findyourneurotype

SAMPLE · fictional data

Sample report

Sensory Profile (SPQ)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Carlos García	January 25, 2026	49	00000004

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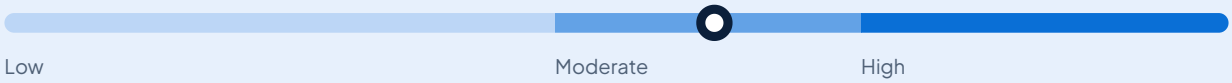
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

142 / 245

Possible sensory difficulties

58 % of the maximum score



Your overall score is in the middle range: some everyday sensations seem to take more effort for you at times. The breakdown by dimension shows which ones.

By dimension

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

Auditory over-response	58 %	23 / 40
Visual over-response	57 %	17 / 30
Vestibular-postural low response	55 %	11 / 20
Tactile over-response	52 %	13 / 25
Low registration	52 %	13 / 25
Vestibular over-response	50 %	15 / 30
Proprioceptive seeking	50 %	10 / 20
Auditory seeking	60 %	6 / 10
Tactile low registration	53 %	8 / 15
Clothing sensitivity	53 %	8 / 15
Motion sensitivity	47 %	7 / 15

Least marked Most marked

What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Proprioceptive seeking · 50 %

Vestibular over-response · 50 %

Most marked

Auditory over-response · 58 %

Visual over-response · 57 %

Thank you for taking the time to complete the Adult Sensory Processing Questionnaire and for being open to exploring how your sensory world works. Your overall score of 142 out of 245 (58.0%), landing in the "Possible Sensory Difficulties" range, reflects something that many adults experience but rarely have language for. Sensory processing differences are far more common than people realize, and noticing patterns in how you respond to touch, sound, movement, or visual input is a meaningful and validating step, not a cause for worry.

Looking at your category breakdown, your Tactile (28) and Visual (25) scores stand out as relatively elevated, alongside a notably high Proprioception score (22) and a moderately elevated Auditory score (20). This combination suggests you may be more sensitive than average to certain textures, clothing sensations, or unexpected touch, and you might also find busy visual environments—bright lights, cluttered spaces, or lots of movement—more taxing than others seem to. The elevated proprioceptive score often reflects a strong need for body-based feedback, such as pressure, movement, or resistance, to feel regulated and grounded. Interestingly, this pattern of heightened tactile, visual, and auditory responsiveness is commonly reported among autistic and ADHD individuals, though this tool cannot and does not diagnose either condition.

With this awareness, there are some gentle, practical steps you might try. Creating small sensory accommodations, like using noise-reducing headphones in loud settings, wearing soft or seamless clothing, or dimming harsh lighting, can meaningfully reduce daily strain. Since your proprioceptive score is high, incorporating regular movement, weighted blankets, stretching, or activities like yoga or resistance exercise may help your nervous system feel more settled. It can also help to build in short sensory breaks throughout your day, giving yourself permission to step away from overstimulating environments before reaching a point of overwhelm.

Please remember that this questionnaire is a screening tool designed to highlight patterns worth exploring, not a diagnostic instrument. Your results offer a helpful starting point for conversation, and a licensed occupational therapist, psychologist, or other qualified healthcare professional can help you understand these patterns more deeply and develop personalized strategies. Reaching out for that

support is a hopeful, empowering next step toward feeling more comfortable and understood in your everyday life.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Possible sensory difficulties

Consider discussing your sensory experiences with an occupational therapist. Simple environmental adjustments can make a meaningful difference.

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

Sensory Profile (SPQ) · 142 / 245 (58 %) · Possible sensory difficulties

Most marked: Auditory over-response (58 %), Visual over-response (57 %), Vestibular-postural low response (55 %)

Test taken on January 25, 2026 · reference 00000004

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 “Always”.

