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SAMPLE · fictional data

Sample report

Face Blindness Test (PI20)

Self-assessment questionnaire

Test	Date	Questions	Reference
Face blindness (PI20)	November 21, 2026	20	000000AB

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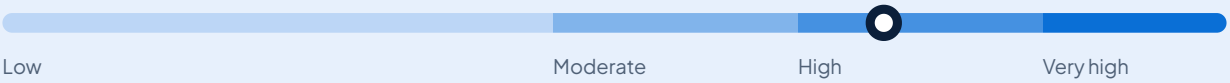
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

72 / 100

Suggestive of Prosopagnosia

72 % of the maximum score



Your score is at or above 65, the published threshold Shah et al. (2015) consider suggestive of developmental prosopagnosia (65–74 broadly mild, 75–84 moderate). Your pattern of answers resembles those of people formally identified with face recognition impairment in research studies.

What your answers say

Written by Claude (Anthropic) from your answers.

Understanding Your Score of 72

Thank you for taking the time to reflect on how you recognize faces. Answering questions like these can bring up memories of awkward moments, and it takes honesty to look at them directly. Your score of 72 out of 100 falls in the range this questionnaire describes as "suggestive" of face recognition difficulties, sometimes called face blindness. In plain terms, your answers describe recognizing faces as harder for you than it seems to be for many others.

It helps to be clear about what this means. The PI20 is a self-assessment questionnaire. It gathers your own perceptions of your everyday experience, but it cannot measure your face recognition directly and it is not a clinical diagnosis. It also cannot explain why these difficulties occur or rule out other contributing factors. Treat it as a meaningful starting point rather than a conclusion.

One Focused Area: Faces

The PI20 looks at a single dimension, face recognition, so your score of 72% appears as one bar. Its twenty statements cover how you compare yourself to others, how you manage at school and socially, how easily you picture faces in your mind, how much context and clothing help or hinder you, and whether the people close to you have noticed anything.

A score of 72% sits well toward the higher end of the scale. It suggests that across many of these areas you agreed with statements describing difficulty, rather than reporting one isolated weak spot. In daily life, this pattern can mean putting in steady, often invisible effort to work out who people are.

A Consistent Picture

Several of your answers point in the same direction. You strongly agreed that your face recognition is worse than most people's, and you also strongly agreed that you sometimes need to warn new acquaintances that you are "bad with faces." Others have noticed too: you agreed that friends and family think your face memory is poor. Your own impression and the impressions of people who know you appear to line up.

You also agreed that recognizing familiar people out of context is hard, and you disagreed that it is easy to tell people apart when they wear similar clothes such as uniforms. Together, these answers suggest that situational clues, like where you usually see someone or what they typically wear, may be doing much of the work for you. When those clues disappear or become identical, recognition seems to become harder.

Two further answers add depth. You strongly disagreed with feeling very confident about recognizing yourself in photographs, and you disagreed that picturing faces in your mind is easy. On the other hand, you answered "neither agree nor disagree" about always having had a bad memory for faces, even though you agreed that you struggled to recognize classmates at school. That neutral answer is worth bringing to a professional, as the history of these experiences matters.

Finally, you agreed that anxiety about face recognition has led you to avoid certain social or professional situations. This shows that the effect is not only practical but also emotional, and that it deserves care.

How This Can Show Up

At work or in studies, this pattern may make it hard to greet colleagues you have met only once, to recognize a manager in a busy corridor, or to match names to faces after a meeting. In settings where people dress alike, such as hospitals, schools or sports teams, telling individuals apart can take extra effort. Social events and networking can feel draining, which may explain why you have sometimes stepped back from them.

At home and in relationships, you may rely on voices, hairstyles or the way someone walks, and you may hesitate before greeting a neighbour you meet unexpectedly in a shop. There are real strengths here as well. You agreed that distinctive features make recognition easier, which suggests you already notice and use helpful cues. Your habit of warning new people shows a willingness to explain your needs openly, a skill that can make interactions smoother for everyone.

Other Influences on the Score

An online questionnaire relies entirely on self-perception, and people vary in how accurately they can compare themselves with others. Some people underestimate how hard face recognition is for them, while others are especially self-critical. Anxiety, low mood, tiredness, or a single embarrassing memory can all colour how you answer at a given moment.

