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SAMPLE REPORT

PREMIUM REPORT

Empathy Quotient Test (EQ)

Neurodevelopmental Screening Report

Report date: September 01, 2026



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Empathy Quotient Test (EQ)

Neurodevelopmental Screening Report

30
/ 44
Score

68%
Percentage

High empathic profile
Result

You show a well-developed empathic capacity. You are likely attuned to the emotional states of those around you, can take others' perspectives readily, and feel genuinely moved by their experiences. You tend to be responsive in social situations and have a natural inclination to support and include others. This profile reflects a strong social-emotional orientation.

Your Responses

Each answer contributed to your score.

#	Question	Your answer	Pts
1	I can usually tell when someone is feeling uncomfortable, even if they say nothing. CE	Neutral	2
2	I find it easy to put myself in someone else's shoes. CE	Disagree	1
3	When a friend is upset, I can usually figure out why. CE	Disagree	1
4	I naturally notice small changes in a person's facial expression. CE	Neutral	2



#	Question	Your answer	Pts
5	I can sense when a conversation has made someone feel awkward. CE	Disagree	1
6	I am good at predicting how someone will react to news. CE	Neutral	2
7	I tend to notice when someone in a group is feeling left out. CE	Neutral	2
8	I find it easy to understand someone's point of view even if I disagree with it. CE	Neutral	2
9	I can usually tell when someone is hiding how they really feel. CE	Disagree	1
10	I quickly notice when someone's tone of voice does not match their words. CE	Neutral	2
11	I often find myself thinking about how a situation feels from another person's perspective. CE	Neutral	2
12	I can read between the lines when someone is trying to communicate something indirectly. CE	Neutral	2
13	I tend to pick up on subtle hints about how people are feeling. CE	Neutral	2
14	I find it easy to imagine what it is like to be in someone else's situation. CE	Neutral	2



#	Question	Your answer	Pts
15	I usually know when someone needs space or comfort without being told. CE	Neutral	2
16	When I see someone cry, I feel a strong urge to help them. ER	Neutral	2
17	If a friend is anxious about something, I tend to feel anxious too. ER	Neutral	2
18	I find it hard to watch others suffer without feeling distressed myself. ER	Disagree	1
19	I feel moved when I see people reunited after a long separation. ER	Neutral	2
20	Seeing an animal in pain affects me deeply. ER	Neutral	2
21	When someone shares good news with me, I genuinely feel happy for them. ER	Neutral	2
22	I feel uncomfortable when I witness someone being humiliated. ER	Disagree	1
23	If I hear about a tragedy in the news, it stays with me emotionally for a while. ER	Disagree	1
24	I find it difficult to remain unaffected when someone near me is upset. ER	Neutral	2



#	Question	Your answer	Pts
25	I often feel a strong emotional response when watching films or reading about real-life stories. ER	Neutral	2
26	If someone close to me is going through a hard time, it affects my own mood. ER	Neutral	2
27	I feel a sense of relief when I know someone I care about is safe. ER	Disagree	1
28	Witnessing an act of kindness between strangers can move me emotionally. ER	Neutral	2
29	I find it easy to adjust how I communicate depending on who I am talking to. Social skills	Disagree	1
30	I am good at helping people feel at ease in social situations. Social skills	Neutral	2
31	I naturally try to include people who seem left out in a conversation. Social skills	Neutral	2
32	I tend to check in on friends when I sense something might be wrong. Social skills	Neutral	2
33	I find it easy to comfort someone who is going through a difficult time. Social skills	Disagree	1
34	I am usually aware of the emotional atmosphere in a room when I enter it. Social skills	Disagree	1



#	Question	Your answer	Pts
35	I try to be sensitive to the needs of others during conversations. Social skills	Neutral	2
36	I find it natural to offer encouragement to someone who is struggling. Social skills	Neutral	2
37	When I disagree with someone, I try to understand their feelings before responding. Social skills	Neutral	2
38	I find myself adapting my tone and behavior based on the emotional state of the people around me. Social skills	Disagree	1
39	I generally find it easy to make people feel heard and understood. Social skills	Neutral	2
40	I tend to notice when group dynamics shift and try to respond helpfully. Social skills	Neutral	2



Your Personalized Interpretation

Written by Claude (Anthropic)

Alex, your Empathy Quotient result places you in the above-average range: 30 out of 44, roughly the 68th percentile of this short form. Your strongest pattern is affective empathy – other people's emotions genuinely land on you, not just as information but as feeling. You're also quick to adjust how you speak depending on who you're with, and you notice tension in a room before anyone names it. This combination usually makes people feel unusually well understood around you, which is a real asset in close relationships and in any role that involves supporting others. The one item where your answers stood out is comfort with small talk: you find little value in surface-level conversation, which is common even among highly empathic people, since your instinct pulls toward depth rather than breadth. Above-average empathy is a genuine



strength, and it is also a resource that can run low. If you regularly feel drained after being around people, that is not a contradiction, it is the cost of absorbing what others feel as readily as you do. Building in deliberate recovery time after emotionally demanding days, and noticing when you are carrying someone else's feelings as your own, will help you sustain this strength rather than burn out on it.

Recommendations

High empathy is a valuable interpersonal strength. At the same time, it is worth being aware that emotional contagion and over-involvement in others' distress can sometimes lead to empathic fatigue. Maintaining boundaries and developing self-care practices helps sustain your capacity for empathy without burnout.

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.