

# Sensory Processing Test

## Toddler version

Name of child:

Age:

Parent/guardian's name:

Date:

This test is based on the SPD Foundation's Sensory Processing Disorder Checklist and is designed to screen for the possibility of sensory processing challenges. **It is NOT a diagnostic tool.** Read each statement and select the option that best describes your preschool child's behavior over the past six months. Use the following scale:

**0** = Never

**1** = Rarely

**2** = Sometimes

**3** = Often

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
1. My infant/toddler has problems eating.				
2. My infant/toddler refused to go to anyone but me.				
3. My infant/toddler has trouble falling asleep or staying asleep.				
4. My infant/toddler is extremely irritable when I dress him/her; seems to be uncomfortable in clothes.				
5. My infant/toddler rarely plays with toys, especially those requiring dexterity.				
6. My infant/toddler has difficulty shifting focus from one object/activity to another.				
7. My infant/toddler does not notice pain or is slow to respond when hurt.				
8. My infant/toddler resists cuddling and arches back away from the person holding him.				
9. My infant/toddler cannot calm themselves by sucking on a pacifier, looking at toys, or listening to my voice.				
10. My infant/toddler has a "floppy" body, bumps into things, and has poor balance.				
11. My infant/toddler does little or no babbling and vocalizing.				

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
12. My infant/toddler is easily startled.				
13. My infant/toddler is extremely active and is constantly moving body/limbs or running endlessly				
14. My infant/toddler seems to be delayed in crawling, standing, walking or running.				
<b>Total score:</b>				

### Scoring and interpretation

- **0–14:** May suggest a low likelihood of sensory processing challenges. Monitor your toddler’s development and behavior.
- **15–28:** May suggest a moderate likelihood of sensory challenges. Consider consulting a pediatrician or occupational therapist for guidance.
- **29–42:** May suggest a high likelihood of sensory challenges. Seek professional evaluation to explore potential sensory processing challenges.

This scoring is intended as a general guide and **DOES NOT** replace professional advice or diagnosis. A high score does not confirm a sensory processing disorder, nor does a low score rule one out. If you have concerns about your toddler's behavior or development, it is important to consult with a qualified pediatrician or occupational therapist for a comprehensive evaluation.

Nurbo, R. (2022, September 23). *Sensory Processing disorder Checklist*. SPD Foundation. <https://www.spdfoundation.net/sensory-processing-disorder-checklist/>

# Sensory Processing Test

## Pre-school children version

Name of child:

Age:

Parent/guardian's name:

Date:

This test is based on the SPD Foundation's Sensory Processing Disorder Checklist and is designed to screen for the possibility of sensory processing challenges. **It is NOT a diagnostic tool.**

Read each statement and select the option that best describes your preschool child's behavior over the past six months. Use the following scale:

**0** = Never

**1** = Rarely

**2** = Sometimes

**3** = Often

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
1. My child has difficulty being toilet trained.				
2. My child is overly sensitive to stimulation, overreacts to or does not like touch, noise, smells, etc.				
3. My child is unaware of being touched/bumped unless done with extreme force/intensity.				
4. My child has difficulty learning and/or avoids performing fine motor tasks, such as using crayons and fasteners on clothing.				
5. My child seems unsure how to move his/her body in space and is clumsy and awkward.				
6. My child has difficulty learning new motor tasks.				
7. My child is in constant motion.				
8. My child gets in everyone else's space and/or touches everything around him.				
9. My child has difficulty making friends (overly aggressive or passive/ withdrawn).				
10. My child is intense, demanding or hard to calm and has difficulty with transitions.				
11. My child has sudden mood changes and temper tantrums that are unexpected.				

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
12 .My child seems weak, slumps when sitting/standing, and prefers sedentary activities.				
13. It is hard to understand my child's speech.				
14. My child does not seem to understand verbal instructions.				
<b>Total score:</b>				

## Scoring and interpretation

- **0–14:** May suggest a low likelihood of sensory processing challenges. Monitor your child's development and behavior.
- **15–28:** May suggest a moderate likelihood of sensory processing challenges. Consider consulting a pediatrician or occupational therapist for guidance.
- **29–42:** May suggest a high likelihood of sensory processing challenges. Seek professional evaluation to explore potential sensory processing challenges.

This scoring is intended as a general guide and **DOES NOT** replace professional advice or diagnosis. A high score does not confirm a sensory processing disorder, nor does a low score rule one out. If you have concerns about your child's behavior or development, it is important to consult with a qualified pediatrician or occupational therapist for a comprehensive evaluation.

