

Hyperlexia Self-Test

Please read each statement carefully and select the option that best describes your experiences or behaviors. Choose the response that most accurately reflects your situation.

1. When I was a child, I learned to read:	
A	At a typical age, or slightly earlier than my peers.
B	Very early, before the age of 4.
C	I don't remember when I started to read.

2. How do you feel about reading?	
A	I enjoy reading but don't feel particularly compelled to do it all the time.
B	I love reading and often find myself immersed in books or other written materials.
C	I prefer other activities over reading most of the time.

3. How do you typically approach new words or unfamiliar vocabulary?	
A	I sound them out or try to understand them in context.
B	I can often guess the meaning based on similar words or root words.
C	I tend to memorize words quickly without needing to sound them out or understand their meaning.

4. When reading, do you often notice small details or patterns in the text?	
A	Not particularly, I focus more on the main ideas.
B	Yes, I often find myself noticing patterns or details that others might miss.
C	I don't pay much attention to details while reading.

5. How would you describe your memory?	
A	Average, I remember things when I need to.
B	Quite good, I can recall details from events or conversations easily.
C	Exceptional, I remember vast amounts of information without much effort.



6. Do you find it easy to understand complex language or vocabulary?

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| A | It can be challenging, but I can usually understand with some effort. |
| B | Yes, I often grasp complex language or vocabulary quickly. |
| C | I don't have much difficulty understanding complex language or vocabulary. |

7. When learning a new language, how do you typically approach reading and vocabulary?

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|---|---|
| A | I rely on structured lessons and repetition to learn new words. |
| B | I pick up new words and phrases quickly through exposure and context. |
| C | I often memorize words and their meanings after encountering them only a few times. |

8. How do you feel about routine or repetitive activities?

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| A | I don't mind them, but they're not my favorite. |
| B | I find them comforting and often enjoy having a routine. |
| C | I prefer variety and spontaneity over strict routines. |

9. How do you typically handle interruptions or changes to your reading or learning routine?

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| A | I adapt fairly easily to changes and interruptions. |
| B | I prefer to stick to my routine but can manage disruptions when necessary. |
| C | I find interruptions or changes to my routine very disruptive and difficult to handle. |

10. How do you feel about social interactions compared to reading or solitary activities?

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|---|---|
| A | I enjoy social interactions as much as I enjoy reading or solitary activities. |
| B | I prefer reading or solitary activities over social interactions most of the time. |
| C | I find social interactions challenging and often prefer reading or solitary activities. |



11. When reading, do you often find yourself focusing intensely on specific topics or genres for extended periods?	
A	Not particularly, I enjoy a variety of topics and genres.
B	Yes, I tend to immerse myself deeply in specific subjects or genres for long periods.
C	I have specific topics or genres that I'm intensely interested in, and I focus on them almost exclusively.

12. How do you feel about instructions or rules when engaging in activities?	
A	I prefer clear instructions and rules to guide my actions.
B	I can follow instructions and rules, but I sometimes prefer to do things my own way.
C	I find instructions or rules restrictive and prefer to approach activities in my own way.

13. Do you find yourself correcting others' grammar or spelling mistakes frequently?	
A	Not usually, I don't feel the need to correct others' mistakes unless it's necessary for clarity.
B	Sometimes, especially if the mistake stands out to me.
C	Yes, I often feel compelled to correct others' grammar or spelling mistakes.

14. How do you typically respond to changes in your environment or daily routine?	
A	I can adapt to changes in my environment or routine fairly easily.
B	I prefer stability and can find changes unsettling, but I manage to adjust eventually.
C	I find changes in my environment or routine extremely distressing and difficult to handle.

15. How do you feel about discussing or analyzing literature or written works with others?	
A	I enjoy discussing literature or written works with others and sharing perspectives.
B	I'm interested in discussing literature or written works occasionally but may not actively seek out these discussions.
C	I prefer to analyze literature or written works independently and don't often engage in discussions with others.



16. How do you feel about memorizing information or lists?	
A	I can memorize information or lists if necessary, but it's not my preferred method of learning.
B	I'm fairly good at memorizing information or lists and may enjoy doing so.
C	I find memorizing information or lists relatively easy and may do so without much effort.

Scoring:

- For each "a" response, give yourself 1 point.
- For each "b" response, give yourself 2 points.
- For each "c" response, give yourself 3 points.

Interpretation:

- **9-18 points:** Your responses suggest that you exhibit some characteristics of hyperlexia, but they may not significantly impact your daily life or functioning.
- **19-28 points:** Your responses indicate that you may possess many traits associated with hyperlexia. Consider consulting with a healthcare professional or specialist for further evaluation and guidance.
- **29-42 points:** Your responses strongly suggest that you exhibit significant traits of hyperlexia. It's advisable to seek professional assessment and support to better understand and manage these traits in your daily life.

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