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SAMPLE REPORT

PREMIUM REPORT

Aphantasia Test (VVIQ)

Neurodevelopmental Screening Report

Report date: September 04, 2026



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Aphantasia Test (VVIQ)

Neurodevelopmental Screening Report

26
/ 80

Score

33%

Percentage

Aphantasia Range

Result

Your score falls in the range researchers use to define aphantasia: little to no ability to voluntarily generate visual mental images. You likely navigate memory,

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	Picture the exact contour of the face, head, shoulders and body of a relative or close friend. scene1	Vague and dim	2
2	Picture the characteristic poses of that person's head, their carriage and posture. scene1	Vague and dim	2
3	Picture the exact colours and shapes of that person's clothes. scene1	Vague and dim	2
4	Picture that person's whole figure, as if you were watching them walk towards you. scene1	Vague and dim	2
5	Picture the sun rising above the horizon into a hazy sky. scene2	Vague and dim	2
6	Picture the sky clearing and the sun becoming brighter.	Vague and dim	2



#	Question	Your answer	Pts
	scene2		
7	Picture a rainbow appearing as clouds form in the sky. scene2	Vague and dim	2
8	Picture the sun sinking below the horizon as the light fades into deep colours. scene2	Vague and dim	2
9	Picture the overall appearance of the shop from the opposite side of the street. scene3	Vague and dim	2
10	Picture a particular kind of merchandise displayed in the window. scene3	Vague and dim	2
11	Picture yourself entering the shop and walking up to the counter. scene3	Vague and dim	2
12	Picture the counter assistant serving you and the money changing hands. scene3	Vague and dim	2
13	Picture the contours of the landscape: the trees, hills or mountains and the lake. scene4	Vague and dim	2
14	Picture the colours and shapes of the clouds in the sky above the landscape. scene4	Vague and dim	2
15	Picture a gentle breeze moving the leaves on the trees, and the reflections on the lake. scene4	Vague and dim	2
16	Picture the whole scene together, as if you were standing there looking at it.	Vague and dim	2



#	Question	Your answer	Pts
	scene4		



AI Interpretation by Claude (Anthropic)
claude-sonnet-5

Jordan, your VVIQ score is 26 out of 80, placing you in the range researchers use to define aphantasia: little to no ability to voluntarily generate visual mental images. When you were asked to picture a familiar face, a sunrise, or a country scene, you consistently reported knowing what these things look like without actually 'seeing' anything, which is the hallmark of this profile. This affects roughly 1 in 30 to 1 in 50 people and is not a disorder or a deficit, simply a different cognitive architecture: you likely rely on verbal description, factual knowledge, and spatial or emotional logic instead of visual imagery to remember, plan, and read. Many aphantasic people are entirely unaware of it for decades, assuming everyone means 'know' when they say 'picture', until a conversation reveals the difference. If mental visualization exercises (guided meditation, memory palace techniques, 'picture your happy place') have always felt strangely pointless to you, this is very likely why, and you're not doing them wrong, they were simply never going to work for your mind. Non-visual strategies, verbal mnemonics, written planning, spatial logic, tend to serve aphantasic people far better. If this was a surprising discovery, the Eye's Mind research project at the University of Exeter, which first coined the term aphantasia, is a good place to learn more about how common and varied this experience is.

Recommendations

This is a variation in cognitive style, not a deficit. Aphantasic people write novels, do art, and navigate cities just fine, using different mental strategies. If this was a surprising discovery, you might enjoy comparing notes with the aphantasia research community (Eye's Mind project, University of Exeter) which studies exactly this.



Important Notice

This report is a screening tool only and does not constitute a medical or psychological diagnosis.

This test does not replace a professional evaluation. For a reliable diagnosis, please consult a neuropsychologist, psychiatrist, or qualified healthcare professional.