

Dysgraphia Self-Test

Answer each question honestly with "Yes" or "No".

Questions:		Yes	No
1	Do you struggle with writing neatly and legibly?		
2	Do you find it difficult to form letters correctly?		
3	Do you have trouble organizing your thoughts and putting them into writing?		
4	Do you often mix up letters or write them backwards?		
5	Do you experience physical discomfort or fatigue when writing?		
6	Do you avoid writing tasks whenever possible?		
7	Do you struggle with spelling, even with simple words?		
8	Do you find it challenging to copy text accurately?		
9	Do you have difficulty with handwriting tasks that involve speed or coordination?		
10	Do you often receive feedback from others about your messy or illegible handwriting?		

Score Interpretation:

- **0-2 "Yes" responses:** It's unlikely that you have significant dysgraphia-related difficulties.
- **3-5 "Yes" responses:** You may have mild to moderate dysgraphia symptoms. Consider seeking further evaluation from a healthcare professional if these difficulties significantly impact your daily life.
- **6 or more "Yes" responses:** You may have significant dysgraphia-related challenges. It's advisable to seek professional assessment and support to manage your symptoms effectively.

Remember, this self-test is not a diagnostic tool, but rather a way to gauge potential difficulties that may warrant further investigation by a qualified healthcare professional.

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