findyourneurotype

SAMPLE · fictional data

Sample report

RAADS-14 Screen: adult autistic traits (14 questions)

Neurodevelopmental self-assessment

Test	Date	Questions	Reference
Adult autism (RAADS-14)	**November 23, 2026**	**14**	**000000B3**

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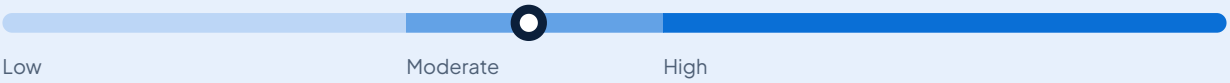
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

18 / 42

At or above the published cut-off (14 to 22)

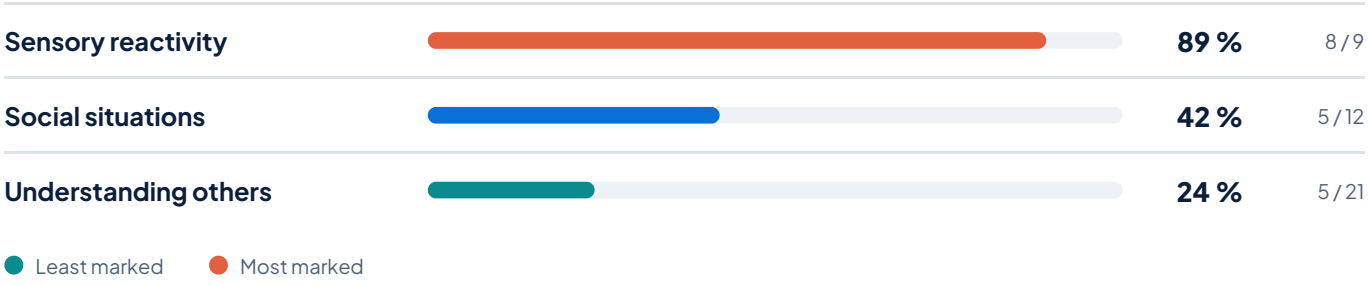
43 % of the maximum score



Your score reaches 14, the cut-off published by the authors. They chose it to miss as few autistic adults as possible: in the final phase of their study, 97% of the 77 autistic adults reached it. But so did 54% of the 301 adults with ADHD and no autism diagnosis, 36% of the 69 adults with another psychiatric condition (mood, anxiety, psychosis, borderline personality disorder) and 5% of the 590 adults with no diagnosis. The median score in the ADHD group was 15, within this range. The upper limit of 22 is a marker chosen by FindYourNeurotype, not validated by any study. This level means that several statements linked to autism describe you; it does not say why. It is a guide, not a diagnosis.

By dimension

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



What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Understanding others · 24 %

Most marked

Sensory reactivity · 89 %

Your Score in Context

Thank you for taking the time to answer these questions honestly. Reflecting on how you experience sounds, textures, groups and conversations is not always easy, and your result deserves a careful, unhurried reading. You scored 18 out of 42 on the RAADS-14 Screen, a self-assessment questionnaire about adult autistic traits. This places you in the moderate band (14 to 22), at or above the published cut-off of 14.

The questionnaire asks whether each experience was true now and when you were young, only now, only before age 16, or never. A score of 14 or more means your answers resemble those of people who went on to a fuller assessment in the original Swedish study of 1,233 adults. It does not tell you whether you are or are not autistic. Only a qualified professional can explore that with you.

Senses Lead, Mentalizing Quieter

Your profile is uneven, which is useful information. Sensory reactivity is clearly your highest area, at 8 out of 9 (89%). These three questions ask about strong reactions to textures and noises, and about needing to withdraw when sensations become too much. A score this close to the maximum suggests that everyday sensory input may take up a lot of your energy.

Understanding others is your lowest area, at 5 out of 21 (24%). These questions cover reading intentions, following conversations and sensing what others expect. Your answers suggest this area is, for the most part, not a major source of difficulty for you.

Social situations sits in between, at 5 out of 12 (42%). These questions look at comfort in groups, small talk and social settings, and your answers point to some, but not widespread, strain.

Patterns in What You Shared

Two of your strongest answers stretch back to childhood: some ordinary textures feel "very offensive" on your skin, and when your senses overwhelm you, you need to isolate yourself to shut them down. You reported both as true now and when you were young, which suggests a long-standing way of experiencing the world rather than something recent.

Other answers are marked as true only now: covering your ears against painful noises, finding it very difficult to work in groups, and struggling to know when it is your turn to talk or listen. These may be connected. Group settings are often loud and full of overlapping voices, so sensory load could make both turn-taking and teamwork harder. That link is a possibility worth exploring, not a conclusion. Your answers also show that you already recognise when you need to step away, which is valuable self-knowledge.

How This May Show Up

At work or in studies, open-plan offices, busy classrooms or noisy meetings can be draining, and group projects may feel especially demanding at the moment. You may find you do your best work alone or in quieter settings, and that you need recovery time after collaborative tasks.

