findyourneurotype

SAMPLE · fictional data

Sample report

OCD Test (OCI-R)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Lena Müller	**February 15, 2026**	**18**	**00000005**

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

Your result

52 / 72

Clinically Significant OCD Symptoms

72 % of the maximum score

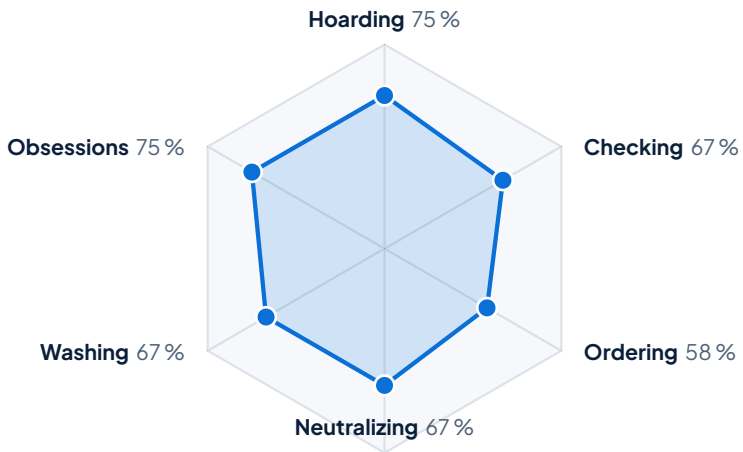
Low — High

Your score is above the clinical threshold (21) for the OCI-R. This level of obsessive-compulsive symptoms is associated with significant distress and interference in daily life.

By dimension

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

Hoarding	**75 %**	9 / 12
Obsessions	**75 %**	9 / 12
Checking	**67 %**	8 / 12
Neutralizing	**67 %**	8 / 12
Washing	**67 %**	8 / 12
Ordering	**58 %**	7 / 12



What your answers say

Written by Claude (Anthropic) from your answers.

Thank you for taking the time to complete this screening and for your willingness to look closely at your own experiences. Reaching a score like this can feel unsettling, but please know that having intrusive thoughts, worries, or repetitive behaviors that feel hard to control is something many people navigate, and it does not define your worth or your capabilities. The fact that you're seeking to understand yourself better is itself a meaningful and courageous step toward feeling more at ease.

Your results indicate a pattern of responses that align with what researchers often describe as clinically significant symptoms related to obsessive and compulsive experiences. In plain terms, this suggests that intrusive, unwanted thoughts (reflected in your obsessions score of 28) and behaviors aimed at reducing distress or preventing feared outcomes (reflected in your compulsions score of 24) may be showing up frequently enough in your daily life to feel distressing or time-consuming. This screening tool is designed to highlight patterns worth paying attention to, not to provide a diagnosis. Only a qualified mental health professional can offer that kind of clarity, taking into account your full history and context.

In the meantime, there are gentle, practical steps that can help. Keeping a simple journal of when intrusive thoughts or urges arise, along with what seems to trigger or ease them, can help you and any future provider understand your patterns more clearly. Practicing grounding techniques, such as slow breathing or mindfulness exercises, may offer some relief in moments of heightened anxiety, even if it doesn't eliminate the underlying pattern. It can also help to remind yourself that having an intrusive thought does not mean it reflects your true intentions or character; thoughts are not the same as actions or facts.

Please consider reaching out to a licensed therapist, psychologist, or psychiatrist who has experience with obsessive-compulsive patterns, especially one familiar with approaches like Exposure and Response Prevention (ERP), which has strong research support. Seeking support is a sign of strength, not failure, and effective, evidence-based help is available. With the right guidance, many people find real relief and regain a greater sense of ease and control in their daily lives. You deserve that support, and taking this step today is a hopeful move in the right direction.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Clinically Significant OCD Symptoms

OCD is one of the most treatable mental health conditions. Evidence-based treatments include Exposure and Response Prevention (ERP) therapy and, where appropriate, SSRIs. Please consult a psychologist or psychiatrist experienced in OCD treatment. Early intervention leads to significantly better outcomes.

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

OCD Test (OCI-R) · 52 / 72 (72 %) · Clinically Significant OCD Symptoms

Test taken on February 15, 2026 · reference 00000005

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 “Not at all” to “Extremely”.

#	Question	Your answer	Pts
Hoarding · 9 / 12			
1	I have saved up so many things that they get in the way	A lot	**3**
7	I collect things I don't need	A lot	**3**
13	I avoid throwing things away because I am afraid I might need them later	A lot	**3**
Checking · 8 / 12			
2	I check things more often than necessary	Moderately	**2**
8	I repeatedly check doors, windows, drawers, and so on	A lot	**3**
14	I repeatedly check gas and water taps and light switches after turning them off	A lot	**3**
Ordering · 7 / 12			
3	I get upset if objects are not arranged properly	Moderately	**2**
9	I get upset if others change the way I have arranged things	Moderately	**2**
15	I need things to be arranged in a particular order	A lot	**3**
Neutralizing · 8 / 12			
4	I feel compelled to count while I am doing things	A lot	**3**
10	I feel that there are good and bad numbers	A lot	**3**
18	I feel I have to repeat certain numbers	Moderately	**2**
Washing · 8 / 12			
5	I find it difficult to touch an object when I know it has been touched by strangers or certain people	Moderately	**2**
11	I wash or clean myself more than necessary	A lot	**3**
17	I wash my hands more often and longer than necessary	A lot	**3**
Obsessions · 9 / 12			
6	I find it difficult to control my own thoughts	A lot	**3**
12	I am upset by unpleasant thoughts that come into my mind against my will	A lot	**3**

#	Question	Your answer	Pts
16	I have nasty thoughts and have difficulty getting rid of them	A lot	**3**