findyourneurotype

SAMPLE · fictional data

Sample report

Autistic Masking Questionnaire (inspired by the CAT-Q)

Self-assessment questionnaire

Test	Date	Questions	Reference
Autistic masking	November 21, 2026	24	000000A2

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

Your result

50 / 96

A lot of camouflaging reported

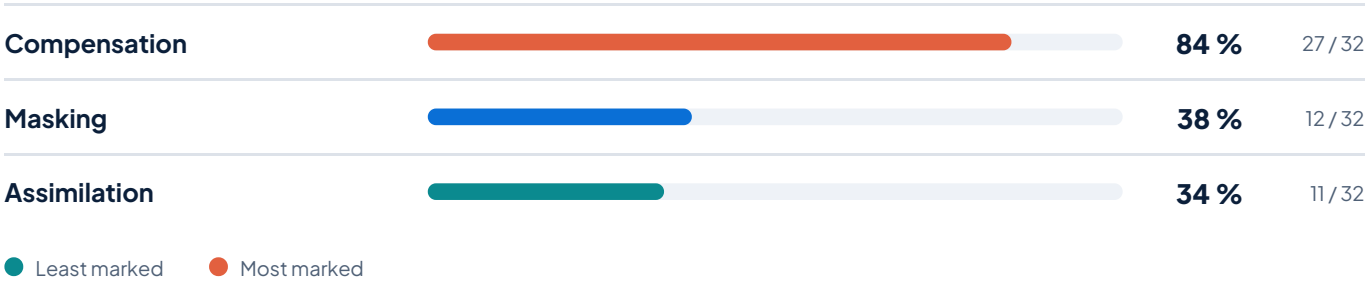
52 % of the maximum score



Your score is between 49 and 72 out of 96: you report using camouflaging strategies often, in several of the three groups. Researchers think camouflaging might contribute to some autistic people, especially women, being identified late, but this has not been proven. In studies, more camouflaging goes with more anxiety and depression on average, and many people describe it as tiring; these studies do not show that camouflaging causes these difficulties. This level is a reading aid chosen by the site, not a validated threshold.

By dimension

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



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.

Least marked

Assimilation · 34 %

Most marked

Compensation · 84 %

Reading Your 50 out of 96

Answering 24 questions about how you handle social life takes honesty. Your answers describe someone who puts real thought and effort into connecting with others. Your total of 50 out of 96 (52.1%) sits just inside the band the site labels "a lot of camouflaging reported." Many people adjust themselves socially in some way, and noticing your own patterns is a worthwhile step.

This is a self-assessment questionnaire written for this site. It is inspired by the Camouflaging Autistic Traits Questionnaire but is not the same tool. Each item is rated from 0 (never) to 4 (always), across three groups of eight: assimilation, compensation and masking. Because the scale and the items differ, your score cannot be compared with published scores from the original questionnaire.

The four levels are reading aids chosen by the site, set at 25, 50 and 75% of the maximum. They have not been validated. The original authors give no cut-off and advise against sorting people into high or low camouflagers. Your total sits barely above one of these lines, so the pattern behind it matters more than the label. This score is not evidence of autism or of anything else. It describes strategies you reported, not their cause.

Strong Compensation, Lighter Elsewhere

The bars show an uneven profile. Compensation stands at 27 out of 32 (84%), far above your other two groups. These questions cover deliberate strategies for social understanding that does not come intuitively: studying rules, rehearsing, and reasoning through what others feel. You answered "always" to four of these items. This suggests that conscious effort is a steady part of how you deal with people.

Assimilation is your lowest group, at 11 out of 32 (34%). It covers trying to blend in: changing your personality depending on the company, mirroring others, and reflecting afterwards on how to seem more natural. Among your higher answers here, three were "sometimes" and one was "often." You may rely less on becoming like others and more on understanding them through effort.

Masking, at 12 out of 32 (38%), sits close to assimilation. It looks at hiding things that feel natural to you, such as interests, habits or reactions to sensory discomfort. Your answers point to some concealment,

but it does not stand out the way compensation does. Taken together, your result describes someone who works hard to decode social life more than someone who constantly hides or reshapes themselves.

Social Understanding Built by Hand

Several of your answers fit closely together. You said you always learn social rules from books, films or watching others, because they "do not come naturally." You also always use logical thinking to work out what people feel or want. And you often analyze social situations to find the rules others seem to grasp automatically. These answers describe one consistent approach: building, through observation and reasoning, what some people pick up without noticing.

Preparation adds to this picture. You always plan what you will say before a social situation, and you always prepare carefully for unpredictable events because not knowing what to expect stresses you. That stress is worth noting. The planning seems to help you manage uncertainty, rather than being a habit for its own sake.

One masking answer also stands out. You often downplay or hide your intense interests because they might seem unusual or excessive. You also sometimes feel you are playing a role rather than being yourself. Together, these hint that some parts of you stay quieter in company.

How This May Show Up Day to Day

At work or in studies, your preparation can be a real asset. You may arrive at meetings with your points ready, notice a group's unwritten norms, and think through how a colleague might react before raising an issue. The other side is that unstructured moments may feel draining because there was no time to prepare. An unexpected call, a last-minute lunch invitation or a sudden change of plan can all fall into this category.

