

SENSORY QUESTIONNAIRE

Name of child/young person.....

Name of parent/carer.....

Date completed.....

For each behaviour described in the green, pink and blue columns please tick the box that represents the frequency with which this behaviour has occurred over the last month i.e. rarely, sometimes or often.

	HYPOSENSITIVITY	Rarely	Some times	Often	HYPERSENSITIVITY	Rarely	Some times	Often
BALANCE (VESTIBULAR)	Seeks all kinds of movements and this interferes with daily routines ^{12, 5, 7}				Fearful of activities involving movement(e.g. swings, slides, merry-go-round see-saw etc); anxious about moving from place to place ^{1, 2, 3, 14, 6, 15, 7, 10}			
	Seeks rough and tumble playful interactions ^{3, 7}				Dislikes trying new movement activities and may have difficulty learning them ^{15, 2, 10}			
	Becomes overly excitable during movement activity ¹²				Becomes anxious or distressed when feet leave the ground ^{2, 12, 14, 5, 7, 10}			
	Need for rocking, swinging, spinning, jumping ^{1, 2, 3, 13, 14, 15, 7, 10, 11, 6}				Fears heights, climbing, stairs, escalators ^{2, 7, 15, 12, 10, 6}			
	Head bangs ³				Resists change to head position/movement; tenses or becomes irritable if moved by someone else; dislikes head upside down ^{2, 11}			
	Enjoys swings, merry-go-round ^{2, 15, 10}				Avoid participation in sports or active games ⁷			
	Bumping into people and objects ^{2, 14}				Gets nauseated or vomits from excessive movement (swings, merry-go-round, cars etc) ^{2, 7, 10, 6, 15}			
	Constantly tilts head back ³ or holds head in odd postures				Avoids activities that involve balancing such as walking on narrow beams or handstands ^{2, 7, 6}			
	Enjoys being upside down ^{15, 10}							
	Constantly on the move ³							
Loves car rides – may go to sleep in them								

	HYPOSENSITIVITY	Rarely	Sometimes	Often	HYPERSENSITIVITY	Rarely	Sometimes	Often
BODY AWARENESS (PROPRIOCEPTION)	Stands too close to people ¹				Difficulties with fine motor skills, manipulating small objects (buttons, tying shoe laces) ^{1, 2, 7}			
	A lack of awareness of body position in space ^{2, 1}				Has difficulty catching balls ^{2, 10}			
	Bumping into people ^{1, 2, 8}				Movement of the whole body to look at something ^{1, 2}			
	Clumsy or awkward in movement ^{14, 2, 8}				Fall down often and have difficulty with balance (e.g., when climbing stairs) ^{6, 10}			
	Problems with muscle tone, co-ordination, motor planning ^{13, 2, 8, 12}				Enjoy movement that he/she initiates but does not like to be moved by others, particularly if the movement is unexpected ¹⁰			
	Stands too close to people ¹							
	Slumping posture – leans against walls or people							

	HYPOSENSITIVITY	Rarely	Sometimes	Often	HYPERSENSITIVITY	Rarely	Sometimes	Often
SMELL (OLFACTORY)	No sense of smell – failure to notice extreme odours; difficulty identifying things by their smell ^{1, 2, 11, 15}				Smells can be intensified and become overpowering; dislike of individuals with distinctive perfumes, shampoos; dislikes strong smells ^{1, 2, 7, 11, 15}			
	Licking of objects ¹				Toileting problems ^{1, 2, 11} such as fear or reluctance to use the toilet or potty or distress after defecation			
	Smells self, people, objects, food ^{2, 11, 13}				Hits nose when distressed ^{2, 11}			
	Smears/plays with faeces ^{2, 7, 11}				Sudden outbursts of self-abuse/tantrums or withdrawal in response to smells ^{2, 11}			
	Seeks strong odours ^{2, 7, 11}							

	HYPOSENSITIVITY	Rarely	Sometimes	Often	HYPERSENSITIVITY	Rarely	Sometimes	Often
HEARING (AUDITORY)	Does not acknowledge particular sounds or respond to name being called; unable to distinguish between some sounds ^{1, 2, 3, 5, 11, 12}				Inability to cut out particular sounds, leading to difficulties concentrating ^{1, 12}			
	Enjoys crowded noisy places, kitchens, bangs doors and objects ^{2, 11}				Appears very sensitive to sound; able to hear even very quiet sounds, for example, hearing conversations in the distance ¹			
	Likes vibration ^{2, 11}				Dislikes haircut ^{2, 11}			
	Is fascinated with certain sounds ^{2, 11}				Makes repetitive noises (hums or sings) to block out other sounds ^{2, 3, 7, 11}			
	Tears paper, crumples paper in the hand ^{2, 11}				Tries to destroy/break objects producing sounds (clock, telephone, musical toy etc) ^{2, 11}			
	Pronunciation problems ^{2, 11, 15}				Dislikes unexpected or loud noises ^{2, 3, 5, 7, 8, 11, 12}			
	Appears deaf or seems to have problems in hearing ^{1, 2, 11, 15}				Sudden outbursts of self-abuse/tantrums or withdrawal in response to auditory stimuli ^{2, 11}			
	Enjoys Making loud rhythmic noises				Covers or hits ears to many sounds ^{2, 11, 12, 13, 15}			