Nurbo, R. (2022, September 23). *Sensory processing disorder checklist*. SPD Foundation. <https://www.spdfoundation.net/sensory-processing-disorder-checklist/>

# Sensory Processing Test

## Middle school children version

Name of child:

Age:

Parent/guardian's name:

Date:

This test is based on the SPD Foundation's Sensory Processing Disorder Checklist and is designed to screen for the possibility of sensory processing challenges. **It is NOT a diagnostic tool.**

Read each statement and select the option that best describes your middle school child's behavior over the past six months. Use the following scale:

**0** = Never

**1** = Rarely

**2** = Sometimes

**3** = Often

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
1. My child is overly sensitive to stimulation, overreacts to, or does not like touch, noise, smells, etc.				
2. My child is easily distracted in the classroom, often out of his/her seat, and fidgety.				
3. My child is easily overwhelmed at the playground, during recess, and in class.				
4. My child is slow to perform tasks.				
5. My child has difficulty performing or avoids fine motor tasks such as handwriting.				
6. My child appears clumsy and stumbles often slouches in the chair.				
7. My child craves roughhousing and tackling/wrestling games.				
8. My child is slow to learn new activities.				
9. My child is in constant motion.				
10. My child has difficulty learning new motor tasks and prefers sedentary activities.				

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
11. My child has difficulty making friends (overly aggressive or passive/ withdrawn).				
12. My child 'gets stuck' on tasks and has difficulty changing to another task.				
13. My child confuses similar-sounding words and misinterprets questions or requests.				
14. My child has difficulty reading, especially aloud.				
15. My child stumbles over words; speech lacks fluency, and rhythm is hesitant.				
<b>Total score:</b>				

## Scoring and interpretation

- **0–15:** May suggest a low likelihood of sensory processing challenges. Monitor your child's development and behavior.
- **16–30:** May suggest a moderate likelihood of sensory processing challenges. Consider consulting a pediatrician or occupational therapist for guidance.
- **31–45:** May suggest a high likelihood of sensory processing challenges. Seek professional evaluation to explore potential sensory processing challenges.

This scoring is intended as a general guide and **DOES NOT** replace professional advice or diagnosis. A high score does not confirm a sensory processing disorder, nor does a low score rule one out. If you have concerns about your child's behavior or development, it is important to consult with a qualified pediatrician or occupational therapist for a comprehensive evaluation.

Nurbo, R. (2022, September 23). *Sensory processing disorder checklist*. SPD Foundation. <https://www.spdfoundation.net/sensory-processing-disorder-checklist/>

# Sensory Processing Test

## Adolescent/adult version

Name:

Age:

Date:

This test is based on the SPD Foundation's Sensory Processing Disorder Checklist and is designed to screen for the possibility of sensory processing challenges. **It is NOT a diagnostic tool.**

Read each statement and select the option that best describes your behavior over the past six months. Use the following scale:

**0** = Never

**1** = Rarely

**2** = Sometimes

**3** = Often

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
1. I am over-sensitive to environmental stimulation: I do not like being touched.				
2. I avoid visually stimulating environments, and/or I am sensitive to sounds.				
3. I often feel lethargic and slow in starting my day.				
4. I often begin new tasks simultaneously and leave many of them uncompleted.				
5. I use an inappropriate amount of force when handling objects.				
6. I often bump into things or develop bruises that I cannot recall.				
7. I have difficulty learning new motor tasks or sequencing the steps of a task.				
8. I need physical activities to help me maintain my focus throughout the day.				
9. I have difficulty staying focused at work and in meetings.				
10. I misinterpret questions and requests, requiring more clarification than usual.				
11. I have difficulty reading, especially aloud.				

Statement	0 Never	1 Rarely	2 Sometimes	3 Often
12. My speech lacks fluency, I stumble over words.				
13. I must read the material several times to absorb the content.				
14. I have trouble forming thoughts and ideas in oral presentations.				
<b>Total score:</b>				

## Scoring and interpretation

- **0–14:** May suggest a low likelihood of sensory processing challenges. Monitor your experiences and note any patterns in your responses to sensory input.
- **15–28:** This may suggest a moderate likelihood of sensory processing challenges. Consider seeking guidance from a healthcare professional or occupational therapist to better understand and manage your sensory experiences.
- **29–42:** May suggest a high likelihood of sensory processing challenges. A professional evaluation may help identify potential sensory processing challenges and provide strategies for support.

This scoring is a general guide and is **NOT INTENDED** to diagnose sensory processing disorder. A high score does not confirm a disorder, and a low score does not rule one out. If sensory challenges are affecting your daily life, consult with a healthcare provider or occupational therapist for a detailed assessment and personalized recommendations.

Nurbo, R. (2022, September 23). *Sensory processing disorder checklist*. SPD Foundation. <https://www.spdfoundation.net/sensory-processing-disorder-checklist/>