findyourneurotype

SAMPLE · fictional data

Sample report

Depression Test (CES-D)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Sophie Martin	**April 20, 2026**	**20**	**D7B9E902**

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

Your result

30 / 60

Moderate Depressive Symptoms

50 % of the maximum score



Your score is in the 21–30 range, which clearly exceeds the CES-D threshold for depression. This suggests meaningful depressive symptoms during the past week that are likely affecting your daily functioning, energy, sleep, appetite, or concentration. This level of symptoms deserves professional attention - not because something is "wrong with you," but because effective help is available and early support improves outcomes significantly.

By dimension

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

Positive mood	**67 %**	8 / 12
Relationships *	**50 %**	3 / 6
Physical symptoms	**38 %**	8 / 21
Depressed mood	**38 %**	8 / 21

● Least marked ● Most marked

* Fewer than 3 questions: shown, but too few to be highlighted.

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

Depressed mood · 38 %

Physical symptoms · 38 %

Most marked

Positive mood · 67 %

Thank you for taking the time to complete this screening and for being open to reflecting on your emotional well-being. Sitting with results like these can bring up a mix of feelings—relief at having some clarity, worry about what it might mean, or even a sense of validation that what you've been experiencing is real. Whatever you're feeling right now is completely understandable. Many people carry emotional weight silently for a long time before checking in with themselves this way, and choosing to do so is a meaningful act of self-care.

Your score of 30 out of 60 on this screening falls into the range associated with moderate depressive symptoms. In plain terms, this suggests that lately you may have been experiencing a noticeable level of low mood, fatigue, changes in sleep or appetite, difficulty concentrating, or a general sense of heaviness more often than you'd like. It's important to remember that this is a screening tool, not a diagnostic instrument—it offers a snapshot of how you've been feeling recently, not a definitive clinical conclusion about your mental health.

There are gentle, practical steps that can help right now. Prioritizing small, consistent routines—like regular sleep times, short walks outside, or moments of movement—can have a real impact on mood over time. Reconnecting with someone you trust, even briefly, whether a friend, family member, or support group, can ease the isolation that often accompanies these feelings. It may also help to limit overwhelming demands on yourself for now, giving yourself permission to focus on rest and basic self-compassion rather than pushing through everything at once.

Please consider sharing these results with a licensed mental health professional, such as a therapist, counselor, or physician. They can offer a fuller picture, explore what's been happening in your life, and work with you on a path forward that fits your unique needs. Reaching out is not a sign of weakness—it's a courageous and hopeful step toward feeling more like yourself again. Many people who experience symptoms like these find real relief and renewed energy with the right support, and you deserve that same opportunity for healing and growth.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Moderate Depressive Symptoms

Speaking with a mental health professional is strongly recommended. Evidence-based treatments for depression include cognitive-behavioural therapy (CBT), interpersonal therapy, behavioural activation, and - when appropriate - medication. Most people respond well to treatment. In the meantime, prioritise basics: regular sleep, gentle movement, nutrition, and contact with at least one supportive person each day.

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

Depression Test (CES-D) · 30 / 60 (50 %) · Moderate Depressive Symptoms

Most marked: Positive mood (67 %)

Test taken on April 20, 2026 · reference D7B9E902

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 “Rarely or none of the time (less than 1 day)” to “Most or all of the time (5–7 days)”.

#	Question	Your answer	Pts
Physical symptoms · 8 / 21			
1	I was bothered by things that usually don't bother me.	Some or a little of the time (1–2 days)	1
2	I did not feel like eating; my appetite was poor.	Some or a little of the time (1–2 days)	1
5	I had trouble keeping my mind on what I was doing.	Some or a little of the time (1–2 days)	1
7	I felt that everything I did was an effort.	Occasionally or a moderate amount (3–4 days)	2
11	My sleep was restless.	Some or a little of the time (1–2 days)	1
13	I talked less than usual.	Some or a little of the time (1–2 days)	1
20	I could not get "going."	Some or a little of the time (1–2 days)	1
Depressed mood · 8 / 21			
3	I felt that I could not shake off the blues even with help from my family or friends.	Some or a little of the time (1–2 days)	1
6	I felt depressed.	Some or a little of the time (1–2 days)	1
9	I thought my life had been a failure.	Some or a little of the time (1–2 days)	1
10	I felt fearful.	Occasionally or a moderate amount (3–4 days)	2
14	I felt lonely.	Some or a little of the time (1–2 days)	1
17	I had crying spells.	Some or a little of the time (1–2 days)	1
18	I felt sad.	Some or a little of the time (1–2 days)	1
Positive mood · 8 / 12			
4	I felt that I was just as good as other people. reversed	Some or a little of the time (1–2 days)	2

#	Question	Your answer	Pts
8	I felt hopeful about the future. reversed	Some or a little of the time (1–2 days)	2
12	I was happy. reversed	Some or a little of the time (1–2 days)	2
16	I enjoyed life. reversed	Some or a little of the time (1–2 days)	2
Relationships · 3 / 6			
15	People were unfriendly.	Some or a little of the time (1–2 days)	1
19	I felt that people disliked me.	Occasionally or a moderate amount (3–4 days)	2

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