

Neurodivergent Test

1. COMMUNICATION AND SOCIAL INTERACTION:

Do you find it challenging to interpret social cues or understand non-verbal communication?

☐ Yes ☐ No

Are large social gatherings overwhelming or anxiety-inducing for you?

☐ Yes ☐ No

Do you have specific routines or preferences in social interactions?

☐ Yes ☐ No

2. SENSORY SENSITIVITIES:

Are you particularly sensitive to bright lights, loud noises, or specific textures?

☐ Yes ☐ No

Do you find it difficult to filter out background noise in busy environments?

☐ Yes ☐ No

Are there certain sensory experiences that cause discomfort or distress?

☐ Yes ☐ No

3. ATTENTION AND FOCUS:

Do you often find it hard to stay focused on a task for an extended period?

☐ Yes ☐ No

Are you easily distracted or prone to daydreaming?

☐ Yes ☐ No

Do you have specific strategies or habits to help you concentrate?

☐ Yes ☐ No

4. LEARNING AND WORK PATTERNS:

Do you have a unique way of learning that differs from traditional methods?

☐ Yes ☐ No

Are you exceptionally skilled or interested in a specific area or topic?

☐ Yes ☐ No

Do you struggle with certain academic or work-related tasks?

☐ Yes ☐ No

5. REPETITIVE BEHAVIORS AND INTERESTS:

Do you engage in repetitive movements or behaviors, like hand-flapping or pacing?

☐ Yes ☐ No

Are you intensely interested in specific topics or activities, often to the exclusion of others?

☐ Yes ☐ No

Do you prefer routines and get distressed when they are disrupted?

☐ Yes ☐ No

6. EMOTIONAL WELL-BEING:

Do you experience heightened anxiety or stress in certain situations?

☐ Yes ☐ No

Are mood swings or emotional intensity part of your daily experiences?

☐ Yes ☐ No

Are there specific activities or environments that help regulate your emotions?

☐ Yes ☐ No