
Lexi-Sense: Alexithymia and ADHD Risk Prediction

Please answer the following questions:

When a close friend asked how I was feeling after a bad day, I found it hard to describe what was going on inside me.

- ☐ Yes
- ☒ No
- ☐ Not sure

Even during happy moments, like celebrating with my family, I sometimes feel emotionally blank or numb.

- ☐ Yes
- ☒ No
- ☐ Not sure

When I feel unwell physically, like a headache or stomach ache, I often can't tell if it's due to stress or emotions.

- ☐ Yes
- ☐ No
- ☒ Not sure

During an argument, I struggle to say what I'm feeling—I just go silent or shut down.

- ☐ Yes
- ☒ No
- ☐ Not sure

In group activities, I understand when others are excited or sad, but I don't feel much myself.

- ☐ Yes
- ☒ No
- ☐ Not sure

I often pretend everything is fine around my friends, even if I'm feeling empty or low inside.

- ☐ Yes
- ☒ No
- ☐ Not sure

When journaling or reflecting, I realize I rarely write about emotions—just events.

- ☐ Yes
☒ No
☐ Not sure

While helping a friend with homework, I found myself jumping from one topic to another without finishing anything.

- ☐ Yes
☒ No
☐ Not sure

In class, I often zone out in the middle of lectures even if the topic initially interests me.

- ☐ Yes
☒ No
☐ Not sure

When getting ready for an event, I forget simple things like my phone or keys—even after double-checking.

- ☒ Yes
☐ No
☐ Not sure

I start tasks like cleaning my room but often leave them halfway because I get distracted.

- ☐ Yes
☒ No
☐ Not sure

When talking with someone, I sometimes interrupt them without realizing it until later.

- ☐ Yes
☒ No
☐ Not sure

While watching a movie with friends, I fidget, tap my leg, or check my phone constantly.

- ☐ Yes
☒ No
☐ Not sure

Even when I have plenty of time, I wait until the last moment to start tasks or assignments.

- ☐ Yes
☒ No
☐ Not sure

During group discussions, I lose focus quickly and, even when I want to contribute, I don't know how I feel or what to say.

- ☐ Yes
☒ No

☐ Not sure

Predict

Alexithymia Prediction: No (Confidence: 0.82)

Estimated ADHD Risk Score: 34.15

Thank you for your responses! Your results are based on the provided answers and should not be considered a clinical diagnosis.

If you have concerns about your mental health, please consult a qualified professional.