Adult Checklist

A checklist for dyslexic adults will not provide enough information for a diagnostic assessment, but it can be very useful in promoting a better self-understanding and a pointer towards future assessment needs.

Below are the questions that were found to be more predictive of dyslexia (as measured by prior diagnosis). In order to provide the most informative checklist, scores for each answer indicate the relative importance of that question. Alongside each line you can keep a tally of your score and at the end find a total.

For each question, circle the number in the box which is closest to your response.

		Rarely	Occasionally	Often	Most of the time	Total
1	Do you confuse visually similar words such as retrieve and receive?	**3**	**6**	**9**	**12**	
2	Do you lose your place or miss out lines when reading?	**2**	**4**	**6**	**8**	
3	Do you confuse the names of objects, for example table for chair?	**1**	**2**	**3**	**4**	
4	Do you have trouble telling left from right?	**1**	**2**	**3**	**4**	
5	Is map reading or finding your way to a strange place confusing?	**1**	**2**	**3**	**4**	
6	Do you re-read paragraphs to understand them?	**1**	**2**	**3**	**4**	
7	Do you get confused when given several instructions at once?	**1**	**2**	**3**	**4**	
8	Do you make mistakes when taking down messages?	**1**	**2**	**3**	**4**	
9	Do you find it difficult to find the right word to say?	**1**	**2**	**3**	**4**	
10	How often do you think of creative solutions to problems?	**1**	**2**	**3**	**4**	
		Easy	**Challenging**	**Difficult**	**Very Difficult**	**Total**
11	How easy do you find it to sound out words such as cat-as-trophe?	**3**	**6**	**9**	**12**	
12	When writing, do you find it difficult to organise thoughts on paper?	**2**	**4**	**6**	**8**	
13	Did you learn your multiplication tables easily?	**2**	**4**	**6**	**8**	
14	How easy do you find it to recite the alphabet?	**1**	**2**	**3**	**4**	
15	How hard do you find it to read aloud?	**1**	**2**	**3**	**4**	

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Results from the Adults Test - what it all means.

The research and development of the checklist has provided a valuable insight into the diversity of difficulties and is a clear reminder that every individual is different and should be treated and assessed as such. However, it is also interesting to note that a number of questions, the answers to which are said to be characteristics of dyslexic adults, are commonly found in the answers of non-dyslexics.

It is important to remember that this test does not constitute an assessment of one's difficulties. It is just an indication of some of the areas in which you or the person you are assessing may have difficulties. However this questionnaire may provide a better awareness of the nature of an individual's difficulties and may indicate that further professional assessment would be helpful.

Whilst we do stress that this is not a diagnostic tool, research suggests the following:

Score less than 45 - probably non-dyslexic.

Research results: no individual who was diagnosed as dyslexic through a full assessment was found to have scored less than 45 and therefore it is unlikely that if you score under 45 you will be dyslexic.

Score 45 to 60 - showing signs consistent with mild dyslexia.

Research results: most of those who were in this category showed signs of being at least moderately dyslexic. However, a number of persons not previously diagnosed as dyslexic (though they could just be unrecognised and undiagnosed) fell into this category.

Score Greater than 60 - signs consistent with moderate or severe dyslexia.

Research results: all those who recorded scores of more than 60 were diagnosed as moderately or severely dyslexic. Therefore we would suggest that a score greater than 60 suggests moderate or severe dyslexia. Please note that this should not be regarded as an assessment of one's difficulties. But if you feel that a dyslexia-type problem may exist, further advice should be sought.

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