



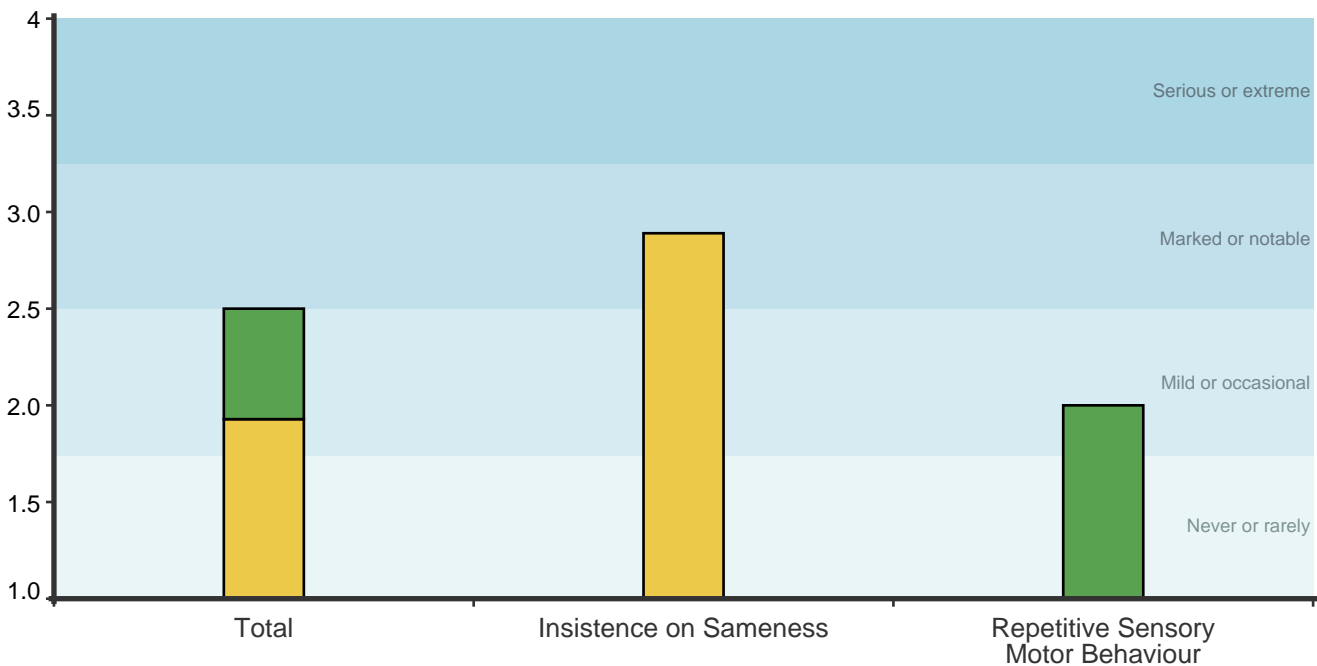
Repetitive Behaviours Questionnaire-3 Self-Report (RBQ3-self)

| | | | |
|----------------------------|------------------------|--------------------------|------------|
| <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 |

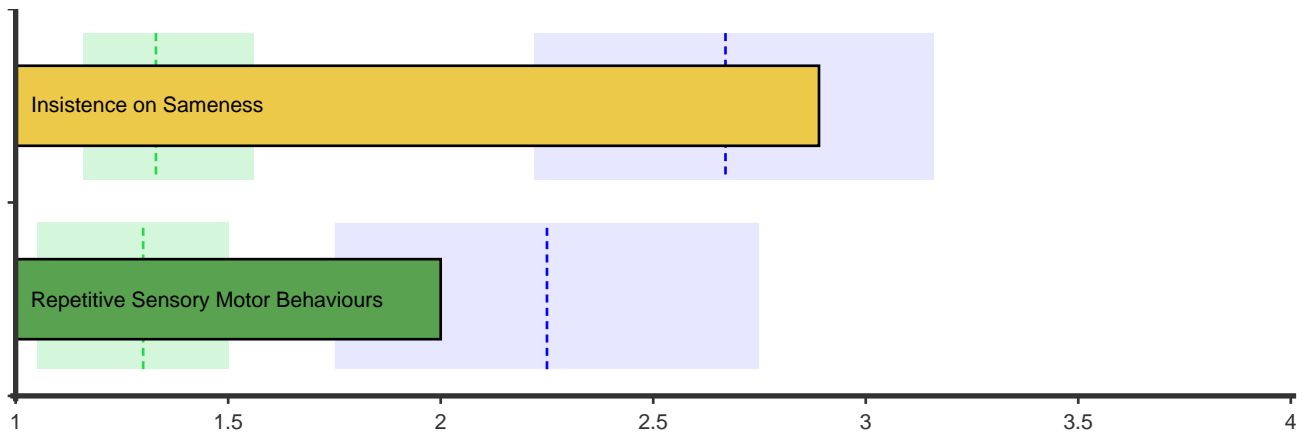
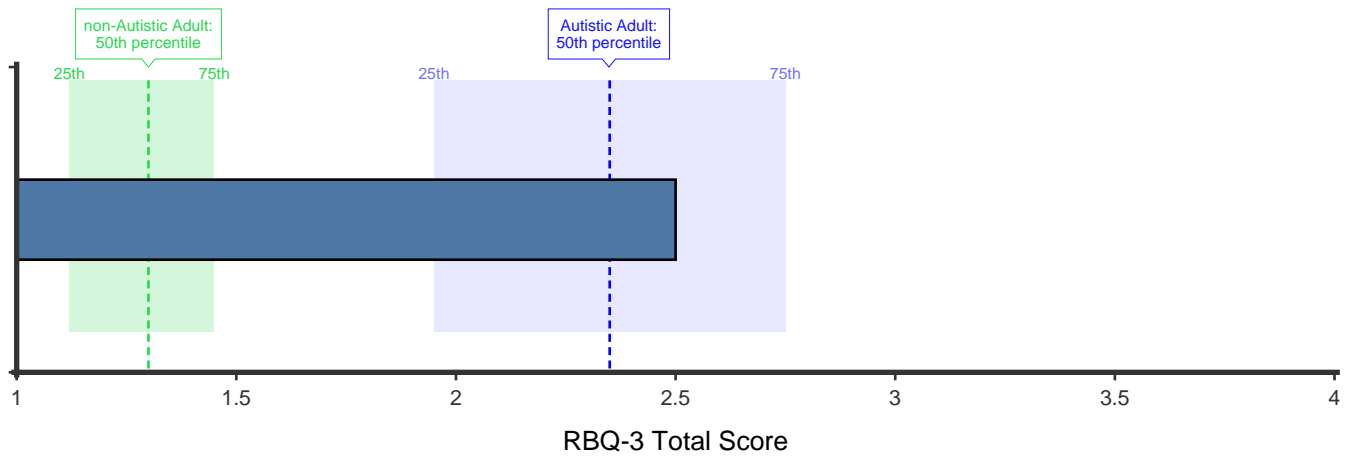
**Repetitive Behaviours Questionnaire-3
Total and Subscale Average Scores**





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

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 | |