serious or extreme)



Client Name	Generic Client
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Interpretation (cont.)

Area(s) of Difficulty:

The responses on the Repetitive sensory motor behaviours subscale indicate strong engagement in repeated sensory-motor behaviours, such as rocking, hand-flapping, or fascination with certain textures. Their score is on the 91st percentile when compared to an Autistic adult sample. This individual may benefit from a therapeutic approach that explores the function of these behaviours and, where they are associated with distress or functional difficulties, considers environmental adaptations, coping strategies, and sensory integration techniques.

Items with the highest ratings were:

- 6. *Make repetitive hand and/or finger movements? (e.g. flap, wave, or flick hands or fingers repeatedly?) (30 or more times daily (or at least twice an hour))*
- 10. *Have a special interest in the feel of different surfaces? (Serious or extreme)*
- 3. *Spin themselves around and around? (15 or more times daily (or at least once an hour))*

The responses on the Insistence on sameness subscale reflect a notable preference for consistency and routines, along with resistance to change or unexpected alterations to daily activities. Their score is on the 74th percentile when compared to an Autistic adult sample. This individual may benefit from a therapeutic approach that examines the role routines play in providing stability, while also identifying circumstances where rigidity might contribute to distress or present challenges in daily functioning. Where such difficulties are evident, interventions might include supportive environmental modifications, structured flexibility training, and gradual, anxiety-informed exposure to change.

Items with the highest ratings were:

- 12. *Collect or hoard items of any sort? (Serious or extreme)*
- 15. *Insist that aspects of daily routine must remain the same? (Serious or severe (affects others on a regular basis))*
- 7. *Have a fascination with specific objects? (e.g. trains, road signs or other things?) (Marked or notable)*

Additional Information

For comprehensive information on the RBQ-3, [see here](#).

Scores are typically reported in the literature as averages (range 1-4). An average across all 20 items represents a Total score. The two subscales were based on factor analysis of items 1-19 (Barrett et al., 2018; Jones et al., 2024).

Scores can also be understood as raw scores, with the total raw score ranging from 20-79, for example. Higher total scores indicate a greater presence of structured, specialised interests and repeated sensory-motor behaviours. Subscale raw score ranges differ and are listed below:

-Insistence on Sameness (IS) (9 items: 7, 9, 12, 13, 14, 15, 16, 17, 18) subscale ranges from 9-36. Higher scores reflect stronger preference for stability and routine, collecting, and heightened interest in specific objects.



Client Name	Generic Client
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Additional Information (cont.)

-Repetitive Sensory-Motor Behaviours (RSMB) (8 items: 2, 3, 4, 5, 6, 8, 10, 19) subscale ranges from 8-32. Higher scores indicate more frequent repeated sensory-motor behaviours and specific sensory interests, such as rocking, spinning, hand movements.

Percentiles are presented that are based upon a sample of Autistic adults (n = 110) for the total and subscale scores. Presented percentiles change based on whether the self report or informant-report version is used, differences can be observed in table 2 and 2.2 of the technical review. Percentiles give context to a client's score, showing how they compare to others, for example, a percentile of 50 represents the typical level of specialised interests and repeated sensory-motor behaviours among Autistic adults.

Category guidelines were created by NovoPsych to assist in interpreting scores, and were based on response options, average scores and the percentile distribution of the total score in the Autistic adult sample (self-report):

- Never or rarely - Average Score 1.0-1.74
- Mild or occasional - Average Score 1.75-2.49
- Marked or notable - Average Score 2.5-3.24
- Serious or extreme - Average Score 3.25-4.0

On the first administration, a stacked bar graph shows the total, IS subscale and RSMB subscale results in average scores (1-4). A horizontal comparison graph is also presented showing the respondent's score in comparison to Autistic and non-Autistic adult samples.

When administered more than once, a line graph is presented for the subscale average scores over time. In addition, a new stacked bar graph and comparison horizontal bar graph are included reflecting the current scores.

Client Responses

		Never or rarely	One or more times daily	15 or more times daily (or at least once an hour)	30 or more times daily (or at least twice an hour)
1	Like to arrange items in rows or patterns?	1	2	3	4
2	Repetitively fiddle with items? (e.g. spin, twiddle, bang, tap, twist, or flick anything repeatedly?)	1	2	3	4
3	Spin themselves around and around?	1	2	3	4
4	Rock backwards and forwards, or side to side, either when sitting or when standing?	1	2	3	4
5	Pace or move around repetitively? (e.g. walk to and fro across a room, or around the same path outside?)	1	2	3	4
6	Make repetitive hand and/or finger movements? (e.g. flap, wave, or flick hands or fingers repeatedly?)	1	2	3	4



Client Name		Generic Client			
		Never or rarely	Mild or occasional	Marked or notable	Serious or extreme
7	Have a fascination with specific objects? (e.g. trains, road signs or other things?)	1	2	3	4
8	Like to look at objects from particular or unusual angles?	1	2	3	4
9	Have a special interest in the smell of people or objects?	1	2	3	4
10	Have a special interest in the feel of different surfaces?	1	2	3	4
11	Have any special objects he/she likes to carry around?	1	2	3	4
12	Collect or hoard items of any sort?	1	2	3	4
		Never or rarely	Mild or occasional (does not affect others)	Marked or notable (occasionally affects others)	Serious or severe (affects others on a regular basis)
13	Insist on things at home remaining the same? (e.g. furniture staying in the same place, things being kept in certain places, or arranged in certain ways?)	1	2	3	4
14	Get upset about minor changes to objects? (e.g. flecks of dirt on clothes, minor scratches on objects?)	1	2	3	4
15	Insist that aspects of daily routine must remain the same?	1	2	3	4
16	Insist on doing things in a certain way or re-doing things until they are "just right"?	1	2	3	4
		Never or rarely	Mild or occasional (not entirely resistant to change or new things)	Marked or notable (will tolerate changes when necessary)	Serious or severe (will not tolerate any changes)
17	Play the same music, game or video, or read the same book repeatedly?	1	2	3	4
18	Insist on wearing the same clothes or refuse to wear new clothes?	1	2	3	4
19	Insist on eating the same foods, or a very small range of foods, at every meal	1	2	3	4
		A range of different and flexible self-chosen activities	Some varied and flexible interests but commonly chooses the same activities	Almost always chooses from a restricted range of repetitive activities	
20	What sort of activity will they choose if left to occupy themselves?	1	2	3	