findyourneurotype

SAMPLE · fictional data

Sample report

Bipolar Test (MDQ)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Sophie Martin	**April 26, 2026**	**13**	**DB154D6F**

Contents

1 Your result p. 2

2 What your answers say p. 3

3 Next steps p. 4

4 Prepare your appointment p. 5

5 Your answers p. 6

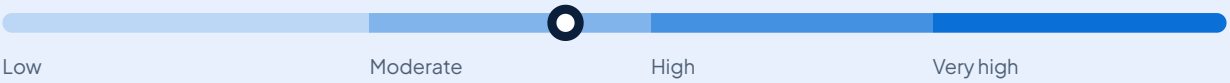
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

6 / 13

Some Indicators – Below Threshold

46 % of the maximum score



You reported 4 to 6 symptoms from the MDQ items. This is below the MDQ threshold of 7 positive items but indicates some features that overlap with bipolar spectrum patterns. These symptoms may relate to bipolar disorder, or they may reflect other conditions such as ADHD, anxiety, trauma responses, substance effects, or normal variations in energy and mood.

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.

Thank you for taking the time to complete this screening and for your willingness to reflect on your own experiences and mood patterns. That kind of self-awareness takes courage, and regardless of the outcome, engaging with this process is a meaningful step toward understanding yourself better. Many people find that completing tools like this brings up mixed feelings, whether it's relief, curiosity, or even a bit of uncertainty about what the results actually mean, and all of those reactions are completely valid.

Your score of 6 out of 13 places you in a category described as "Some Indicators - Below Threshold." In plain terms, this means that while you may have noticed a few experiences or patterns that overlap with what this screening tool looks for, the overall pattern did not reach the level typically associated with further clinical concern on this particular measure. This is not a diagnosis, and it does not tell us definitively whether you are or are not experiencing a mood-related condition. Screening tools like the MDQ are designed to highlight patterns worth paying attention to, not to provide conclusive answers, so please hold these results lightly rather than as a final judgment about your mental health.

Moving forward, there are some grounded, positive steps you might consider. Keeping a simple mood journal for a few weeks can help you notice patterns in energy, sleep, and emotional shifts that might be useful information for yourself or a professional. Prioritizing consistent sleep and daily routines can also support emotional stability, since sleep disruption often interacts closely with mood. Additionally, staying connected with trusted friends or family members who know you well can provide valuable outside perspective, since they sometimes notice patterns we cannot see in ourselves.

If any part of this screening resonated with you or left you with lingering questions, reaching out to a licensed mental health professional, such as a psychiatrist, psychologist, or therapist, can offer clarity and personalized support. They can take a fuller picture of your history and current experiences into account, something a screening tool alone cannot do. Whatever you decide, know that seeking understanding is a strength, and support is available whenever you're ready for it.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Some Indicators – Below Threshold

Consider discussing these experiences with a general practitioner or mental health professional, especially if they have caused distress, affected relationships, work, or finances, or occur in distinct episodes rather than continuously. Tracking mood, sleep, and energy over several weeks in a journal can provide useful information for any consultation.

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

Bipolar Test (MDQ) · 6 / 13 (46 %) · Some Indicators - Below Threshold

Test taken on April 26, 2026 · reference DB154D6F

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 “Yes” to “No”.

#	Question	Your answer	Pts
1	Have you ever had a period when you felt so good or hyper that other people thought you were not your normal self, or you were so hyper that you got into trouble?	Yes	**1**
2	Have you ever had a period when you were so irritable that you shouted at people or started fights or arguments?	Yes	**1**
3	Have you ever had a period when you felt much more self-confident than usual?	Yes	**1**
4	Have you ever had a period when you got much less sleep than usual and found you didn't really miss it?	Yes	**1**
5	Have you ever had a period when you were much more talkative or spoke faster than usual?	Yes	**1**
6	Have you ever had a period when thoughts raced through your head or you couldn't slow your mind down?	Yes	**1**
7	Have you ever had a period when you were so easily distracted that you had trouble concentrating or staying on track?	No	**0**
8	Have you ever had a period when you had much more energy than usual?	Yes	**1**
9	Have you ever had a period when you were much more active or did many more things than usual?	Yes	**1**
10	Have you ever had a period when you were much more social or outgoing than usual - for example, telephoning friends in the middle of the night?	No	**0**
11	Have you ever had a period when you were much more interested in sex than usual?	Yes	**1**
12	Have you ever had a period when you did things that were unusual for you, or that others might have thought were excessive, foolish, or risky?	Yes	**1**
13	Have you ever had a period when spending money got you or your family into trouble?	Yes	**1**