



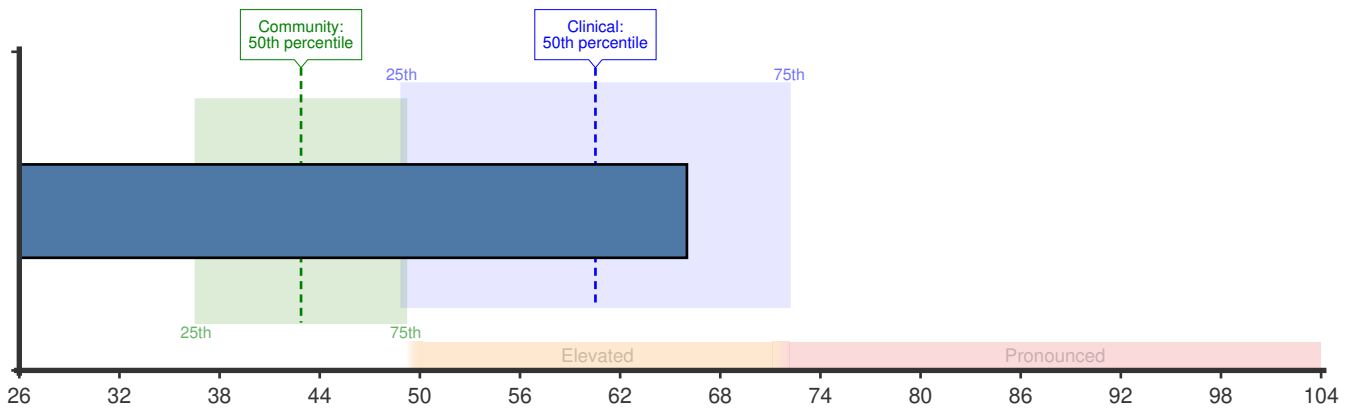
## Extreme Demand Avoidance Questionnaire - Adult (EDA-QA)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	3 Dec 2025
<i>Date of birth (age)</i>	1 Jan 1990 (35)	<i>Time taken</i>	3 min 29s
<i>Assessor</i>	Dr Simon Baker		

## Results

	Raw Score (26-104)	Community Percentile	Clinical Percentile	Descriptor
EDA-QA Total	66	99.3	62	Elevated

### Extreme Demand Avoidance Questionnaire – Adult (EDA-QA) Total Score Compared to Community and Clinical Samples



## Interpretation

The Extreme Demand Avoidance Questionnaire – Adult (EDA-QA) was administered on 03 December 2025 and the respondent obtained a total score of 66. Their score is on the 99.3rd percentile when compared to adults in the general population and the 62nd percentile when compared to a clinical sample.

This score is within the **Elevated** range, indicating that the respondent reports a strong pattern of demand-avoidant characteristics relative to the general population. They may experience significant stress or anxiety when faced with requests or obligations, even those that align with their own wishes or goals. This may influence daily life and relationships, particularly in environments with frequent or inflexible demands. A comprehensive clinical assessment is recommended to better understand the respondent's experiences and identify appropriate support strategies that prioritise autonomy, flexibility, and anxiety reduction.

The items with the highest ratings included:

- 3. *I am driven by the need to be in charge (Very true)*
- 9. *I show little shame or embarrassment (e.g., I might throw a tantrum in public and not be embarrassed) (Very true)*
- 10. *I invent fantasy worlds or games and act them out (Very true)*
- 15. *I have a very rapidly changing mood (e.g., I can switch from affectionate to angry in an*



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*instant) (Very true)*

*- 21. I sometimes use outrageous or shocking behaviour to get out of doing something (Very true)*

## Scoring and Interpretation Information

For comprehensive information on the Extreme Demand Avoidance Questionnaire – Adult (EDA-QA), [see here](#).

The EDA-QA yields a total score between 26 and 104, with higher scores indicating greater levels of demand avoidance characteristics.