At home, certain fabrics, labels or bedding may be uncomfortable enough to influence what you buy or wear, and appliances like vacuum cleaners can be genuinely unpleasant. In relationships, you may sometimes need to leave a gathering early or retreat to a quiet room, which others could misread as disinterest. Your lower score on understanding others may mean that, once sensory demands are manageable, connecting one-on-one can feel more natural for you than group interaction.

Other Influences on Scores

An online self-assessment captures how you see yourself on one particular day, and it cannot weigh context the way a conversation can. Several factors are known to raise scores on this questionnaire. ADHD is one: in the Swedish study, 54% of adults with ADHD without autism reached 14 or more, compared with 5% of adults without a diagnosis. Social anxiety, low mood, general anxiety and stress can also push scores upward.

Because autism begins in childhood, difficulties that are true only now carry a different meaning from those present since early life. Three of your five highest answers are recent, so a professional would want to understand what has changed. They would also look at your childhood history, current wellbeing and daily functioning, and might consider sensory sensitivities in their own right.

Moving Forward with Care

A good first step is to keep a simple sensory diary for a couple of weeks, noting which sounds, textures or settings drain you and what helps you recover. Next, think back to when group work and conversational turn-taking began to feel harder; recalling changes in your life around that time may help you see the pattern more clearly. Finally, experiment with small adjustments such as noise-reducing earplugs or soft, label-free clothing, and notice how they affect your energy.

Bringing your diary and these reflections to a qualified professional, such as a psychologist or

psychiatrist experienced with adults, can make that conversation richer. Whatever the outcome, understanding your own patterns more clearly is a meaningful step toward a daily life that fits you better.

Next steps

Pick one or two. Regularity matters more than duration.

Sensory reactivity

Map your sensory triggers

Each evening, jot down the sounds, textures or places that felt overwhelming and what helped you recover. After two weeks, look for repeating patterns to share with a professional.

5 min, once a day

Sensory reactivity

Carry a noise-reduction option

Keep earplugs or noise-reducing headphones with you and use them before noise becomes painful, not after. Note whether early use changes how drained you feel later.

As needed, daily

Sensory reactivity

Plan a quiet recovery space

Identify one calm spot at home and one at work or school where you can step away for a few minutes. Use it proactively after demanding sensory periods.

10 min, 1 to 3 times a day

Social situations

Shape group work to fit you

Before a group task, ask whether roles can be split so part of your contribution is done independently. Suggest a quieter meeting room when possible.

5 min before each group task

Understanding others

Notice conversational turn cues

In one conversation a day, pay attention to pauses, questions and changes in tone that signal it is your turn. Afterwards, note briefly what helped or got in the way.

2 min reflection, once a day

Wellbeing

Trace when changes began

Write a short timeline of when group work, turn-taking and noise started to feel harder, alongside any life events or stress at that time. Bring it to a professional consultation.

20 min, once

To talk about it with a professional

Psychiatrist or psychologist experienced in adult autism assessment: 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 diagnosis or a full assessment, see a qualified professional: psychiatrist or psychologist experienced in adult autism assessment.

Prepare your appointment

Psychiatrist or psychologist experienced in adult autism assessment: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

RAADS-14 Screen: adult autistic traits (14 questions) · 18 / 42 (43 %) · At or above the published cut-off (14 to 22)

Most marked: Sensory reactivity (89 %), Social situations (42 %)

Test taken on November 23, 2026 · reference 000000B3

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 "True now and when I was young" to "Never true".

#	Question	Your answer	Pts
Understanding others · 5 / 21			
1	It is difficult for me to understand how other people are feeling when we are talking	True only when I was younger than 16	1
4	It is difficult to figure out what other people expect of me	True only when I was younger than 16	1
9	When talking to someone, I have a hard time telling when it is my turn to talk or to listen	True only now	2
11	It can be very hard to read someone's face, hand, and body movements when we are talking	Never true	0
12	I focus on details rather than the overall idea	True only when I was younger than 16	1
13	I take things too literally, so I often miss what people are trying to say	Never true	0
14	I get extremely upset when the way I like to do things is suddenly changed	Never true	0
Sensory reactivity · 8 / 9			
2	Some ordinary textures that do not bother others feel very offensive when they touch my skin	True now and when I was young	3
7	When I feel overwhelmed by my senses, I have to isolate myself to shut them down	True now and when I was young	3
10	Sometimes I have to cover my ears to block out painful noises (like vacuum cleaners or people talking too much or too loudly)	True only now	2
Social situations · 5 / 12			
3	It is very difficult for me to work and function in groups	True only now	2
5	I often don't know how to act in social situations	True only when I was younger than 16	1
6	I can chat and make small talk with people **reversed**	True only now	1
8	How to make friends and socialize is a mystery to me	True only when I was younger than 16	1

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

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