YOUR ANSWERS. YOUR PERSPECTIVE.

Schizotypy

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Unusual associations

You describe unusually strong personal or symbolic associations. An impression feeling meaningful does not establish an actual message or connection.

2

Perceptual impressions

You describe sensory impressions that can be difficult to place or surroundings that feel unreal. These answers establish neither their cause nor what actually happened outside your perception. Some responses differ substantially from this direction.

3

Individual responses matter

Perceptual impressions: Scored responses range from 2 to 5/5 (items 9 & 10).

Your first small step

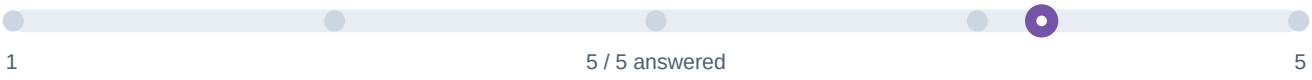
For one puzzling impression, also note sleep, surroundings and tension. What information is still missing?

02 / YOUR REPORT

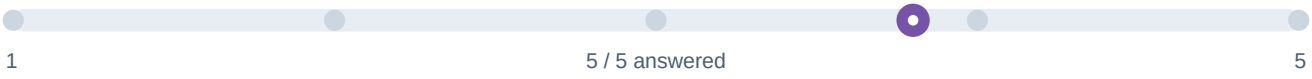
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

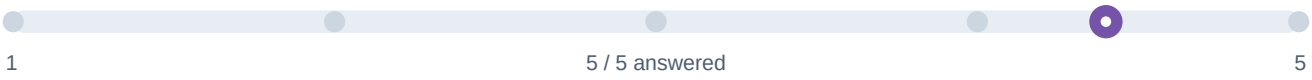
Unusual associations 4.2 / 5



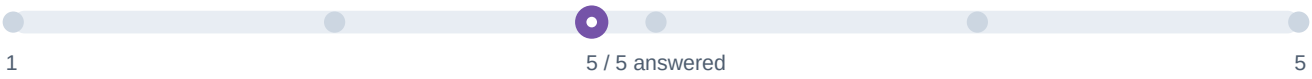
Perceptual impressions 3.8 / 5



Social uncertainty 4.4 / 5



Thoughts and expression 2.8 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

This report describes unusual impressions, personal associations and your experience of conversations. It confirms neither external messages, others' intentions nor a disorder.

Your result in words

Unusual associations: You describe unusually strong personal or symbolic associations. An impression feeling meaningful does not establish an actual message or connection.

Perceptual impressions: You describe sensory impressions that can be difficult to place or surroundings that feel unreal. These answers establish neither their cause nor what actually happened outside your perception.

Perceptual impressions: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 9: I can usually distinguish what I actually saw from what I imagined alongside it. | Mostly true

Item 10: An unusual sensory impression sometimes occupies me longer than the situation itself. | Very true

> **Consider a possible everyday situation**
>
> For one puzzling impression, also note sleep, surroundings and tension. What information is still missing?

04 / YOUR REPORT

Unusual associations

Trace your responses and connect them with everyday situations.

This area concerns mental associations and the meaning that an event subjectively evokes. Endorsement does not confirm hidden connections.

Your response value **4.2 / 5**



What this means in practice

You describe unusually strong personal or symbolic associations. An impression feeling meaningful does not establish an actual message or connection.

Scale direction: fewer unusual associations / more unusual associations.

Two concrete responses

Item 3: A vivid mental image can temporarily feel as striking as a memory.

Your response: Partly true

Item 5: When something seems odd, I usually consider several possible explanations.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Choose a striking coincidence: what did you observe, and what meaning did you initially give it?

When does this fit me - and when does it not?

05 / YOUR REPORT

Perceptual impressions

Trace your responses and connect them with everyday situations.

These statements concern the clarity and familiarity of subjective impressions. They do not explain what caused an impression.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe sensory impressions that can be difficult to place or surroundings that feel unreal. These answers establish neither their cause nor what actually happened outside your perception.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: fewer puzzling impressions / more puzzling impressions.

Two concrete responses

Item 9: I can usually distinguish what I actually saw from what I imagined alongside it.

Your response: Mostly true (reverse-scored in the calculation)

Item 10: An unusual sensory impression sometimes occupies me longer than the situation itself.

Your response: Very true

A prompt for further reflection

For one puzzling impression, also note sleep, surroundings and tension. What information is still missing?

When does this fit me - and when does it not?

06 / YOUR REPORT

Social uncertainty

Trace your responses and connect them with everyday situations.

This area describes uncertainty when interpreting encounters. It does not reveal what others actually think about you.

Your response value **4.4 / 5**



What this means in practice

You describe uncertainty about how others see you or what they intend. This records your experience; it does not establish that others are watching you or have hostile intentions.

Scale direction: less uncertainty in interpretation / more uncertainty in interpretation.