#	Question	Your answer	Pts
Vestibular over-response · 15 / 30			
1	The idea of bungee jumping makes me anxious - I avoid activities with intense movement	Sometimes	3
2	I tend to avoid activities involving spinning or going on roller coasters	Rarely	2
3	Escalators, elevators or looking down from high places bother me	Rarely	2
4	Sudden movements I cannot control raise my anxiety - being pushed in crowds or turbulence on planes stresses me	Sometimes	3
5	I tend to change positions slowly to avoid getting dizzy	Rarely	2
6	I seek activities that provide intense movement experiences, like roller coasters, motorcycles or skydiving **reversed**	Sometimes	3
Auditory over-response · 23 / 40			
7	I have little tolerance for everyday background sounds	Sometimes	3
8	I am more irritated by sounds when I have not slept well	Sometimes	3
9	Car alarms, ambulance sirens and speaker echoes bother me	Rarely	2
10	I notice very faint sounds, like paper rustling or the hum of fluorescent lights	Sometimes	3
11	I am easily distracted by background music or everyday noise like people talking or the TV	Sometimes	3
12	I avoid situations where there will be loud or unexpected noises, like rock concerts or sporting events in gyms	Sometimes	3
13	I startle easily with unexpected noises	Sometimes	3
14	Restaurants with loud background noise bother me	Sometimes	3
Visual over-response · 17 / 30			
15	I wear a hat or sunglasses wherever I go	Sometimes	3
16	I wear dark glasses even when there is no sun	Sometimes	3
17	I find myself squinting in natural light	Sometimes	3
18	I complain continuously if lights are too bright	Rarely	2

#	Question	Your answer	Pts
19	I notice artificial light when I enter a room	Sometimes	3
20	I tend to seek and position myself in the shade when outdoors	Sometimes	3
	Tactile over-response · 13 / 25		
21	I do not like to be touched unexpectedly by other people	Sometimes	3
22	I startle and get irritated when touched unexpectedly	Rarely	2
23	I avoid crowds or being close to others, where I might experience incidental contact	Rarely	2
24	I do not like wearing turtleneck clothing	Sometimes	3
25	I avoid situations where others might touch me casually, like crowded parties or public transport	Sometimes	3
	Proprioceptive seeking · 10 / 20		
26	I seek activities requiring muscle force, even briefly, like weightlifting, jumping or climbing	Sometimes	3
27	When stressed, I like to run, hike or climb to calm down	Rarely	2
28	I tend to be overly active compared to others	Sometimes	3
29	The idea of climbing or boxing appeals to me - I do it or wish I could	Rarely	2
	Low registration · 13 / 25		
30	I do not hear some background noises, like dripping or people approaching	Sometimes	3
31	I tend to ask people to repeat what they said	Sometimes	3
32	I am not good at tasks requiring fine motor manipulation, like small buttons or sewing	Sometimes	3
33	I have difficulty grading the amount of force I apply to objects, like pencils, doors, hammering nails or cracking eggs	Rarely	2
34	I do not respond immediately when called by my name	Rarely	2
	Vestibular-postural low response · 11 / 20		
35	I tend to slouch or have poor balance - I tend to rest my head on my hands when sitting	Sometimes	3
36	I tend to lean physically on furniture and other people	Sometimes	3

#	Question	Your answer	Pts
37	I easily lose my balance or feel unstable walking on uneven surfaces, like loose stones or tall grass	Sometimes	3
38	I do not enjoy ball games where others are moving at the same time, like soccer, football or hockey	Rarely	2
Auditory seeking · 6 / 10			
39	I like attending events with loud music or turn up the volume when alone	Sometimes	3
40	I like to listen to music louder than others do	Sometimes	3
Tactile low registration · 8 / 15			
41	I am not bothered by some tactile experiences that bother others	Sometimes	3
42	I like the sensation of clay, granular materials or other substances on my hands or body	Sometimes	3
43	I do not notice or care when my hands or face are dirty	Rarely	2
Motion sensitivity · 7 / 15			
44	I get dizzy easily in cars, boats or on long trips	Rarely	2
45	I tend to choose to sit in the front when traveling by car or bus	Rarely	2
46	I feel anxious when tilted backward unexpectedly like when sitting in an office chair that leans back	Sometimes	3
Clothing sensitivity · 8 / 15			
47	I remove labels from my clothing because they bother me	Sometimes	3
48	The sensation of certain materials bothers me, like synthetics, wool, chalk, sand or glue	Rarely	2
49	I do not like the sensation of loose jewelry on my wrists or loose clothing around my wrists or waist	Sometimes	3

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