



The Autistic Burnout Symptom Checklist (ABSC)

I designed this checklist for autistic adults, this includes adults who have self diagnosed or who strongly suspect they may be autistic. It is not designed to replace medical advice. If you are concerned about your physical or mental health please seek advice from your healthcare provider. This checklist provides you with a total score for you to compare with your future scores so you can monitor change over time. It has not yet been standardised so it should not be used for diagnostic purposes.

Please tick off any symptoms that have bothered you more than usual over the last two weeks.

Physical Symptoms

- Feeling physically exhausted (not due to illness)
- Feeling as if all of your internal resources have been used up
- Feeling depleted
- Needing to sleep more
- Finding it hard to get out of bed in the morning

Cognitive Symptoms

- Feeling mentally exhausted
- Slowed down thinking
- Finding it hard to think
- Decreased ability to solve problems
- Finding it hard to find the right words
- Memory problems
- Needing longer than usual to understand spoken language
- Loss or deterioration of work based skills

Executive Functioning Symptoms

- Difficulty with changes in routine
- Struggling to plan your day
- Finding it hard to start planned activities
- Losing focus easily
- Difficulty switching between tasks
- Finding it hard to make decisions



Social Symptoms

- Difficulty or discomfort when trying to socialise
- Difficulty or discomfort when trying to communicate
- Avoiding social situations
- Talking to people feels like too much effort
- Difficulty thinking of how to respond when people talk to me
- Difficulty selecting the 'right' facial expression when interacting
- Discomfort associated with eye contact
- Not knowing how and when to make eye contact

Emotional Symptoms

- Difficulty managing emotions
- Easily overwhelmed by my emotions
- Mood swings
- Increased number of meltdowns or shut downs
- Increased intensity of meltdowns of shutdowns
- Feeling at increased risk of having meltdowns or shutdowns

Sensory Symptoms

- Engaging in more stimming (sensory input seeking behaviour)
- Finding it hard to suppress stimming
- Being bothered by everyday noises
- Finding everyday sensations difficult to tolerate
- Finding everyday smells difficult to tolerate
- Finding every day sights difficult to tolerate
- Finding certain foods difficult to tolerate

Total Score

Date _____