

Assessment

Description

Guidelines for your screening:

⌚ **Take your time:** This is not a timed test. Pace yourself comfortably.

⌚ **No incorrect answers:** There are no "right" or "wrong" choices. The scale simply reflects your authentic, lived experience.

⌚ **Base your answers on your overall life:** Try to select the option that represents your baseline patterns over the last 6 months, rather than an exceptional day or a highly managed work environment.

⌚ **Go with your first instinct:** Overthinking statements can lead to choice fatigue. Your natural, immediate reaction is usually the most accurate reflection of your cognitive footprint.

Section 1: Focus Allocation & Processing Speed

Question 1: I find my focus shifts rapidly toward unexpected changes in my environment, even when I am deeply engaged in a task

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 2: When a topic captures my genuine interest, I can maintain intense, uninterrupted concentration for hours, completely losing track of time

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 3: I regularly experience a strong internal resistance or mental fog when trying to initiate a routine or un-stimulating task

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 4: My thoughts naturally move in multiple directions simultaneously, making linear or structured conversations feel slow

- ☐ Strongly Disagree
 - ☐ Disagree
-

- ☐ Agree
- ☐ Strongly Agree

Question 5: I frequently misplace daily essentials (keys, phone, documents) despite having designated places for them

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 6: I find it harder to follow instructions when they are written down compared to when someone explains them verbally

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 7: I find it straightforward to process and retain complex information when it is delivered in dense, written instructional manuals

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 8: I need to read a paragraph multiple times to fully retain and absorb its specific sequential meaning

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 9: When typing or writing quickly, I consistently transpose letters (e.g. writing "teh" instead of "the") or skip small words entirely

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 10: I can easily organise my thoughts and write them down in a clear layout without having to sneak them out loud first

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 11: I feel a continuous internal restlessness or an instinctive need to keep my hands or body moving to stay mentally alert

- ☐ Strongly Disagree
- ☐ Disagree

- ☐ Agree
- ☐ Strongly Agree

Question 12: I find myself interrupting others during conversations because I am worried I will forget my thought if I wait for them to finish

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 13: I easily track long, multi-step, spoken instructions without needing to write them down or ask for clarification

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Question 14: My internal sense of time is unpredictable; hours or minutes can feel excruciatingly drawn out

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

[Previous](#)

[Next](#)

Date Created

June 27, 2026

Author

peter-whitehursth@mail-co-uk