

Do you think you might have dyslexia?

This checklist was developed in conjunction with Professor Tim Miles OBE of Bangor University following empirical research by Dr Ross Cooper of LLU+, London South Bank University on behalf of the Adult Dyslexia Organisation.

This checklist doesn't attempt to record the talents, skills or potential linked with dyslexia. The checklist is organised around some of the key difficulties experienced by people with dyslexia in terms of reading, spelling, memory, organisation and sequencing. A more formal assessment may confirm the presence of dyslexia.

Please answer Yes or No for the following questions.. Don't miss out any questions out. If you're in any doubt, answer whichever feels like the truer answer.

		Yes	No
1	When using the telephone, do you get the numbers mixed up when you dial?		
2	Is your spelling poor?		
3	When writing down the date, do you often make mistakes?		
4	Do you mix up dates and times and miss appointments?		
5	Do you find forms difficult and confusing?		
6	Do you find it difficult to take messages on the phone and pass them on correctly?		
7	Do you mix up bus numbers like 35 and 53?		
8	Do you find it difficult to say the months of the year forwards in a fluent manner?		
9	When you were at school, did you find it hard to learn the multiplication or times tables?		
10	Do you take longer than you should to read a page of a book?		
11	Do you find difficulty in telling left from right?		
12	Did you find it difficult to decide how to answer these questions?		



Question Number	1	2	3	4	5	6	7	8	9	10	11	12
Points scored	3	3	3	3	3	2	2	2	2	2	2	3
Your score												

Count the points for each **YES** answer e.g. 3 marks for question 1 or 2 marks for question 6, a **NO** answer equals 0 marks

Your chance of being dyslexic

Up to 6 points	1 in 60 chance
Up to 12 points	1 in 26 chance
Up to 18 points	1 in 7 chance
Up to 24 points	1 in 3 chance
Up to 30 points	3 in 4 chance

This tells you how likely you are to be dyslexic. **1 in 7** is an above average chance.

Of course, it's always possible for you to be the **1 in 60** with a low score who is dyslexic, or the **1 in 4** with a very high score who is not dyslexic. Your own feelings about the matter can sometimes be more significant than the score.

This adult dyslexia screening has been based on a sample of 140 people diagnosed as dyslexic all of whom had a wide range of educational experience.

