

# **Anxiety Scale for Autism – Adults (ASA-A)<sup>©</sup>**

## **Guidelines for use**

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### **Background to the ASA-A**

The Anxiety Scale for Autism – Adults (ASA-A<sup>©</sup>) is a 20 item self-report measure designed to measure anxiety in autistic adults. It consists of a general anxiety factor and three group factors: Social Anxiety (SP), Anxious Arousal (AA) and Uncertainty (U).

The ASA-A<sup>©</sup> can be summed to provide a total anxiety score, as well as broken down into group factor scores (the sum of items within a group factor). All items are rated on a 4-point Likert-scale, from 0 (“never”) to 3 (“always”).

The ASA-A<sup>©</sup> was adapted from the ASC-ASD<sup>©</sup> (Anxiety Scale for Children Autism Spectrum Disorder) in collaboration with professionals and autistic adults, to make it suitable for use in an adult population.

### **Terms of Use**

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### **Support**

Because there is no charge for any of these instruments, all support is provided on a voluntary basis by the authors. For questions that cannot be answered in this user’s guide, please email [jacqui.rodgers@ncl.ac.uk](mailto:jacqui.rodgers@ncl.ac.uk).

## Scoring

The ASA-A© is scored by assigning each item with a numerical value from 0-3 where 0 = Never, 1 = Sometimes, 2 = Often, and 3 = Always. To find the total anxiety score, the numerical value for all items is totalled (maximum score = 60). To find the group factor score, the numerical values for each item within the relevant group factor should be totalled. The items that makeup each group factor are shown below. For example, to find the Social Anxiety (SP) total, add the numerical values for items 2, 4, 5, 10, 12, and 14. The highest score possible for this group factor is 18, and the lowest is 0.

Missing data for raw scores can be handled by prorating the remaining items within a factor. It is recommended that factors with more than 1 missing item are not scored. Likewise, the total anxiety score can have up to 3 missing items, but only if each factor has no more than 1 missing.

<b>ASA-A© group factors</b>	<b>Items</b>
Social Anxiety (SA)	2, 4, 5, 10, 12, 14 (6 items)
Anxious arousal (AA)	1, 3, 6, 8, 15, 16, 17, 19, 20 (9 items)
Uncertainty (U)	7, 9, 11, 13, 18 (5 items)

## Interpretation

A total score of  $\geq 28$  on the ASA-A© may indicate the presence of significant levels of anxiety. At present, indicative cut-offs are not available for the group factors.

Preliminary analysis of the psychometric properties of the ASA indicate excellent internal consistency (cronbach's alpha total score .899, Uncertainty .834 Anxious Arousal .845 Social Anxiety .847), excellent one month test-retest reliability (.823) and robust convergent and divergent validity.

A full report of the psychometric properties of the scale can be found in:

Rodgers, J., Farquhar, K., Mason, D., Brice, S., Wigham, S., Ingham, B., Freeston, M.F., Parr, J.R., (2020) Development and initial evaluation of the Anxiety Scale for Autism - Adults (ASA-A) Autism in Adulthood. (in press)