

Brain Dominance Test

Name:

Gender:

Date of birth:

Date of assessment:

This assessment is based on the **Open Hemispheric Brain Dominance Scale** (Jorgenson, 2015) and is provided for descriptive and self-reflection purposes only. While the concept of "brain dominance" originated from neurological research, it is important to note that the biological model of strict left-brain/right-brain division has been scientifically discredited.

However, the personality framework and descriptive system associated with "brain dominance" remains a popular and potentially useful tool for understanding different thinking styles, learning preferences, and problem-solving approaches. ***The results of this assessment should be interpreted as descriptive patterns of thought and behavior rather than as biological or neurological facts.***

Instructions: For each question 1-20, in the blank provided, rate the item on a scale from 1 to 5 on how much you agree with the statement where:

- 1: Disagree
- 2: Slightly disagree
- 3: Neutral
- 4: Slightly agree
- 5: Agree

	1 Disagree	2 Slightly disagree	3 Neutral	4 Slightly agree	5 Agree
1. I do not need others' praise.					
2. I would prefer a class in mathematics to a class in pottery.					
3. I never show up late.					
4. I don't bother to read the instructions before I start putting something together.					
5. I could not live in a mess.					
6. I am totally random.					
7. I like working with words.					

	1 Disagree	2 Slightly disagree	3 Neutral	4 Slightly agree	5 Agree
8. I behave in a businesslike manner.					
9. I come up with something new.					
10. I am not easily disturbed by events.					
11. I rarely cry during sad movies.					
12. I plan my life logically.					
13. I need a creative outlet.					
14. I make decisions based on facts, not feelings.					
15. I make a mess of things.					
16. I get stressed out easily.					
17. I am romantic.					
18. I prize logic above all else.					
19. I often forget to put things back in their proper place.					
20. I am calm even in tense situations.					
Total score:					

Scoring and interpretation

$$A = \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} = \text{_____}$$

(Q1) (Q2) (Q3) (Q5) (Q8) (Q10) (Q11) (Q12) (Q14) (Q18) (Q20)

$$B = \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} + \text{____} = \text{_____}$$

(Q4) (Q6) (Q7) (Q9) (Q13) (Q15) (Q16) (Q17) (Q19)

Compute the values for A and B then put them into the equation

$$X = 66 - \text{____} + \text{____} = \text{_____}$$

(A) (B)

X is your final score. It should be between 20 and 100. Higher scores indicate more right-brained thinking. Lower scores indicate left-brained thinking.

- **20-55 points:** Left-brained
- **56-64 points:** No clear preference
- **65-100 points:** Right-brained

References:

Jorgenson, E. (2015, April 29). *Open Hemispheric Brain Dominance Scale 1.0*. Open Psychometrics. <https://openpsychometrics.org/tests/OHBDS/development/OHBDS1.0.pdf>

Open Psychometrics. (2015). *Development of the Open Hemispheric Brain Dominance Scale*. <https://openpsychometrics.org/tests/OHBDS/development/>