The respondent's score is expressed as a community percentile based on normative data for adults in the general population (White et al., 2023) and as a clinical percentile based on data for adults recruited from online forums and support groups for PDA and Autism, many of whom reported that they had been formally diagnosed with a mental disorder, including autism (61.5%) and PDA (9.8%) (Egan et al., 2020). A graph is presented comparing the respondent's score to the normative distribution of scores among these samples, with shaded areas around the means corresponding to scores between the 25th and 75th percentile. The percentiles and graph contextualise the respondent's score relative to the typical scores of adults overall and those in the clinical sample. If administered more than once, a longitudinal graph is presented for the respondent's score, which is useful for monitoring any changes in demand avoidance characteristics over time.

It is important to note that no clinical cutoff scores have been validated for the EDA-QA. Therefore, it is recommended that EDA-QA scores be interpreted dimensionally rather than categorically. However, to aid in clinical interpretation, NovoPsych has developed the following qualitative descriptors based on how an individual's score compares to scores within community and clinical samples.

- "Elevated": EDA-QA score of 50 to 71 (on or above the 75th and below the 99.9th community percentile; above the 25th clinical percentile)

- "Pronounced": EDA-QA score of 72 to 104 (on or above the 75th clinical percentile; above the 99.9th community percentile)

Clinicians should be aware that higher scores indicate a profile of demand avoidance that may require tailored treatment approaches. Some strategies that work well for many autistic individuals (such as clear routines, structured schedules, and explicit expectations) may be counterproductive for those with greater levels of demand avoidance characteristics, as these can paradoxically increase anxiety and avoidant responses. A low-demand, collaborative approach that prioritises autonomy, flexibility, and anxiety reduction is often recommended.



**Client Name** | Generic Client

## Client Responses

		Not true	Somewhat true	Mostly true	Very true
1	I obsessively resist and avoid ordinary demands and requests	1	2	3	4
2	I complain about illness or physical incapacity to avoid a request or demand	1	2	3	4
3	I am driven by the need to be in charge	1	2	3	4
4	I find everyday pressures (e.g., having to go on a routine trip/visit dentist) intolerably stressful	1	2	3	4
5	I tell other people how they should behave, but do not feel these rules apply to me	1	2	3	4
6	I mimic other people's mannerisms and styles (e.g., use phrases adopted from other people to express myself to others)	1	2	3	4
7	I have difficulty complying with demands and requests from others unless they are carefully presented	1	2	3	4
8	I take on roles or characters (from TV/real life) and 'act them out'	1	2	3	4
9	I show little shame or embarrassment (e.g., I might throw a tantrum in public and not be embarrassed)	1	2	3	4
10	I invent fantasy worlds or games and act them out	1	2	3	4
11	I am good at getting round others and making them do as I want	1	2	3	4
12	I am unaware or indifferent to the differences between myself and figures of authority (e.g., parents, teachers, and police)	1	2	3	4
13	I will still sometimes have a 'meltdown' (e.g., scream, tantrum, hit, or kick) if I feel pressurised to do something	1	2	3	4
14	I like to be told I have done a good job	4	3	2	1
15	I have a very rapidly changing mood (e.g., I can switch from affectionate to angry in an instant)	1	2	3	4
16	I know what to do or say to upset particular people	1	2	3	4
17	I blame or target a particular person/persons	1	2	3	4
18	I deny things I have done, even if I am caught "red handed"	1	2	3	4
19	I can be distracted (preoccupied) 'from within' (i.e., absorbed in my own world)	1	2	3	4



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### Client Responses (cont.)

		Not true	Somewhat true	Mostly true	Very true
20	I make an effort to maintain my reputation with other people	4	3	2	1
21	I sometimes use outrageous or shocking behaviour to get out of doing something	1	2	3	4
22	I have periods when I have extremely emotional responses (e.g., crying/giggling, becoming furious) to what others would think small events	1	2	3	4
23	I ensure any social interaction is on my own terms	1	2	3	4
24	I prefer to interact with others in an adopted role, or communicate through props or objects	1	2	3	4
25	I seek to quibble and change rules set by others	1	2	3	4
26	I can be passive and difficult to engage	1	2	3	4