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SAMPLE REPORT

PREMIUM REPORT

Sensory Profile (SPQ)

Neurodevelopmental Screening Report

PREPARED FOR

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Sensory Profile (SPQ)

Neurodevelopmental Screening Report

142

/ 245

Score

58%

Percentage

Possible Sensory Difficulties

Result

One or more of your sensory pattern scores falls in the 'Possible Difficulties' range. This suggests that sensory processing differences may occasionally affect your comfort

Category Breakdown

Category	Distribution	Pts
Tactile		28
Vestibular		18
Proprioception		22
Visual		25
Auditory		20
Oral		15
Olfactory		14

Your Responses

Each answer contributed to your score.



#	Question	Your answer	Pts
1	The idea of bungee jumping makes me anxious - I avoid activities with intense movement P1	Sometimes	3
2	I tend to avoid activities involving spinning or going on roller coasters P1	Rarely	2
3	Escalators elevators or looking down from high places bother me P1	Rarely	2
4	Sudden movements I cannot control raise my anxiety - being pushed in crowds or turbulence on planes stresses me P1	Sometimes	3
5	I tend to change positions slowly to avoid getting dizzy P1	Rarely	2
6	I seek activities that provide intense movement experiences like roller coasters motorcycles or skydiving P1	Sometimes	3
7	I have little tolerance for everyday background sounds P2	Sometimes	3
8	I am more irritated by sounds when I have not slept well P2	Sometimes	3
9	Car alarms ambulance sirens and speaker echoes bother me P2	Rarely	2
10	I notice very faint sounds like paper rustling or fluorescent light hum P2	Sometimes	3
11	I am easily distracted by background music or everyday noise like people talking or the TV	Sometimes	3



#	Question	Your answer	Pts
	P2		
1 2	I avoid situations where there will be loud or unexpected noises like rock concerts or athletic events in gyms P2	Sometimes	3
1 3	I startle easily with unexpected noises P2	Sometimes	3
1 4	Restaurants with loud background noise bother me P2	Sometimes	3
1 5	I wear a hat or sunglasses wherever I go P3	Sometimes	3
1 6	I wear dark glasses even when there is no sun P3	Sometimes	3
17	I find myself squinting in natural light P3	Sometimes	3
1 8	I complain continuously if lights are too bright P3	Rarely	2
1 9	I notice artificial light when I enter a room P3	Sometimes	3
2 0	I tend to seek and position myself in the shade when outdoors P3	Sometimes	3
2 1	I do not like to be touched unexpectedly by other people P4	Sometimes	3
2 2	I startle and get irritated when touched unexpectedly P4	Rarely	2
2	I avoid crowds or being close to others where I might	Rarely	2



#	Question	Your answer	Pts
3	experience incidental contact P4		
2 4	I do not like wearing turtleneck clothing P4	Sometimes	3
2 5	I avoid situations where others might touch me casually like crowded parties or public transport P4	Sometimes	3
2 6	I seek activities requiring muscle force even briefly like weightlifting jumping or climbing P5	Sometimes	3
2 7	When stressed I like to run hike or climb to calm down P5	Rarely	2
2 8	I tend to be overly active compared to others P5	Sometimes	3
2 9	The idea of climbing or boxing appeals to me - I do it or wish I could P5	Rarely	2
3 0	I do not hear some background noises like dripping or people approaching P6	Sometimes	3
3 1	I tend to ask people to repeat what they said P6	Sometimes	3
3 2	I am not good at tasks requiring fine motor manipulation like small buttons or sewing P6	Sometimes	3
3 3	I have difficulty grading the amount of force I apply to objects like pencils doors hammering nails or cracking eggs P6	Rarely	2



#	Question	Your answer	Pts
3 4	I do not respond immediately when called by my name P6	Rarely	2
3 5	I tend to slouch or have poor balance - I tend to rest my head on my hands when sitting P7	Sometimes	3
3 6	I tend to lean physically on furniture and other people P7	Sometimes	3
3 7	I easily lose my balance or feel unstable walking on uneven surfaces like loose stones or tall grass P7	Sometimes	3
3 8	I do not enjoy games requiring interaction with balls while others are moving simultaneously like soccer football or hockey P7	Rarely	2
3 9	I like attending events with loud music or turn up the volume when alone P8	Sometimes	3
4 0	I like to listen to music louder than others do P8	Sometimes	3
4 1	I am not bothered by some tactile experiences that bother others P9	Sometimes	3
4 2	I like the sensation of clay granular material or other substances on my hands or body P9	Sometimes	3
4 3	I do not notice or care when my hands or face are dirty P9	Rarely	2
4 4	I get dizzy easily in cars boats or on long trips	Rarely	2



#	Question	Your answer	Pts
	P10		
4 5	I tend to choose to sit in the front when traveling by car or bus P10	Rarely	2
4 6	I feel anxious when tilted backward unexpectedly like when sitting in an office chair that leans back P10	Sometimes	3
4 7	I remove labels from my clothing because they bother me P11	Sometimes	3
4 8	The sensation of certain fabrics bothers me like synthetics wool chalk sand or glue P11	Rarely	2
4 9	I do not like the sensation of loose jewelry on my wrists or loose clothing around my wrists or waist P11	Sometimes	3



AI Interpretation by Claude (Anthropic)

claude-sonnet-4-20250514

Thank you for taking the time to complete the Adult Sensory Processing Questionnaire and to reflect so thoughtfully on your everyday sensory experiences. Your overall score of 142 out of 245 (58%) suggests a pattern of possible sensory difficulties, and if you've been sensing that certain sounds, textures, sights, or movements affect you more intensely than they seem to affect others, please know that this experience is real, valid, and shared by many people. Sensory processing differences are a normal part of human neurodiversity, and noticing these patterns in yourself is often the first step toward greater self-understanding and self-compassion.

Looking at your category breakdown, your Visual (25) and Tactile (28) scores stand out as areas where you may be experiencing heightened sensitivity, alongside a meaningfully elevated Auditory score (20) and Proprioception (22). This combination, elevated responses to visual input, touch, and sound, is commonly reported among autistic and ADHD adults, and it may help explain why crowded, brightly lit, or noisy



environments feel more draining or overwhelming than they might for others, or why certain fabrics, tags, or unexpected touch can feel intensely uncomfortable.

With this awareness, there are gentle, practical steps you might explore. Consider building small sensory accommodations into your daily routine, such as sunglasses or dimmer lighting for visual sensitivity, noise-reducing headphones for auditory overload, or soft, tagless clothing for tactile comfort. Scheduling brief sensory "reset" breaks throughout your day, quiet moments away from stimulation, can also help prevent cumulative overwhelm before it builds. Additionally, tracking which environments or situations tend to trigger discomfort can help you and any support professionals identify patterns and plan ahead more effectively.

Please remember that this questionnaire is a screening tool designed to highlight patterns worth exploring further, not a diagnostic instrument, and it cannot determine any clinical condition on its own. We warmly encourage you to share these results with an occupational therapist, psychologist, or other qualified healthcare professional who specializes in sensory processing. With the right support and strategies, many people find real relief and develop a deeper, more empowered understanding of how their unique sensory world works.

Recommendations

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

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.