

Glasgow Sensory Questionnaire

SAMPLE QUESTIONS (please read to make sure you know how to answer the questionnaire but **do not answer** these sample questions).

These sample questions (and answers) have been included to make it as easy as possible for you to fill out the questionnaire.

A. Do you find it difficult to concentrate on visual information (for example, reading a book) when there are noises in the background?

In this question, an example is given which helps to explain the question further. Examples are only given to help prompt you (if needed).

Sample answer to question A:

If I experience problems (most of the time) in concentrating while watching a movie when there is background noise, I would answer ‘Often’. This would be regardless of whether I experienced the exact issue detailed by the example.

Never

Rarely

Sometimes

Often

Always

B. Do you find it difficult to look people in the eyes?

It can be hard to answer questions like this as the amount that eye contact (or something else) is a problem for you is likely to have varied throughout your life-time. For this reason, we ask that you choose the option that corresponds best with your experience over the last 12 months.

Sample answer to B:

If I found it difficult to have eye contact with someone all of the time at the age of 7, but as an adult I find it easy most of the time, I would answer ‘Rarely’.

Never

Rarely

Sometimes

Often

Always

1. Do you dislike the **physical** sensation you get when people hug you?
Never *Rarely* *Sometimes* *Often* *Always*
2. Do you gag when you are eating certain foods, perhaps feeling as if you are going to be sick)?
Never *Rarely* *Sometimes* *Often* *Always*
3. Do you find it difficult to manipulate your hands when completing a delicate task (for example, picking up small objects or transferring objects from one hand to the other)?
Never *Rarely* *Sometimes* *Often* *Always*
4. Do you ever run your hand around the outside of an object before picking it up?
Never *Rarely* *Sometimes* *Often* *Always*
5. Do you stand very close (for example, less than 1 metre/3 feet away) or very far (for example, more than 3 metres/9 feet away) when you are talking to someone?
Never *Rarely* *Sometimes* *Often* *Always*
6. Do you find certain noises/pitches of sound annoying?
Never *Rarely* *Sometimes* *Often* *Always*
7. Do you smell your food before you eat it?
Never *Rarely* *Sometimes* *Often* *Always*
8. Do bright lights ever hurt your eyes/cause a headache?
Never *Rarely* *Sometimes* *Often* *Always*
9. Do you like to listen to the same piece of music/part of a DVD over and over again?
Never *Rarely* *Sometimes* *Often* *Always*
10. Do you feel ill/dizzy/peculiar if you have to reach up high or bend down low for something?
Never *Rarely* *Sometimes* *Often* *Always*
11. Do you find yourself fascinated by small particles (for example, little 'bits' of dust in the air)?
Never *Rarely* *Sometimes* *Often* *Always*
12. Do you like to spin yourself round and round?
Never *Rarely* *Sometimes* *Often* *Always*

13. Do you ever feel ill just from smelling a certain odour?

Never *Rarely* *Sometimes* *Often* *Always*

14. Do you find it difficult to hear what people are saying?

Never *Rarely* *Sometimes* *Often* *Always*

15. Do you dislike having a haircut (for example, because little bits of hair go down your back)?

Never *Rarely* *Sometimes* *Often* *Always*

16. Do you notice that you have hurt yourself but did not feel any pain?

Never *Rarely* *Sometimes* *Often* *Always*

17. Are you ever told by others that you wear too much perfume/after-shave?

Never *Rarely* *Sometimes* *Often* *Always*

18. Do lights ever seem to flicker when you look at them? ('Flickering' in this question means appearing to turn on and off very quickly instead of appearing constant).

Never *Rarely* *Sometimes* *Often* *Always*

19. Do you like lining objects up?

Never *Rarely* *Sometimes* *Often* *Always*

20. Do you rock yourself backwards and forwards?

Never *Rarely* *Sometimes* *Often* *Always*

21. Do you find it difficult to go into a strong-smelling shop (for example "Lush" and "The Body Shop")?

Never *Rarely* *Sometimes* *Often* *Always*

22. Do you cut the labels out of your clothes?

Never *Rarely* *Sometimes* *Often* *Always*

23. Do you hate the feel or texture of certain foods in your mouth?

Never *Rarely* *Sometimes* *Often* *Always*

24. Do you avoid going to restaurants because you can smell a certain odour?

Never *Rarely* *Sometimes* *Often* *Always*

25. Do you dislike loud noises?

Never *Rarely* *Sometimes* *Often* *Always*

26. Do you use the tip of your tongue to taste your food before eating it?

Never *Rarely* *Sometimes* *Often* *Always*

27. Does your body ever feel 'numb' - like you can't feel anything against your skin?

Never *Rarely* *Sometimes* *Often* *Always*

28. Do you think you have a weak sense of taste? One example of this would be if most food taste of 'nothing'?

Never *Rarely* *Sometimes* *Often* *Always*

29. Do you find that you are unaware of your body's signals (for example, don't often feel hungry/tired/thirsty)?

Never *Rarely* *Sometimes* *Often* *Always*

30. Do you ever feel dizzy/ill when playing fast-paced sports, for example basketball or football?

Never *Rarely* *Sometimes* *Often* *Always*

31. Do you react very strongly when you hear an unexpected sound?

Never *Rarely* *Sometimes* *Often* *Always*

32. Do you dislike walking on uneven surfaces?

Never *Rarely* *Sometimes* *Often* *Always*

33. Do you really like listening to certain sounds (for example, the sound of paper rustling)?

Never *Rarely* *Sometimes* *Often* *Always*

34. Do you like to run about – perhaps up and down in straight lines or round in circles?

Never *Rarely* *Sometimes* *Often* *Always*

35. Do you chew and lick objects that aren't food (for example pen lids or bottle tops) because you like the way they feel in your mouth?

Never *Rarely* *Sometimes* *Often* *Always*

36. Do you enjoy wearing very strong perfumes/after-shaves?

Never *Rarely* *Sometimes* *Often* *Always*

37. Do you find that you position your body in a way that is different to most people (for example, lie on your back on a sofa with your legs straight up in the air at a 90° angle)?

Never *Rarely* *Sometimes* *Often* *Always*

38. Do you find it difficult to tie your shoelaces or button up your clothes?

Never *Rarely* *Sometimes* *Often* *Always*

39. Do you find that you are able to go outside without a coat or a jacket when other people think that it is too cold?

Never *Rarely* *Sometimes* *Often* *Always*

40. Do you eat the same foods most of the time?

Never *Rarely* *Sometimes* *Often* *Always*

41. Do you like to wear something/hold something (for example, a hat or a pencil) so that you know where your body 'ends'?

Never *Rarely* *Sometimes* *Often* *Always*

42. Do you flick your fingers in front of your eyes?

Never *Rarely* *Sometimes* *Often* *Always*