Two concrete responses

Item 15: I can usually accept that behaviour may have several harmless explanations.

Your response: Partly true (reverse-scored in the calculation)

Item 14: In conversations, I sometimes feel more closely observed than I can account for.

Your response: Very true

A prompt for further reflection

Use one conversation as an example. Which words were actually spoken, and what did you infer beyond them?

When does this fit me - and when does it not?

07 / YOUR REPORT

Thoughts and expression

Trace your responses and connect them with everyday situations.

This area describes how you organise thoughts and share them. An unusual communication style is not a diagnosis.

Your response value **2.8 / 5**



1 5 / 5 answered 5

What this means in practice

Your answers fall between “less perceived effort in explaining” and “more perceived effort in explaining”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Scale direction: less perceived effort in explaining / more perceived effort in explaining.

Two concrete responses

Item 16: Others sometimes ask me to explain the connection between my thoughts more clearly.

Your response: Mostly untrue

Item 18: I use images or comparisons that are clearer to me than to others.

Your response: Mostly true

A prompt for further reflection

Explain one thought in a simple sentence before adding its connections. Which version is easier to follow?

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Unusual associations

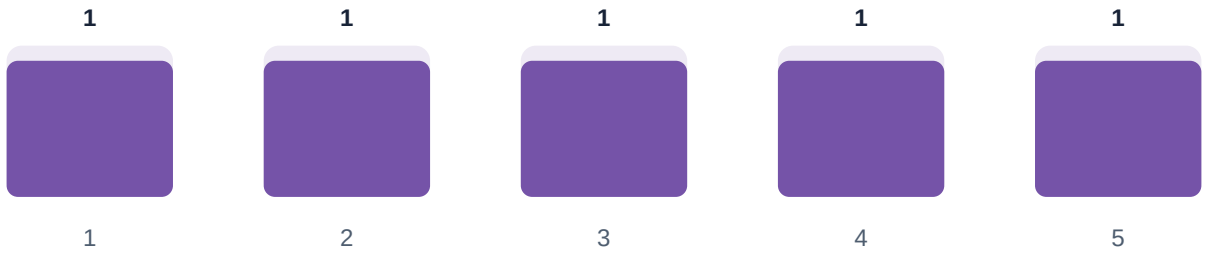
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Perceptual impressions. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

For one puzzling impression, also note sleep, surroundings and tension. What information is still missing?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

These original statements are not clinically validated and are not the SPQ or another established instrument. They record subjective experiences and cannot identify or rule out schizotypy, a personality disorder or psychosis. Unusual impressions are not confirmed as facts. Sleep, stress, culture and context can influence experiences; the report does not determine a cause.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1 **Coincidences sometimes feel personally meaningful to me even when I have no evidence for that.**
Unusual associations | Mostly true

2 **An everyday object can take on unusually strong symbolic meaning in my thoughts.**
Unusual associations | Very true

3 **A vivid mental image can temporarily feel as striking as a memory.**
Unusual associations | Partly true

4 **I can distinguish an interesting possibility from an established fact.**
Unusual associations | Mostly untrue | reverse-scored

5 **When something seems odd, I usually consider several possible explanations.**
Unusual associations | Not at all true | reverse-scored

6 **Occasionally I am unsure whether a quiet sound came from outside or whether I merely expected it.**
Perceptual impressions | Partly true

7 **After an intense day, my surroundings sometimes briefly feel unreal.**
Perceptual impressions | Very true

8 **I can usually give a clear description of what I am perceiving.**
Perceptual impressions | Mostly untrue | reverse-scored

9 **I can usually distinguish what I actually saw from what I imagined alongside it.**
Perceptual impressions | Mostly true | reverse-scored

10 **An unusual sensory impression sometimes occupies me longer than the situation itself.**
Perceptual impressions | Very true

11 **I sometimes feel out of place around people without being able to name a specific reason.**
Social uncertainty | Very true

12 **Even with familiar people, I am occasionally unsure what intention lies behind a question.**
Social uncertainty | Mostly true

13 **When a remark is unclear, I can usually ask openly what it means.**
Social uncertainty | Not at all true | reverse-scored

Your responses in full / CONTINUED

14 **In conversations, I sometimes feel more closely observed than I can account for.**
Social uncertainty | Very true

15 **I can usually accept that behaviour may have several harmless explanations.**
Social uncertainty | Partly true | reverse-scored

16 **Others sometimes ask me to explain the connection between my thoughts more clearly.**
Thoughts and expression | Mostly untrue

17 **When telling a story, I move to side ideas before finishing the starting point.**
Thoughts and expression | Partly true

18 **I use images or comparisons that are clearer to me than to others.**
Thoughts and expression | Mostly true

19 **I can usually summarise my thought in a short, clear sentence.**
Thoughts and expression | Partly true | reverse-scored

20 **I can usually adjust the pace of my explanation to other people's questions.**
Thoughts and expression | Mostly true | reverse-scored