findyourneurotype

SAMPLE · fictional data

Sample report

ADHD Test (ASRS-v1.1)

Neurodevelopmental self-assessment

Prepared for	Date	Questions	Reference
Sophie Martin	**January 18, 2026**	**18**	**00000001**

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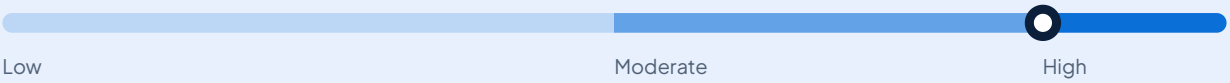
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

5 / 6

ADHD Symptoms Likely

5 of 6 Part A indicators (threshold: 4)



Your Part A score (4–6 positive indicators out of 6) meets or exceeds the ASRS threshold for adult ADHD. This is consistent with ADHD symptoms in adults and strongly suggests a professional evaluation is warranted. Note: this is a self-assessment tool, not a diagnosis.

By dimension

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

Hyperactivity	**71 %**	17 / 24
Inattention	**67 %**	24 / 36
Impulsivity	**67 %**	8 / 12

Least marked Most marked

What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Inattention · 67 %

Most marked

Hyperactivity · 71 %

Thank you for taking the time to complete the Adult ADHD Self-Report Scale and for engaging so thoughtfully with the process of understanding your own mind. Recognizing patterns in your attention, energy, or organization takes courage and self-awareness, and whatever you're feeling right now upon seeing these results—relief, validation, uncertainty, or even a mix of all three—is completely normal. Many adults go through much of their lives sensing that certain everyday tasks feel harder than they seem to be for others, without having language or context for why. Reaching this point of curiosity is a meaningful and positive step.

In practical terms, your results show that on Part A, 5 out of 6 core screening questions aligned with patterns commonly associated with ADHD symptoms in adults, well above the threshold of 4 typically used to flag this as worth exploring further. Your Part B score of 9 out of 12 adds further supporting detail, painting a picture that is, statistically speaking, consistent with the experiences many adults with ADHD describe. It's important to underscore that this is a screening tool, not a diagnostic instrument. It cannot tell you definitively whether you have ADHD; rather, it's a well-validated indicator that your experiences deserve a closer, professional look.

In the meantime, there are gentle, empowering steps you can take. Consider keeping a simple daily log for a week or two, noting moments when focus, memory, or restlessness feel most challenging, since this can offer valuable insight for both you and any professional you consult. Experimenting with external structure, such as visual timers, task-breakdown apps, or written checklists, can also provide immediate relief for some of the friction you may be experiencing. Practicing self-compassion throughout this process matters just as much, since many of these patterns are neurological in nature rather than reflections of effort or character.

Ultimately, the most valuable next step is connecting with a qualified healthcare provider, such as a psychologist, psychiatrist, or your primary care physician, who can conduct a comprehensive evaluation. Should these results be confirmed, know that effective strategies, supports, and treatments exist, and many adults find that proper understanding brings not just clarity, but genuine relief and a renewed sense of possibility.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

ADHD Symptoms Likely

We strongly recommend consulting a psychiatrist, psychologist or specialist in adult ADHD. A formal diagnosis opens access to evidence-based treatments (medication, CBT, coaching) that can significantly improve quality of life. Many adults with ADHD lead highly successful lives with the right support.

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

ADHD Test (ASRS-v1.1) · 5 / 6 · ADHD Symptoms Likely

Most marked: Hyperactivity (71 %)

Test taken on January 18, 2026 · reference 00000001

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 “Very Often”.

#	Question	Your answer	Pts
Inattention · 24 / 36			
1	How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?	Often	3
2	How often do you have difficulty getting things in order when you have to do a task that requires organization?	Sometimes	2
3	How often do you have problems remembering appointments or obligations?	Sometimes	2
4	When you have a task that requires a lot of thought, how often do you avoid or delay getting started?	Often	3
7	How often do you make careless mistakes when you have to work on a boring or difficult project?	Often	3
8	How often do you have difficulty keeping your attention when you are doing boring or repetitive work?	Often	3
9	How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?	Sometimes	2
10	How often do you misplace or have difficulty finding things at home or at work?	Often	3
11	How often are you distracted by activity or noise around you?	Often	3
Hyperactivity · 17 / 24			
5	How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?	Sometimes	2
6	How often do you feel overly active and compelled to do things, like you were driven by a motor?	Often	3
12	How often do you leave your seat in meetings or other situations in which you are expected to remain seated?	Often	3
13	How often do you feel restless or fidgety?	Often	3
14	How often do you have difficulty unwinding and relaxing when you have time to yourself?	Often	3
15	How often do you find yourself talking too much when you are in social situations?	Often	3
Impulsivity · 8 / 12			

#	Question	Your answer	Pts
16	When you are in a conversation, how often do you find yourself finishing the sentences of the people you are talking to?	Often	**3**
17	How often do you have difficulty waiting your turn in situations when turn taking is required?	Often	**3**
18	How often do you interrupt others when they are busy?	Sometimes	**2**