findyourneurotype

SAMPLE · fictional data

Sample report

Autism-Spectrum Quotient (AQ-10)

Neurodevelopmental self-assessment

Prepared for	Date	Questions	Reference
Lena Müller	**February 14, 2026**	**10**	**00000002**

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

Your result

30 / 40

Significant Autism Spectrum Indicators

75 % of the maximum score



Your AQ-10 score falls in the higher range, indicating significant autistic trait patterns. The AQ-10 is a validated questionnaire, and a score in this range strongly warrants professional follow-up.

By dimension

As a percentage of each dimension's maximum, so they can be compared.

Attention switching	**100 %**	2 / 2
Communication	**100 %**	2 / 2
Attention to detail	**50 %**	1 / 2
Social skills	**50 %**	1 / 2
Imagination	**0 %**	0 / 2

What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this screening and for your openness to understanding yourself better. Reflecting on how you think, communicate, and experience the world takes courage, and however these results land for you, know that they are simply information, not a verdict on who you are. Many people find this kind of self-exploration to be a meaningful step toward greater self-awareness, and whatever you're feeling right now, whether that's relief, curiosity, or a bit of uncertainty, is a completely valid response.

Your results suggest a pattern of traits often associated with autism spectrum characteristics, with your responses indicating notable experiences across social reciprocity, communication, restricted interests, and sensory processing. The breakdown shows particular strength in the areas of restricted interests and social reciprocity, suggesting you may relate to having deep, focused passions and finding certain social situations more effortful than they seem to be for others. It's worth remembering that this screening tool measures traits and tendencies, not a clinical diagnosis. Many people with these kinds of results lead rich, fulfilling lives, and understanding your own neurological wiring can be genuinely empowering rather than limiting.

As you move forward, consider keeping a personal journal noting situations where you feel most comfortable versus most drained, this can help you identify patterns and advocate for environments that support your wellbeing. It may also help to explore resources, communities, or books written by and for neurodivergent individuals, as connecting with shared experiences often brings both validation and practical strategies. Additionally, think about which sensory environments help you feel most regulated and try to intentionally build more of those moments into your daily life.

Because this is a screening measure rather than a diagnostic assessment, the most valuable next step would be connecting with a qualified professional, such as a psychologist or specialist experienced in adult autism assessment, who can offer a thorough, personalized evaluation. Please approach this possibility with hope: greater clarity often opens doors to self-compassion, tailored support, and a deeper understanding of your own beautiful, unique way of experiencing the world.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Significant Autism Spectrum Indicators

We recommend seeking a formal assessment from a clinical psychologist or psychiatrist specializing in autism. A diagnosis can open doors to appropriate support, accommodations, and community resources.

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

Autism-Spectrum Quotient (AQ-10) · 30 / 40 (75 %) · Significant Autism Spectrum Indicators

Test taken on February 14, 2026 · reference 00000002

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

Scale from “Definitely Agree” to “Definitely Disagree”.

#	Question	Your answer	Pts
Attention to detail · 1 / 2			
1	I often notice small sounds when others do not. reversed	Slightly Disagree	0
2	I usually concentrate more on the whole picture, rather than the small details.	Slightly Disagree	1
Attention switching · 2 / 2			
3	I find it easy to do more than one thing at once.	Slightly Disagree	1
4	If there is an interruption, I can switch back to what I was doing very quickly.	Slightly Disagree	1
Communication · 2 / 2			
5	I find it easy to read between the lines when someone is talking to me.	Slightly Disagree	1
6	I know how to tell if someone listening to me is getting bored.	Slightly Disagree	1
Imagination · 0 / 2			
7	When I am reading a story I find it difficult to work out the characters' intentions. reversed	Slightly Disagree	0
8	I like to collect information about categories of things (e.g. types of car, bird, train, plant etc.). reversed	Slightly Disagree	0
Social skills · 1 / 2			
9	I find it easy to work out what someone is thinking or feeling just by looking at their face.	Slightly Disagree	1
10	I find it difficult to work out people's intentions. reversed	Slightly Disagree	0

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