findyourneurotype

SAMPLE · fictional data

Sample report

ADHD and Autism Test (AuDHD)

Neurodevelopmental self-assessment

Prepared for	Date	Questions	Reference
Emma Johnson	**November 1, 2026**	**34**	**00000051**

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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

17 / 24 ADHD

20 / 42 Autism

ADHD profile with autistic traits

Two scores, read together

Your ASRS score reaches the questionnaire's threshold (14 out of 24), and your autism score sits in a range where many adults with ADHD and no autism also score. An assessment will tell whether these traits belong to autism or to ADHD itself.

ADHD axis · ASRS-v1.1 Screener (6 questions) — **17 / 24** High



Low · 0–9 | Intermediate · 10–13 | High · 14–24

questionnaire threshold: 14

Autism axis · RAADS-14 Screen (14 questions) — **20 / 42** Intermediate



Low · 0–13 | Intermediate · 14–22 | High · 23–42

published cut-off: 14 · site marker: 23 (not validated)

Where you sit among the 9 profiles

	Autism · Low	**Autism** · Intermediate	**Autism** · High
ADHD High	Mostly ADHD	Your profile **ADHD with autistic traits**	Mixed (AuDHD)
ADHD Intermediate	Some ADHD traits	Traits on both sides	Autistic with ADHD traits
ADHD Low	Neither	Autistic traits to explore	Mostly autistic

The ADHD axis in detail

Original scoring of the questionnaire: answers in the shaded boxes of the form: 5 of 6 (the original threshold was 4).

The autism axis in detail

Understanding others (mentalising)		**8 / 21**
Social anxiety		**4 / 12**
Sensory reactivity		**8 / 9**

Traits you say were already there before the age of 16: 5 of 13.

What comes from what

These 8 questions were written by FindYourNeurotype as prompts for reflection. They are not a measurement and they do not change your profile.

Conversations	ADHD wording: 3 / 3 · Autism wording: 1 / 3	**The ADHD wording fits you better**
Routines and change	ADHD wording: 3 / 3 · Autism wording: 2 / 3	**Both wordings fit you**
Interests	ADHD wording: 3 / 3 · Autism wording: 2 / 3	**Both wordings fit you**
Stimulation	ADHD wording: 3 / 3 · Autism wording: 2 / 3	**Both wordings fit you**

What may distort this result

Mood (PHQ-2): 2 out of 6 · Anxiety (GAD-2): 2 out of 6

3 or more: a fuller questionnaire is recommended.

No signal: your answers on mood and anxiety are low, and you describe traits that go back to childhood, or you were not sure.

How this result is calculated

ADHD axis: the sum of your 6 answers to the ASRS Screener (0 to 24). A score of 14 or more is the threshold of the questionnaire in this scoring.

Autism axis: your RAADS-14 Screen score (0 to 42). 14 is the cut-off published by its authors: in their study it picked up 97% of autistic adults, but 54% of adults with ADHD also scored 14 or more. That is why this test adds a second marker at 23, chosen by FindYourNeurotype and not validated by a study.

The 9 profiles cross the two axes. This combination has not been validated as such: read it as a guide to what is worth exploring, not as a measurement.

The 8 reflection questions and the 6 context questions never change your profile. They only add explanations.

This test is a self-assessment. Only a professional can make a diagnosis.

Sources and credits

ASRS-V1.1 Screener: Kessler RC, Adler L, Ames M, et al. Psychological Medicine 2005;35:245–256; scoring 0–24: Kessler RC, Adler LA, Gruber MJ, et al. International Journal of Methods in Psychiatric Research 2007;16:52–65. The 6-question Adult Self-Report Scale-Version1.1 (ASRS-V1.1) Screener is a subset of the 18-question Adult ADHD Self-Report Scale-Version1.1 (Adult ASRS-V1.1) Symptom Checklist. © New York University and the President and Fellows of Harvard College.

RAADS-14 Screen: Eriksson JM, Andersen LMJ, Bejerot S. RAADS-14 Screen: validity of a screening tool for autism spectrum disorder in an adult psychiatric population. Molecular Autism 2013;4:49. Used under the Creative Commons Attribution License 2.0. Its items come from the RAADS-R (Ritvo et al., 2011).

PHQ-2 and GAD-2: developed by Drs Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc.

What your answers say

Written by Claude (Anthropic) from your answers.

Looking at both sides at once

Taking one questionnaire that asks about ADHD traits and autistic traits side by side is a thoughtful step, because the two so often get tangled together. This is a self-assessment, not a clinical diagnosis, and nothing in this report can say what you are or are not.

The profile shown to you, "ADHD profile with autistic traits", means this: on the ADHD axis your answers reach the high zone, 17 out of 24, while on the autism axis they sit in the intermediate zone, 20 out of 42. In everyday words, your answers resemble what many adults with ADHD describe, and they also touch on a good number of autistic traits without settling clearly on either side. It does not mean you have ADHD, nor that you are autistic. The two questionnaires are published ones, but crossing their zones into nine profiles is a reading aid built by this site, and no study has validated it.

