

Psychometric Test Results

Generated: 2026-02-22T19:16:52.912Z

Participant ID: P007

Total Duration: 8.4 minutes

Summary Scores:

HADS Score:

- Anxiety: 13 (Abnormal)
- Depression: 13 (Abnormal)

STAI-S Score: 53 (High anxiety)

STAI-T Score: 49 (High anxiety)

BFI Score:

- Openness: 1.5 (Low)
- Conscientiousness: 3 (Average)
- Extraversion: 1.5 (Low)
- Agreeableness: 2 (Low)
- Neuroticism: 4.5 (High)

FQ Score:

- MainPhobia: 4 (Moderate)
- TotalPhobia: 70 (High)
- Agoraphobia: 14 (Moderate)
- BloodInjuryPhobia: 32 (High)
- SocialPhobia: 24 (High)
- GlobalPhobiaRating: 6 (Severe)
- AnxietyDepression: 24 (High)

Detailed Responses:

Test: HADS

Q: 1. I feel tense or 'wound up':

Answer: A lot of the time | Score: 2 | Time: 3.2s

Test: HADS

Q: 2. I still enjoy the things I used to enjoy:

Answer: Only a little | Score: 2 | Time: 5.4s

Test: HADS

Q: 3. I get a sort of frightened feeling as if something awful is about to happen:

Answer: Yes, but not too badly | Score: 2 | Time: 6.9s

Test: HADS

Q: 4. I can laugh and see the funny side of things:

Answer: Definitely not so much now | Score: 2 | Time: 4.0s

Test: HADS

Q: 5. Worrying thoughts go through my mind:

Answer: A lot of the time | Score: 2 | Time: 9.0s

Test: HADS

Q: 6. I feel cheerful:

Answer: Sometimes | Score: 1 | Time: 5.4s

Test: HADS

Q: 7. I can sit at ease and feel relaxed:

Answer: Usually | Score: 1 | Time: 29.6s

Test: HADS

Q: 8. I feel as if I am slowed down:

Answer: Very often | Score: 2 | Time: 7.8s

Test: HADS

Q: 9. I get a sort of frightened feeling like 'butterflies' in the stomach:

Answer: Quite Often | Score: 2 | Time: 4.2s

Test: HADS

Q: 10. I have lost interest in my appearance:

Answer: I don't take as much care as I should | Score: 2 | Time: 3.8s

Test: HADS

Q: 11. I feel restless as I have to be on the move:

Answer: Quite a lot | Score: 2 | Time: 7.1s

Test: HADS

Q: 12. I look forward with enjoyment to things:

Answer: Hardly at all | Score: 3 | Time: 11.1s

Test: HADS

Q: 13. I get sudden feelings of panic:

Answer: Quite often | Score: 2 | Time: 4.5s

Test: HADS

Q: 14. I can enjoy a good book or radio or TV program:

Answer: Sometimes | Score: 1 | Time: 6.3s

Test: STAI-S

Q: 1. I feel calm.

Answer: Somewhat | Score: 3 | Time: 5.9s

Test: STAI-S

Q: 2. I feel secure.

Answer: Not at all | Score: 4 | Time: 6.6s

Test: STAI-S

Q: 3. I am tense.

Answer: Somewhat | Score: 2 | Time: 8.8s

Test: STAI-S

Q: 4. I feel regretful.

Answer: Moderately | Score: 3 | Time: 5.1s

Test: STAI-S

Q: 5. I feel at ease.

Answer: Moderately | Score: 2 | Time: 13.2s

Test: STAI-S

Q: 6. I feel upset.

Answer: Somewhat | Score: 2 | Time: 2.9s

Test: STAI-S

Q: 7. I am currently worried about possible misfortunes.

Answer: Moderately | Score: 3 | Time: 4.2s

Test: STAI-S

Q: 8. I feel rested.

Answer: Somewhat | Score: 3 | Time: 7.6s

Test: STAI-S

Q: 9. I feel anxious.

Answer: Somewhat | Score: 2 | Time: 5.4s

Test: STAI-S

Q: 10. I feel comfortable.

Answer: Very much | Score: 1 | Time: 2.2s

Test: STAI-S

Q: 11. I feel self-confident.