At home and in relationships, you may notice a difference between relaxed time with people who know you well and the effort of larger social events. After a gathering, you sometimes replay what happened. This can bring useful insight, but it can also eat into rest. Your habit of reasoning carefully about others' feelings can make you a considerate listener, though it may use energy that others do not see. Holding back the interests you care about may also mean that people close to you see less of what truly engages you.

Other Influences on a Score Like This

An online questionnaire relies on how you see yourself on a given day and on how you interpret words like "often" and "sometimes." Mood, recent stress or a demanding period can shift your answers in either direction. Some people underrate strategies that have become automatic. Others rate them higher after reading about camouflaging.

A high score is not specific to autism. People with ADHD, social anxiety or depression can also report many of these strategies. Planning conversations or preparing for unpredictable events can reflect anxiety as much as anything else. Culture, upbringing and jobs that demand polished social behaviour can also play a part.

A qualified professional would look at the wider picture rather than a single number. That includes your developmental history, sensory experiences, attention, mood and anxiety, and how you manage across different settings.

Where to Go From Here

A good start is to notice which situations cost you the most effort. After social events, you could jot down how prepared you felt and how tired you were afterwards. Over a few weeks, patterns may emerge that help you plan recovery time. You might also try sharing one of your interests with a trusted person, at whatever pace feels comfortable.

You may want to understand more clearly why social life takes this much deliberate work for you. If so, consider talking with a psychologist, psychiatrist or other qualified professional experienced in neurodevelopment and adult mental health. Bringing this report can help start the conversation. Whatever they conclude, knowing your own patterns better can help you find ways to make social life feel a little lighter.

Next steps

Pick one or two. Regularity matters more than duration.

Compensation

Track effort after social events

After each social event, note in one line how much you prepared and how tired you felt afterwards, on a scale from 1 to 5. Review the notes weekly to see which situations cost the most energy.

2 min after each event, weekly review of 10 min

Compensation

Prepare a flexible opening script

Instead of planning a whole conversation, prepare just two or three openers and one polite way to leave. This keeps the reassurance of preparation while lowering the load.

5 min before social events

Compensation

Build in recovery time

When you have an unpredictable or demanding social event, schedule a quiet, low-demand activity right after it. Treat this time as part of the plan, not as optional.

20 to 30 min after demanding events

Masking

Share one interest safely

Choose one trusted person and tell them about something you care about deeply, for as long as feels comfortable. Notice how it feels afterwards.

10 to 15 min, once a week

Masking

Notice hidden sensory discomfort

In noisy or bright places, check in briefly with your body and allow yourself one small adjustment, such as stepping outside or using earplugs.

1 min, a few times per outing

Assimilation

Limit post-event replaying

If you start replaying a social event, write down one thing that went well and one thing to try next time, then close the notebook.

5 min, once per event

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

Autistic Masking Questionnaire (inspired by the CAT-Q) · 50 / 96 (52 %) · A lot of camouflaging reported

Most marked: Compensation (84 %), Masking (38 %)

Test taken on November 21, 2026 · reference 000000A2

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
Assimilation · 11 / 32			
1	I observe how others behave in social situations and copy what they do.	Never	0
2	I adjust my personality depending on who I am with, to fit in better.	Sometimes	2
3	I study the unwritten rules of a social group carefully before I feel able to join in.	Rarely	1
4	I constantly analyze social situations to work out the rules that others seem to grasp automatically.	Often	3
5	I mirror the expressions, posture or vocabulary of the people around me.	Sometimes	2
6	I pretend to be interested in topics others care about, to seem more like them.	Rarely	1
7	I put a great deal of energy into trying to appear socially normal.	Never	0
8	After a social event I replay what happened and think about how I could have acted more naturally.	Sometimes	2
Compensation · 27 / 32			
9	I have prepared phrases or scripts that I use in common social situations.	Often	3
10	I learn social rules from books, films or by observing others, because they do not come naturally to me.	Always	4
11	I use humor or deflect with a joke when I am unsure how to respond socially.	Often	3
12	I plan what I will say before entering a social situation.	Always	4
13	I practice conversations or facial expressions in my head or in a mirror.	Sometimes	2
14	I use logical thinking to work out what people are feeling or wanting, because I do not just sense it.	Always	4
15	I have developed personal workarounds for everyday social situations that others seem to handle effortlessly.	Often	3
16	I prepare carefully for unpredictable social events because not knowing what to expect stresses me.	Always	4
Masking · 12 / 32			
17	I stop myself from doing things that feel natural to me because they might look strange to others.	Sometimes	2

#	Question	Your answer	Pts
18	I hide or suppress body movements like rocking, tapping or fidgeting when around other people.	Rarely	**1**
19	I pretend that social situations are easy for me, even when they are actually hard.	Never	**0**
20	I push through sensory discomfort (noise, crowds, bright lights) without letting it show.	Sometimes	**2**
21	I suppress strong emotional or physical reactions to things that bother me, to appear calm.	Rarely	**1**
22	I downplay or hide my intense interests because they might seem unusual or excessive to others.	Often	**3**
23	I pretend to follow conversations or understand social situations better than I actually do.	Rarely	**1**
24	In social situations, I feel like I am playing a role rather than being my true self.	Sometimes	**2**