The ADHD axis in detail

The ADHD axis uses the six questions of the ASRS-v1.1 Screener, summed from 0 to 24. The threshold in this scoring is 14, and you reached 17. Under the form's original scoring, you ticked 5 of 6 shaded boxes, where the original threshold was 4. So your answers reach the questionnaire's threshold both ways.

The six questions cover trouble finishing final details of a project, difficulty getting things in order for tasks that need organisation, forgetting appointments or obligations, putting off tasks that need a lot of thought, fidgeting or squirming when seated, and feeling overly active, as if driven by a motor. Among your highest answers, you reported putting off tasks that require a lot of thought "very often", and having trouble wrapping up final details and getting things in order "often". That picture is of someone who can start things and see their shape, but for whom the long middle and the tidy ending take real effort. This describes your answers; it does not explain them.

The autism axis in detail

The autism axis uses the RAADS-14 Screen, scored from 0 to 42. Its authors set a cut-off at 14, and you are above it at 20, in what this site calls the intermediate zone. Of the three factors, sensory reactivity is your highest, at 8 out of 9. It covers how strongly textures, sounds, light or crowds register. Your answers describe textures that feel very offensive and a need to isolate when your senses are overwhelmed, both reported as true now and when you were young. Understanding others, which covers working out turns in conversation, what people expect of you and the overall idea versus details, sits at 8 out of 21. Social anxiety is lowest, at 4 out of 12.

You said 5 of 13 traits were already present before age 16. That is a partial picture: some traits seem to reach back into youth, others appear more recent. A clinician exploring your history would look at this more closely.

Why this zone is hard to read

An intermediate autism score is hard to interpret, especially beside a high ADHD score. In the validation study of the RAADS-14, the 14 cut-off picked up 97% of autistic adults, but 54% of adults with ADHD and no autism also reached it. The median score was 15 in the ADHD group and 32 in the autism group. Your 20 sits above the ADHD median and well below the autism one. The site adds a second marker at 23, which no study has validated, so it should be treated as a rough guide only. A score like yours could reflect ADHD alone, autistic traits alongside it, or something else, and a questionnaire cannot tell these apart.

What may come from what

The eight reflection questions are prompts, not a measurement, and they never change your profile. In conversation, you recognised the ADHD wording more (3 against 1). That might look like drifting off mid-sentence, or interrupting because a thought feels too good to lose, rather than missing the unwritten rules of turn-taking. The two can feel identical from outside.

On routines and change, you recognised both wordings (3 and 2). You may crave a structure and then find it impossible to maintain, or feel unsettled when plans shift yet bored once things settle. On interests, again both (3 and 2): perhaps a burst of enthusiasm for a subject that fades within weeks, alongside a depth of focus while it lasts. On stimulation, both again (3 and 2): you may seek input, such as music, movement or novelty, and also be quickly overloaded by it. Which wording fits best may differ by day and situation, and these are avenues to reflect on, not conclusions.

When both kinds of trait meet

Traits of different kinds can add together or pull against each other. A strong appetite for novelty may sit beside a need for things to stay predictable, so that you start new routines eagerly, drop them, then feel disrupted by the very gaps this leaves. Social life may be both wanted and tiring: you may enjoy company yet need long recovery afterwards, particularly if group settings, which you said are very difficult now, demand effort to follow expectations.

Sensory sensitivity may also interact with restlessness: you might need to move and seek stimulation, while certain sounds or textures push you to withdraw. These are possibilities that some people recognise, not a defined entity, and you are the best judge of which ones ring true.

What may distort this result

Your mood score (2 out of 6) and anxiety score (2 out of 6) are both below the level where a fuller questionnaire is recommended, and no other signal was flagged on your result page. That is reassuring, though low mood and anxiety can raise both axes, so it is worth keeping an eye on how you feel when you answer.

An online self-assessment also has general limits. It relies on how you remember and rate yourself on a given day, it cannot see your history from childhood, and it cannot weigh other explanations such as stress, poor sleep, or other conditions. Treat the result as a starting point for reflection, not an answer.

Ideas for daily life

For organisation, you can break tasks that need deep thought into a first step small enough to start within two minutes, and set a visible "finish line" for the last details, perhaps with a body-doubling session, working alongside someone else. Externalising reminders, such as phone alarms and one shared calendar, may reduce reliance on memory.

For energy, you may find it helps to schedule recovery after group settings, and to keep routines light enough to survive a bad week. For your sensory environment, you can choose clothing fabrics that feel comfortable, keep earplugs or headphones within reach, and plan a quiet retreat space when overwhelm builds. In relationships, you can tell people close to you how you take turns in conversation, and ask for explicit expectations when they are unclear. Strengths worth noticing: enthusiasm for new subjects, attention to detail, and a keen awareness of your surroundings.

