



Extreme Demand Avoidance Questionnaire - Adult (EDA-QA)

Instructions:

Please answer the questions thinking about your behaviour during the last six months. Please read each item carefully and select the answer that best applies.

		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



		Not true	Somewhat true	Mostly true	Very true
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
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

Developer Reference:

Egan, V., Linenberg, O., & O'Nions, E. (2019). The measurement of adult pathological demand avoidance traits. *Journal of Autism and Developmental Disorders*, 49(2), 481-494. <https://doi.org/10.1007/s10803-018-3722-7>

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