

Information for the MIGDAS (as of January, 2024)

Please Note: In recognition of the neurodiversity affirming movement and emerging autism research (which includes the contributions of autistic individuals, professionals, and researchers), Mullum Road Clinic acknowledges that Autism has been misrepresented as a “disorder” in many clinical and medical settings and in the diagnostic manuals used to diagnose autism. As such, the term ‘Autism Spectrum Disorder (ASD)’ will be used for the purpose of diagnosis ONLY. Autism is recognised as a neurological difference that impacts an individual’s experience and behaviors related to language and communication, relationships, and sensory stimuli. Preferred neurodiversity affirming terms include ‘autism’, ‘autism spectrum’, or ‘autistic’ (identify-first language).

What is the MIGDAS?

MIGDAS stands for **Monteiro Interview Guidelines for Diagnosing Autism Spectrum**.

What is the MIGDAS used for?

The MIGDAS can be used to assess for an Autism Spectrum Difference. The MIGDAS can be used as a stand-alone evaluation tool, and as such the conversational approach of the MIGDAS can also be used in its own right. The MIGDAS is a semi-structured interview involving a series of questions to assess for an Autism Spectrum difference. The MIGDAS provides an efficient method of systematically gathering and organising the information needed to diagnose autism spectrum differences in children, adolescents, and adults. The MIGDAS provides a qualitative description of the person, covering three areas: **Language and Communication, Social Relationships and Emotional Responses, and Sensory Use and Interests.**

Why choose the MIGDAS over other standardised tests?

The standardised tests and checklists commonly used to diagnose Autism Spectrum differences appear to miss the key process of interacting with a person on their unique terms. Focusing on the person's unique sensory interests and special interest areas enables the person to actually enjoy the evaluation process.

In the case of the MIGDAS, parents, partners or a close family member or friend may be involved (for adults, this is dependent on availability and is an invitation only) in the assessment process.

How does the MIGDAS differ from other autism tests?

The MIGDAS is quite unlike any other tests currently used by psychologists to assess for Autism. The MIGDAS involves an interview process that explores the individual's sensory-driven worldview and the individual's preferred topics to understand how they see and interact in the world . It is a method that involves dynamic interaction between the psychologist and the client.

The MIGDAS interview protocol does **not provide a score or a standardized set of numbers**. It uses a conversational style of questioning to gather a narrative about how the person views their world.

The MIGDAS is viewed as a Neuro-Affirming approach to assessment.