Preparing an appointment

A good first contact is your general practitioner, who can refer you to a psychiatrist or psychologist experienced in adult ADHD and autism. Bring examples from childhood and from today: old school reports, comments teachers wrote, and what a parent or sibling remembers about your early years, including the relationships, changes and sensations you are unsure about. Add recent examples of work, home and social life.

Three questions you might ask: how would you tell apart ADHD, autistic traits and both together in my case? What does my history contribute to the picture? What support would suit me whatever the outcome? Among this site's tests, the most useful next ones are Masking (CAT-Q), Time blindness, and Rejection sensitivity (RSD). Whatever you find, understanding how your mind works can open practical, kind ways of living with it.

Next steps

Pick one or two. Regularity matters more than duration.

Attention (ASRS)

Two-minute starts for heavy tasks

When a task needs deep thought, write down only its first physical step and begin it for two minutes. Often starting is the hard part, so stop after two minutes if you wish.

2 min, once per task

Attention (ASRS)

Define the finish line

Before beginning a project, write what 'done' looks like and list the final details. Tick them off visibly so the last steps do not slip away.

5 min, at project start

Sensory reactivity

Build a sensory first-aid kit

Keep earplugs or headphones, a soft item of clothing and sunglasses in a bag you carry. Use them early, before overwhelm builds, rather than after.

5 min to prepare, then as needed

Understanding others

Ask for expectations aloud

When you cannot tell what someone expects, ask a simple question such as 'What would be most helpful from me here?'. Clear wording often beats guessing.

1 min, as needed

Routines and change

Choose a light routine

Pick one small anchor, such as a drink at the same time each morning, instead of a full schedule. A routine that survives a bad day is easier to keep.

5 min, daily

Stimulation

Plan recovery after social time

After a group event or busy day, book 20 to 30 minutes of quiet or gentle movement in your calendar. Treat it as part of the activity, not a reward.

20–30 min, after busy events

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

ADHD and Autism Test (AuDHD) · ADHD 17/24 · Autism 20/42 · ADHD profile with autistic traits

Test taken on November 1, 2026 · reference 00000051

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Each answer and the points it adds.

#	Question	Your answer	Pts
1	How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?	Often	3
2	How often do you have difficulty getting things in order when you have to do a task that requires organization?	Often	3
3	How often do you have problems remembering appointments or obligations?	Sometimes	2
4	When you have a task that requires a lot of thought, how often do you avoid or delay getting started?	Very Often	4
5	How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?	Often	3
6	How often do you feel overly active and compelled to do things, like you were driven by a motor?	Sometimes	2
7	It is difficult for me to understand how other people are feeling when we are talking	Never true	0
8	Some ordinary textures that do not bother others feel very offensive when they touch my skin	True now and when I was young	3
9	It is very difficult for me to work and function in groups	True only now	2
10	It is difficult to figure out what other people expect of me	True only now	2
11	I often don't know how to act in social situations	True only when I was younger than 16	1
12	I can chat and make small talk with people reversed	True only now	1
13	When I feel overwhelmed by my senses, I have to isolate myself to shut them down	True now and when I was young	3
14	How to make friends and socialize is a mystery to me	Never true	0
15	When talking to someone, I have a hard time telling when it is my turn to talk or to listen	True now and when I was young	3
16	Sometimes I have to cover my ears to block out painful noises (like vacuum cleaners or people talking too much or too loudly)	True only now	2
17	It can be very hard to read someone's face, hand, and body movements when we are talking	Never true	0
18	I focus on details rather than the overall idea	True now and when I was young	3

#	Question	Your answer	Pts
19	I take things too literally, so I often miss what people are trying to say	Never true	**0**
20	I get extremely upset when the way I like to do things is suddenly changed	Never true	**0**
21	In conversation, I drift off or interrupt without meaning to.	Completely	**3**
22	An unexpected change in my schedule unsettles me strongly.	Somewhat	**2**
23	I get excited about a new subject, then drop it after a few weeks.	Completely	**3**
24	Noises, lights or textures tire me out or overwhelm me quickly.	Somewhat	**2**
25	In conversation, I find it hard to grasp what people mean between the lines.	Not really	**1**
26	I find it hard to keep a routine, even when I know it would help me.	Completely	**3**
27	I have favourite subjects that have fascinated me for years.	Somewhat	**2**
28	I get bored quickly and look for novelty or action.	Completely	**3**
29	Before the age of 12, did you already often have difficulties with attention, organisation or restlessness?	Yes	**1**
30	Before the age of 12, did you already have difficulties with relationships, changes or sensations?	I don't know	**2**
31	Little interest or pleasure in doing things	Several days	**1**
32	Feeling down, depressed, or hopeless	Several days	**1**
33	Feeling nervous, anxious, or on edge	Several days	**1**
34	Not being able to stop or control worrying	Several days	**1**

"Reversed": these questions are scored the other way round from the others.