findyourneurotype

SAMPLE · fictional data

Sample report

Misophonia Test (MisoQuest)

Self-assessment questionnaire

Test	Date	Questions	Reference
Misophonia	November 16, 2026	14	000000A7

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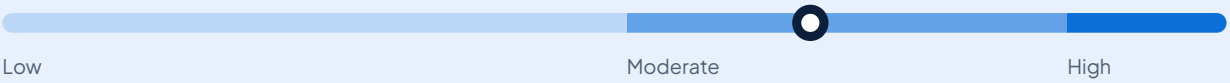
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

46 / 70

Elevated Sound Sensitivity

66 % of the maximum score



You report clearly elevated emotional reactions to specific sounds, stronger than most people, though below the published MisoQuest cutoff (61/70) used to identify misophonia in research. Sound sensitivity at this level is common among neurodivergent people and can fluctuate with stress, fatigue and overall sensory load.

By dimension

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

Anticipatory anxiety *	**80 %**	4 / 5
Self-perception *	**80 %**	4 / 5
Physical reaction	**73 %**	11 / 15
Emotional reaction	**70 %**	14 / 20
Sound sensitivity	**60 %**	9 / 15
Emotional control *	**40 %**	4 / 10

● Least marked ● Most marked

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

What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Sound sensitivity · 60 %

Most marked

Physical reaction · 73 %

Sounds That Weigh Heavily

Your result on this misophonia questionnaire (MisoQuest) is 46 out of 70, about 66%, which falls in the range described as elevated sound sensitivity. If certain sounds have felt draining or upsetting in ways that are hard to explain to others, this result reflects that your experience is real and worth taking seriously. Strong reactions to particular sounds are something many people live with, and noticing them is a meaningful first step.

This is a self-assessment, not a clinical diagnosis. It measures how strongly you agreed with statements about sounds, emotions, body reactions and how you see yourself. It cannot tell why these reactions happen, how they compare with a clinical evaluation, or whether something else, such as a hearing condition or stress, plays a part.

Where the Pressure Sits

The radar shows a fairly even profile with a few clear peaks. Your highest scores are anticipatory anxiety and self-perception, both at 80%. Anticipatory anxiety covers the worry that comes before a sound even happens, and your score suggests that the thought of unpleasant sounds may already create tension. Self-perception asks whether you feel something is wrong with you because of your reactions, and a high score here suggests these sounds may also affect how you judge yourself.

Your lowest score is emotional control, at 40%. These questions ask whether sounds make it hard to keep your emotions in check. Compared with the rest of your profile, this area appears less affected, which may mean that even when reactions are strong, you often feel able to manage how you respond outwardly.

Between these, physical reaction (73%) and emotional reaction (70%) are both high, pointing to sounds being felt in the body and the emotions quite quickly. Sound sensitivity sits at 60%, describing how unbearable particular sounds from objects or people feel to you. In daily life, this combination may look like a strong inner response that you often contain, along with some worry ahead of time and some self-criticism afterward.

Overwhelm More Than Anger

The answer you endorsed most firmly was that unpleasant sounds make you feel overwhelmed; you "definitely agree" with that. Alongside it, you rather agreed that some sounds bring an immediate wave of unpleasant emotions, that your heart starts beating faster, and that your eyes can start filling with tears. Together, these describe a reaction that seems to land on several levels at once, emotional and physical.

What is interesting is what remained uncertain. On whether some sounds make you instantly angry, you answered "hard to say", and the same for having difficulty controlling your emotions. Your pattern seems to lean more toward overwhelm and distress than toward clear anger, though only a conversation with a professional could explore that properly.

You also rather agreed that something may be wrong with you because you react so strongly. That thought deserves gentleness: reacting strongly to sounds is an experience to understand, not a personal failing.

How This Can Show Up

At work or in studies, sounds from objects, which you rather agreed you find unbearable, may make shared spaces tiring: keyboards clicking, pens tapping, chairs scraping or machines humming. You may find yourself anticipating these moments before a meeting or exam, which can drain energy before the day really starts.

At home, everyday noises can feel harder to escape, and you may sometimes notice your heart racing or tears coming without being able to explain why to the people around you. In relationships, worrying that you "react too strongly" can make it tempting to hide your discomfort rather than ask for small changes.

There are strengths in your profile too. Your comparatively lower emotional control score suggests you may often manage to keep your reactions contained, and your clear answers show a real ability to notice and name what happens inside you, which is valuable when explaining your needs.