Other factors can also affect face recognition more broadly. These include vision problems, difficulties with attention or general memory, and, in some cases, a past head injury or a neurological condition. A professional would typically look at your history from childhood onward, check your vision, and may use standardised tasks that measure face memory and face matching objectively, comparing your performance with that of others your age.

Moving Forward With Confidence

You can start by building on the cues that already help you. Paying deliberate attention to voices, hairstyles, gait and distinctive accessories can give you more reliable markers. A short private note after meeting someone new can also help: write down where you met them and one or two features that stood out.

It may also help to prepare a brief, relaxed sentence for explaining your difficulty. Since you already tell people you are "bad with faces," a slightly fuller version, such as asking people to say their name when they greet you, may reduce some of the anxiety that has led you to avoid situations.

Consider speaking with a qualified professional, such as a neuropsychologist or your doctor, who can arrange a proper assessment. Understanding your experience more clearly can bring relief and practical support, whatever the outcome turns out to be.

Next steps

Pick one or two. Regularity matters more than duration.

Face recognition

Build a personal cue notebook

After meeting someone new, jot down where you met, their voice, hairstyle and one distinctive feature. Review the notes before you are likely to see them again.

3 min, after each new meeting

Face recognition

Practise listening for voices

During conversations, consciously notice each person's tone, accent and speaking rhythm, then try to identify familiar people by voice alone on calls or in recordings.

5 min, 3 times a week

Face recognition

Prepare a friendly explanation

Write and rehearse one or two relaxed sentences explaining that you find faces hard and appreciate people saying their name. Use it with new colleagues or acquaintances.

10 min once, then as needed

Face recognition

Use context to your advantage

Before events, ask the organiser for a guest list or check photos, and note who is likely to be there. Arrive early so people come to you one at a time.

10 min, before each event

Social confidence

Take small steps back in

Choose one social or work situation you have avoided and attend for a short, planned time with a supportive friend who can quietly name people for you.

30 min, once a week

Wellbeing

Track moments that feel stressful

Briefly note situations where face recognition caused worry and what helped. Bring these notes to a professional consultation to describe your experience clearly.

2 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.

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.

Your answers

Scale from “Strongly disagree” to “Strongly agree”.

#	Question	Your answer	Pts
1	My face recognition ability is worse than most people.	Strongly agree	5
2	I have always had a bad memory for faces.	Neither agree nor disagree	3
3	I find it notably easier to recognize people who have distinctive facial features.	Agree	4
4	I often mistake people I have met before for strangers.	Disagree	2
5	When I was at school I struggled to recognize my classmates.	Agree	4
6	When people change their hairstyle, or wear hats, I have problems recognizing them.	Neither agree nor disagree	3
7	I sometimes have to warn new people I meet that I am "bad with faces".	Strongly agree	5
8	I find it easy to picture individual faces in my mind. **reversed**	Disagree	4
9	I am better than most people at putting a "name to a face". **reversed**	Neither agree nor disagree	3
10	Without hearing people's voices, I struggle to recognize them.	Disagree	2
11	Anxiety about face recognition has led me to avoid certain social or professional situations.	Agree	4
12	I have to try harder than other people to memorize faces.	Neither agree nor disagree	3
13	I am very confident in my ability to recognize myself in photographs. **reversed**	Strongly disagree	5
14	I sometimes find movies hard to follow because of difficulties recognizing characters.	Neither agree nor disagree	3
15	My friends and family think I have bad face recognition or bad face memory.	Agree	4
16	I feel like I frequently offend people by not recognizing who they are.	Disagree	2
17	It is easy for me to recognize individuals in situations that require people to wear similar clothes (e.g., uniforms). **reversed**	Disagree	4
18	At family gatherings, I sometimes confuse individual family members.	Neither agree nor disagree	3
19	I find it easy to recognize celebrities in "before-they-were-famous" photos. **reversed**	Strongly disagree	5

#	Question	Your answer	Pts
20	It is hard to recognize familiar people when I meet them out of context.	Agree	**4**

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