

The Autism Touch and Self-regulation Checklist (ATSC)

Instructions: Circle the response for each item that most accurately describes your child.

Oral-Tactile Domain	Often	Sometimes	Rarely	Never
Avoids foods with certain textures	3	2	1	0
Face washing is difficult	3	2	1	0
Tooth brushing is difficult	3	2	1	0
Eats very few foods	3	2	1	0
Mouths or chews objects	3	2	1	0
Haircuts are difficult	3	2	1	0
Doesn't notice if the diaper is wet or dirty	3	2	1	0
Avoids wearing gloves	3	2	1	0
Cutting toenails is difficult	3	2	1	0
Does not cry tears when hurt	3	2	1	0
Refuses to wear a hat	3	2	1	0
Cutting fingernails is difficult	3	2	1	0
Head-bangs on soft surface	3	2	1	0
Will only wear certain footwear	3	2	1	0
Will only wear certain clothes	3	2	1	0
Head-bangs on a hard surface	3	2	1	0
Prefers to wear same clothes day after day	3	2	1	0
1. Sum each column				
2. Oral-Tactile Subtotal (add column sums from line #1):				
Oral-Tactile for Children with Autism Spectrum Disorder (ASD) (Mean=27.6; SD = 7.91)				
Oral-Tactile for Typical Developing Children ("Typical") (Mean = 10.66; SD = 6.93)				
OTHER SENSORY - Auditory/Visual/Smell	Often	Sometimes	Rarely	Never
Reacts strongly when others cry loudly or scream	3	2	1	0
Is startled by sudden noises	3	2	1	0
Covers ears with certain sounds	3	2	1	0
Reacts poorly to certain everyday noises	3	2	1	0
Looks at objects out of sides of eyes	3	2	1	0
Is bothered by certain lights	3	2	1	0
Gags with certain smells	3	2	1	0

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3. Sum each column				
4. Other Sensory Subtotal (add column sums)				
Other Sensory for ASD (Mean = 10.41; SD = 4.32) Other Sensory for Typical (Mean = 4.89; SD = 3.63)				
Self-Regulation - Orienting/Attending	Often	Sometimes	Rarely	Never
Stares off into space	3	2	1	0
Seems not to notice when spoken to	3	2	1	0
Does not respond to his or her name	3	2	1	0
Has to be prompted to make eye contact	3	2	1	0
Seems unaware when others are hurt	3	2	1	0
Does not roll over onto back when asked	3	2	1	0
Does not notice/react when tapped on back	3	2	1	0
5. Sum each column				
6. Orienting/Attending Subtotal (add column sums):				
Orient-Attending for ASD (Mean = 12.58; SD = 4.40) Orient-Attending for Typical (Mean = 3.99; SD = 3.05)				
Self-Regulation - Self-soothing, Sleep, Appetite/Digestion, Behavior, Toileting	Often	Sometimes	Rarely	Never
Has difficulty calming when upset	3	2	1	0
Tantrums or meltdowns	3	2	1	0
Gets upset or tantrums when asked to make a transition	3	2	1	0
Cries easily when frustrated	3	2	1	0
Awakens very early and stays awake	3	2	1	0
Has difficulty falling asleep at bedtime	3	2	1	0
Has difficulty falling back asleep when awakens at night	3	2	1	0
Has difficulty awakening in morning	3	2	1	0
Will only eat familiar foods	3	2	1	0
Bowels are loose	3	2	1	0
Does not seem to be interested in food	3	2	1	0
Hits or kicks others	3	2	1	0
Throws things at others	3	2	1	0
Scratches or pulls others' hair	3	2	1	0

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Bites others	3	2	1	0
Gets aggressive or hyper with exposure to certain smells	3	2	1	0
Hits self	3	2	1	0
Bites self	3	2	1	0
Pulls own hair	3	2	1	0
Diaper is wet in the morning	3	2	1	0
Wears a diaper during the day	3	2	1	0
	Often	Sometimes	Rarely	Never
Is dry at night	0	1	2	3
Is toilet trained	0	1	2	3
7. Sum each column				
8. SELF-REGULATION Subtotal (add column sums):				
Self-Regulation for ASD (Mean = 35.72; SD = 9.75) Self-Regulation for Typical (Mean = 17.28; SD = 7.86)				
Constipation	Often	Sometimes	Rarely	Never
BM is hard and dry	3	2	1	0
Bowel movements are often green	3	2	1	0
BM is twice a week	3	2	1	0
BM is once a week	3	2	1	0
Requires regular use of laxative	3	2	1	0
9. Sum each column				
10. Constipation Subtotal (add column sums)				
Constipation for ASD (Mean = 3.23; SD = 3.21) Constipation for Typical (Mean = 1.60; SD = 2.13)				
11. ORAL-TACTILE and OTHER SENSORY Subtotal (add lines #2 and #4)				
SENSORY Total: for ASD (Mean = 38.0; SD = 10.6); Total for Typical (Mean = 15.6; SD = 9.4)				
12. ORIENTING/ATTENDING AND SELF-REGULATION Subtotal (ADD Lines #6, #8 and #10)				
SELF-REGULATION: Total for ASD (Mean = 51.5; SD = 13.3) Total for Typical (Mean = 22.9; SD = 10.3)				
13. ATSC TOTAL SCORE (add lines #11 and #12)				
ATSC Total for ASD (Mean = 89.5; SD = 21.4) ATSC Total for Typical (Mean = 38.4; SD = 18.0)				