

# ADULT DYSLEXIA CHECKLIST

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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.

<i>Please circle the number in the box closest response.</i>	Rarely	Occasionally	Often	Most of the time	Total
Do you confuse visually similar words such as cat and cot?	3	6	9	12	
Do you lose your place or miss out lines when reading?	2	4	6	8	
Do you confuse the names of objects, for example table for chair?	1	2	3	4	
Do you have trouble telling left from right?	1	2	3	4	
Is map reading or finding your way to a strange place confusing?	1	2	3	4	
Do you re-read paragraphs to understand them?	1	2	3	4	
Do you get confused when given several instructions at once?	1	2	3	4	
Do you make mistakes when taking down telephone messages?	1	2	3	4	
Do you find it difficult to find the right word to say?	1	2	3	4	
How often do you think of creative solutions to problems?	1	2	3	4	
	<b>Easy</b>	<b>Challenging</b>	<b>Difficult</b>	<b>Very Difficult</b>	
How easy do you find it to sound out words such as el-e-phant?	3	6	9	12	
When writing, do you find it difficult to organise thoughts on paper?	2	4	6	8	
Did you learn your multiplication tables easily?	2	4	6	8	
How easy do you find it to recite the alphabet?	1	2	3	4	
How hard do you find it to read aloud?	1	2	3	4	
<b>TOTAL SCORE</b>					

## 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 about your total score: *(see next page)*

# ADULT DYSLEXIA CHECKLIST RESULTS

## 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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Other Dyslexia Screening Tests can be found at these websites:

British Dyslexia Association—Adults and Employment  
[www.bdadyslexia.org.uk/about-dyslexia/adults-and-business.html](http://www.bdadyslexia.org.uk/about-dyslexia/adults-and-business.html)

International Dyslexia Association—Adults Self-Assessment Tool  
[www.interdys.org/AreYouDyslexic\\_AdultTest.htm](http://www.interdys.org/AreYouDyslexic_AdultTest.htm)

National Centre for Learning Disabilities  
[www.nclد.org/learning-disability-resources/checklists-worksheets/interactive-ld-checklist](http://www.nclد.org/learning-disability-resources/checklists-worksheets/interactive-ld-checklist)


You can find more information about Adult dyslexia from our International Dyslexia partners:

International Dyslexia Association: [www.interdys.org](http://www.interdys.org)  
British Dyslexia Association: [www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)

***If, after completing this checklist, you would like to talk to DAS about this checklist or an Adult Assessment, please contact us at: 6444 5700***



**DYSLEXIA ASSOCIATION  
OF SINGAPORE**  
HELPING DYSLEXIC PEOPLE ACHIEVE

 [WWW.DAS.ORG.SG](http://WWW.DAS.ORG.SG)  
 [DYSLEXIASG](https://www.facebook.com/dyslexiasg)  
 **HOTLINE: 6444 5700**  
(9:00 TO 5:30PM—MON TO FRI)