Other Pieces of the Picture

An online questionnaire captures only how you felt while answering it. Scores like this can rise during periods of stress, poor sleep, fatigue, illness or low mood, when the nervous system has less room to absorb irritation. They can also be shaped by your current surroundings: a noisy shared home or open-plan office may make reactions feel stronger than in quieter times.

Other conditions can overlap with sound sensitivity. Hyperacusis, where sounds feel physically too loud, tinnitus, anxiety and sensory processing differences can all produce reactions that resemble those in

this questionnaire. A professional, such as an audiologist, psychologist or doctor, would look at which sounds trigger you, how intense and frequent the reactions are, how they affect your daily functioning, and whether hearing or anxiety factors are involved.

Gentle Ways Forward

One helpful step is to keep a short sound diary for a week or two, noting which sounds bother you, where, and how your body and emotions respond. This can clarify whether object sounds, body sounds or certain settings matter most. Another is to build small, planned relief into your day: quiet breaks, soft background sound or noise-reducing earplugs in demanding environments. You might also practise a calmer inner response when the thought that something is wrong with you appears.

Bringing your result and diary to a qualified professional can help you understand these reactions more clearly. With support, many approaches exist for living more comfortably with sound sensitivity, and you deserve that care.

Next steps

Pick one or two. Regularity matters more than duration.

Anticipatory anxiety

Plan your sound safety net

Before entering a setting you dread, decide on one concrete way to step back, such as earplugs in your pocket or a planned break. Knowing your exit in advance can make the anticipation feel less heavy.

2 min, before demanding situations

Self-perception

Answer your inner critic kindly

When you think something is wrong with you for reacting strongly, write down that thought and then a kinder, factual reply, such as 'my nervous system reacts strongly to some sounds, and that is something to understand.'

5 min, once a day

Physical reaction

Slow breathing after a trigger

When your heart speeds up after an unpleasant sound, breathe in gently for four counts and out for six. Repeat until your body feels a little steadier.

1–2 min, whenever needed

Emotional reaction

Name the wave as it comes

When a sound brings a sudden wave of emotion, silently label it, for example 'overwhelm' or 'sadness'. Naming the feeling can create a small pause between the sound and your response.

30 seconds, whenever needed

Sound sensitivity

Keep a two-week sound diary

Note each sound that bothers you, where it happened, whether it came from an object or a person, and how strong your reaction was from 1 to 10. Bring it to a professional appointment.

3 min, once a day for two weeks

Emotional control

Share one small, calm request

Choose one trusted person and explain a single sound that is hard for you, with a simple request such as closing a door. Practising this in calm moments makes it easier when sounds get difficult.

10 min, once a week

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

Misophonia Test (MisoQuest) · 46 / 70 (66 %) · Elevated Sound Sensitivity

Most marked: Physical reaction (73 %), Emotional reaction (70 %)

Test taken on November 16, 2026 · reference 000000A7

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 “I definitely do not agree” to “I definitely agree”.

#	Question	Your answer	Pts
Sound sensitivity · 9 / 15			
1	I find some sounds made by the human body unbearable.	Hard to say	3
2	I find some quiet sounds unbearable.	I rather do not agree	2
3	I find sounds made by things or objects unbearable.	I rather agree	4
Emotional reaction · 14 / 20			
4	When I hear some sounds, I am immediately overcome by unpleasant emotions.	I rather agree	4
5	Some unpleasant sounds make me instantly angry.	Hard to say	3
6	I start feeling anger the moment I see a thing, animal or person that might make an unpleasant sound at any time.	I rather do not agree	2
9	Unpleasant sounds make me feel overwhelmed.	I definitely agree	5
Physical reaction · 11 / 15			
7	When I hear an unpleasant sound, my heart starts beating faster.	I rather agree	4
8	When I hear unpleasant sounds, I start sensing emotions in my body (e.g., I sweat, feel pain, feel pressure, my muscles tense).	Hard to say	3
13	When I hear unpleasant sounds, my eyes start filling with tears.	I rather agree	4
Anticipatory anxiety · 4 / 5			
10	I become anxious at the mere thought of an unpleasant sound.	I rather agree	4
Emotional control · 4 / 10			
11	Some sounds bother me so much that I have difficulty controlling my emotions.	Hard to say	3
12	I put a lot of effort into controlling my emotions when I hear an unpleasant sound.	I definitely do not agree	1
Self-perception · 4 / 5			
14	I think that something is wrong with me because I react too strongly to certain sounds.	I rather agree	4