findyourneurotype

SAMPLE · fictional data

Sample report

Dyspraxia / DCD Test

Neurodevelopmental self-assessment

Prepared for	Date	Questions	Reference
Carlos García	January 27, 2026	20	00000008

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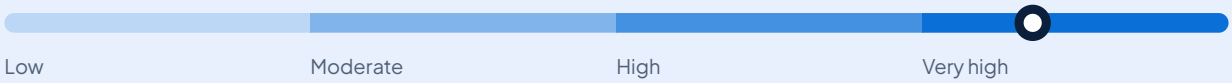
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

38 / 45

High DCD/Dyspraxia Indicators

84 % of the maximum score



Your responses suggest significant motor coordination and planning difficulties consistent with DCD/dyspraxia. These challenges appear to be impacting your daily life.

By dimension

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

Motor skills	**67 %**	10 / 15
Planning	**67 %**	10 / 15
ADL	**67 %**	10 / 15
Spatial awareness	**67 %**	10 / 15

Least marked Most marked

What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Spatial awareness · 67 %

ADL · 67 %

Most marked

Motor skills · 67 %

Planning · 67 %

Thank you for taking the time to complete this screening and for your openness in exploring how you experience movement, coordination, and daily physical tasks. Many people who receive results like yours have spent years sensing that certain activities—handwriting, sports, organizing physical tasks, or even walking through crowded spaces—feel more effortful than they seem to for others, without quite having language for why. If that resonates with you, please know you are far from alone, and there is nothing wrong with moving through the world differently.

Your results, a raw score of 38 out of 45 (84.4%), fall into the range the screener describes as showing high indicators associated with dyspraxia or Developmental Coordination Disorder (DCD). Looking at the breakdown, your responses suggest particularly notable patterns in motor coordination, with balance and manual dexterity also contributing meaningfully. In everyday terms, this might show up as difficulty with tasks requiring precise timing or sequencing of movement, challenges with stability or spatial awareness, or fine motor tasks like writing, buttoning clothes, or handling small objects feeling more laborious than expected. This screener is simply flagging patterns worth paying attention to—it is not a diagnosis, but a useful starting point for self-understanding.

There are gentle, practical steps you can take right now. Occupational therapy is one of the most effective and encouraging resources available, offering personalized strategies for motor planning, coordination, and daily task management. Building movement into your routine through activities like swimming, yoga, or climbing can also support balance and body awareness in a low-pressure, enjoyable way. Additionally, simple environmental adjustments—like using ergonomic tools, allowing extra time for tasks involving fine motor precision, or breaking multi-step physical tasks into smaller parts—can meaningfully reduce daily friction.

Please consider sharing these results with a physician, occupational therapist, or neuropsychologist who specializes in motor and developmental profiles. A qualified professional can offer a thorough evaluation and, if appropriate, a formal diagnosis along with tailored support. Many people find that once they understand their coordination patterns, they can develop strategies that make daily life feel more manageable and less frustrating. Understanding yourself more deeply is a meaningful and hopeful

step forward, and support is very much within reach.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

High DCD/Dyspraxia Indicators

Consider seeking an assessment from an occupational therapist (OT) with experience in DCD. Adults with DCD often benefit from practical strategies, adapted tools, and understanding from employers or educators. Many people with DCD have strong verbal and creative abilities.

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.

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

Dyspraxia / DCD Test · 38 / 45 (84 %) · High DCD/Dyspraxia Indicators

Most marked: Motor skills (67 %), Planning (67 %)

Test taken on January 27, 2026 · reference 00000008

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 “Never” to “Almost always”.

#	Question	Your answer	Pts
Motor skills · 10 / 15			
1	I bump into things or people more than others seem to	Often	2
2	I have difficulty with tasks requiring precise hand-eye coordination (e.g. catching a ball, threading a needle)	Often	2
3	My handwriting is difficult for others to read or has always been messy	Often	2
4	I have difficulty learning new physical skills (sports, dancing, gym exercises)	Often	2
5	I trip or stumble frequently, even on flat surfaces	Often	2
Planning · 10 / 15			
6	I have difficulty planning sequences of actions (e.g. following a recipe, assembling furniture)	Often	2
7	I have trouble starting tasks even when I know what needs to be done	Often	2
8	I find it hard to do two things at once that involve movement (e.g. talking and walking at the same time)	Often	2
9	I have difficulty estimating how long tasks will take	Often	2
10	I have trouble organising my thoughts or belongings in a systematic way	Often	2
ADL · 10 / 15			
11	I have difficulty tying shoelaces, doing up buttons, or other fine motor tasks	Often	2
12	Cooking, using tools, or manual tasks take me much longer than they should	Often	2
13	I have always struggled with sports or physical education at school	Often	2
14	I often spill drinks or drop things due to misjudging distances or grip	Often	2
15	Getting dressed takes me longer than most people, or I often put clothes on incorrectly	Often	2
Spatial awareness · 10 / 15			
16	I have difficulty judging distances or spatial relationships (e.g. parking a car, fitting objects into spaces)	Often	2

#	Question	Your answer	Pts
17	I frequently get lost or have difficulty following directions even in familiar areas	Often	**2**
18	Reading maps or understanding diagrams is very difficult for me	Often	**2**
19	I find it difficult to copy things I see (e.g. drawing from a model, writing from the board)	Often	**2**
20	These motor or coordination difficulties have had a significant impact on my daily life or career	Often	**2**