	HYPOSENSITIVITY	Rarely	Sometimes	Often	HYPERSENSITIVITY	Rarely	Sometimes	Often
TASTE (GUSTATORY)	Likes strong tastes and/or spicy foods ^{7, 1}				Some flowers and foods are too strong and over-powering for the person ¹			
	Avoids bland tasting food				Sudden outbursts of self-abuse/tantrums or withdrawal in response to strong taste ^{2, 11}			
	Pica; eats everything – soil, grass. Materials ^{1, 2, 7, 11}				Poor eater ^{2, 11, 13}			
	Mouths and licks objects ^{2, 5, 11}				Uses the tip of tongue for tasting ^{2, 11}			
	Regurgitates ^{2, 11}				Gags/vomits easily ^{2, 11}			
	Is fascinated with certain tastes ^{2, 11}				Likes certain (plain) foods such as potato, white bread, bland cheese, pasta etc ^{2, 11}			
	Eats cigarette ends				Heightened awareness of flavour ⁸			
	Lack of awareness of flavour ⁸				Avoids certain spicy foods ^{11, 12, 2}			
					Shows strong preference for certain tastes ^{5, 12}			
					Dislikes strong tastes ⁷			
				Limits self to particular food textures/temperatures ^{1, 12}				
				Will not eat hot or very cold foods				

		HYPOSENSITIVITY	Rarely	Sometimes	Often	HYPERSENSITIVITY	Rarely	Sometimes	Often
TOUCH (TACTILE)	Touches people and objects ¹²					Touch painful and uncomfortable; will often withdraw from aspects of touch ^{1, 2, 3, 6, 7, 8, 11}			
	Holds others tightly ^{1, 2}					Reacts emotionally/aggressively to touch ^{2, 7, 11, 12, 14, 15}			
	Mouths objects or clothing ^{3, 7, 14}					Moves away from people, insists on large personal space ^{2, 6, 7, 11, 12, 14, 15}			
	Doesn't seem to notice when face or hands are messy ^{3, 12}					Withdraws or hits when people reach out or are nearby ^{10, 14}			
	Leaves clothing twisted on body; layers clothing, wraps self in clothing or bedding ^{5, 12, 14}					Likes touch ONLY when it is on their terms ³			
	Seeks deep pressure by squeezing between furniture ⁷					Avoids touch or contact with objects or people ^{3, 7, 14}			
	Likes pressure and tight clothing ^{2, 7, 11, 14}					Rubs the spot that was touched ^{3, 7, 12, 14}			
	Enjoys heavy objects on top of them ^{1, 2}					Dislike of having anything on hands or feet ¹			
	Is fascinated with certain textures ^{2, 11}					Expresses distress when grooming, teeth brushing, nail clipping ^{1, 5, 7, 8, 10, 12, 14, 15}			
	Prone to self injuries – scratching, pinching, rubbing, hitting, hair pulling hand biting ^{1, 2, 3, 11, 14}					Takes off clothing ^{7, 10, 14, 15}			
	Insists on being barefoot ¹⁴					Complains about how certain clothing feels, doesn't like tags, fussy about socks, seams in clothes, belts ^{8, 10, 11, 12, 13, 14, 15}			
	Low reaction to pain or extreme temperatures ^{1, 2, 3, 10, 11, 13}					Dislikes the feeling of tight fitting clothing ⁴			
	Pushes or rubs body against objects/walls/people ¹⁴					Sensitive to texture and make of material ^{1, 2, 7, 8, 11}			
	Relaxes when given firm massage ⁷					Insists on wearing the same clothes ^{2, 8}			
	Seems unaware of being touched or bumped ^{2, 3, 6}					Avoids wearing shoes ^{2, 11}			
	Touches things constantly; "learns" through his fingers ^{3, 6, 7, 8, 11}					Overreacts to heat/cold/pain ^{2, 8, 10, 11, 15}			
	Has trouble keeping hands to self, will poke or push other children ^{6, 10}					Difficulty tolerating temperature change ⁷			
	Really enjoys shower, rough towelling or firm hair brushing ⁷					Dislike and avoids messy play ^{2, 3, 6, 7, 11, 12, 15}			
					Dislikes food of certain texture ^{2, 7, 10, 11, 14}				

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May 2007