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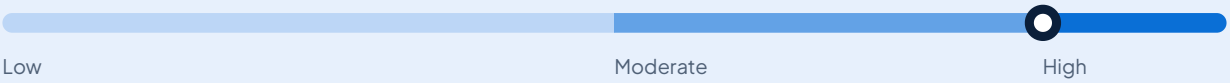
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

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

What your answers say

Written by Claude Opus 5.5 (Anthropic) from your answers. We chose it because it is one of the most powerful AI models for this kind of analysis.

Reading Your 5 Out of 6

Seeing a result that points toward ADHD symptoms can bring relief, worry, or simply curiosity. Whatever you feel, it is worth knowing that the experiences this questionnaire asks about are common, human, and nothing to be ashamed of. Your answers met 5 of the 6 key indicators on the Adult ADHD Self-Report Scale (ASRS-v1.1), a self-assessment co-developed with the World Health Organization. The threshold is 4 out of 6, so your result sits above it and is consistent with ADHD symptoms in adults.

What this means is that your answers resemble the patterns that make further evaluation worthwhile. What it cannot do is explain why these patterns appear, how long they have been present, or whether something else accounts for them. This questionnaire is not a diagnosis. It is a well-grounded invitation to talk with a qualified professional.

A Strong Core, Lighter Extras

The bars in your report show a clear contrast. Part A - Key questions is your highest area at 5 out of 6, about 83%. These six questions cover finishing the final details of a project, getting organized for tasks, remembering appointments and obligations, putting off tasks that need sustained thought, fidgeting when sitting for a long time, and feeling driven as if by a motor. Each item counts as positive at a set frequency: some from "Sometimes", others only from "Often". Meeting five suggests these experiences show up regularly for you.

Part B - Additional symptoms is your lowest area at 9 out of 48, about 19%. These twelve questions explore careless mistakes, attention during dull work, following conversations, misplacing things, distraction by noise, restlessness, difficulty unwinding, talking a lot, waiting your turn, and interrupting others. Part B has no cut-off and is used to add detail, not to decide the outcome.

Your Total score of 14 out of 72, also about 19%, mainly reflects that Part B result. Taken together, the picture is focused rather than broad: the core indicators are clearly present, while many of the supplementary experiences appear less often or less intensely.

Organization Over Impulsivity

A result shaped like yours suggests the most noticeable themes may sit close to the ones Part A highlights: planning, follow-through, memory for commitments, and an inner sense of restlessness. These are the questions considered most predictive in this scale, which is why they carry the result.

The lighter Part B score may suggest that the more outward signs, such as interrupting, talking over others, or struggling to wait, are less prominent for you, or that you have developed ways to manage them. That does not reduce the meaning of Part A. It simply helps describe the shape of what you may be experiencing, which is useful information to bring to a professional.

How This Can Show Up

At work or in studies, a pattern like this can look like starting projects with energy and then stalling at the last ten percent, or postponing a demanding report until a deadline forces action. Remembering meetings or forms may take more effort than it seems to take others, and long seated sessions may feel physically uncomfortable.

At home, it can mean piles of unfinished admin, bills paid late despite good intentions, or difficulty sitting through a film without reaching for something to do. In relationships, forgotten plans may sometimes be misread as not caring, even when that is far from the truth.

There can be real strengths here too. The driven, energetic quality Part A asks about may fuel enthusiasm, quick action in a crisis, and the ability to bring momentum to a group. People with this profile may also be creative problem-solvers precisely because routine approaches do not hold their interest.

Other Possible Influences

An online self-assessment captures only how you saw yourself while answering. Mood on that day, how you interpreted words like "often", and comparisons with the people around you can all shift a score up or down.

Several well-recognized factors can also produce similar experiences: ongoing stress, poor or insufficient sleep, anxiety, low mood, major life changes, some medical conditions such as thyroid problems, and the effects of certain substances or medications. Heavy workloads or caring responsibilities can strain organization in anyone.

A professional would look at whether these patterns began in childhood, whether they appear across several areas of life, how much they affect daily functioning, and whether another explanation fits better. They may also ask about your history and, with your consent, speak with someone who knows you well.

Moving Forward With Clarity

A good first step is to keep a simple log for two weeks, noting moments when deadlines slip, appointments are forgotten, or restlessness builds. Concrete examples make a consultation far more productive.

You might also try one external support for the Part A themes, such as calendar alerts for every commitment or breaking a stalled project into a single next action. Notice what helps, without judging what does not.

Then consider booking an appointment with your doctor, a psychiatrist, or a psychologist experienced in adult attention difficulties. Bring this result and your notes. Whatever the conclusion, understanding yourself more clearly is a meaningful step, and many effective strategies exist for the very challenges this questionnaire describes.

Next steps

Pick one or two. Regularity matters more than duration.

Part A – Key questions

Finish the last ten percent

When a task stalls near the end, write the single smallest remaining action on a sticky note and do only that. Repeat until the task is closed.

10 min, once a day

Part A – Key questions

Alert every appointment immediately

As soon as you agree to a meeting or deadline, enter it in your phone calendar with two reminders, one the day before and one an hour before.

1 min, each time a plan is made

Part B – Additional symptoms

Create a fixed landing spot

Choose one tray or hook near your door for keys, wallet and phone, and place them there every time you come home.

30 seconds, every time you return home

Restlessness

Schedule short movement breaks

During long seated work, stand, stretch or walk briefly at set intervals using a timer, so the urge to move has a planned outlet.

3 min, every 45–60 minutes

Planning

Weekly ten-minute planning session

Each Sunday, list the week's commitments and pick the three tasks that matter most, then block time for each in your calendar.

10 min, once a week

Self-observation

Keep a two-week pattern log

Each evening, jot down one moment when focus, memory or restlessness got in the way and one moment when things went well, to share with a professional.

5 min, daily for 2 weeks

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

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**