Answer: Somewhat | Score: 3 | Time: 4.6s

Test: STAI-S

Q: 12. I feel nervous.

Answer: Moderately | Score: 3 | Time: 2.8s

Test: STAI-S

Q: 13. I am jittery.

Answer: Very much | Score: 4 | Time: 2.6s

Test: STAI-S

Q: 14. I feel high-strung.

Answer: Somewhat | Score: 2 | Time: 2.8s

Test: STAI-S

Q: 15. I am relaxed.

Answer: Moderately | Score: 2 | Time: 3.4s

Test: STAI-S

Q: 16. I feel content.

Answer: Not at all | Score: 4 | Time: 2.5s

Test: STAI-S

Q: 17. I am worried.

Answer: Very much | Score: 4 | Time: 2.4s

Test: STAI-S

Q: 18. I feel overexcited and rattled.

Answer: Somewhat | Score: 2 | Time: 3.7s

Test: STAI-S

Q: 19. I feel joyful.

Answer: Moderately | Score: 2 | Time: 3.1s

Test: STAI-S

Q: 20. I feel fine.

Answer: Moderately | Score: 2 | Time: 2.3s

Test: STAI-T

Q: 1. I feel fine.

Answer: Often | Score: 2 | Time: 2.3s

Test: STAI-T

Q: 2. I tire quickly.

Answer: Sometimes | Score: 2 | Time: 2.8s

Test: STAI-T

Q: 3. I feel like crying.

Answer: Often | Score: 3 | Time: 2.2s

Test: STAI-T

Q: 4. I wish I could be as happy as others seem to be.

Answer: Almost Always | Score: 4 | Time: 4.5s

Test: STAI-T

Q: 5. I am losing opportunities because I cannot make decisions fast.

Answer: Sometimes | Score: 2 | Time: 2.3s

Test: STAI-T

Q: 6. I feel rested.

Answer: Sometimes | Score: 3 | Time: 4.2s

Test: STAI-T

Q: 7. I am calm.

Answer: Sometimes | Score: 3 | Time: 6.3s

Test: STAI-T

Q: 8. I feel that difficulties are piling up in such a way that I cannot overcome them.

Answer: Sometimes | Score: 2 | Time: 4.3s

Test: STAI-T

Q: 9. I worry too much about things that do not really matter.

Answer: Often | Score: 3 | Time: 4.0s

Test: STAI-T

Q: 10. I am happy.

Answer: Sometimes | Score: 3 | Time: 4.2s

Test: STAI-T

Q: 11. I am inclined to take things hard.

Answer: Almost Never | Score: 1 | Time: 3.4s

Test: STAI-T

Q: 12. I lack self-confidence.

Answer: Sometimes | Score: 2 | Time: 5.1s

Test: STAI-T

Q: 13. I feel secure.

Answer: Often | Score: 2 | Time: 3.0s

Test: STAI-T

Q: 14. I try to avoid facing a crisis or difficulty.

Answer: Sometimes | Score: 2 | Time: 4.2s

Test: STAI-T

Q: 15. I feel blue.

Answer: Often | Score: 3 | Time: 3.0s

Test: STAI-T

Q: 16. I am content.

Answer: Almost Never | Score: 4 | Time: 3.1s

Test: STAI-T

Q: 17. Some unimportant thoughts run through my mind and bother me.

Answer: Sometimes | Score: 2 | Time: 1.8s

Test: STAI-T

Q: 18. I take disappointments so keenly that I cannot get them out of my mind.

Answer: Almost Never | Score: 1 | Time: 3.8s

Test: STAI-T

Q: 19. I am a steady person.

Answer: Sometimes | Score: 3 | Time: 2.5s

Test: STAI-T

Q: 20. I become tense and upset when I think about my current concerns.

Answer: Sometimes | Score: 2 | Time: 3.7s

Test: BFI

Q: 1. I see myself as someone who is reserved

Answer: Agree | Score: 2 | Time: 6.0s

Test: BFI

Q: 2. I see myself as someone who is generally trusting

Answer: Disagree | Score: 2 | Time: 5.2s

Test: BFI

Q: 3. I see myself as someone who does a thorough job

Answer: Agree | Score: 4 | Time: 6.3s

Test: BFI

Q: 4. I see myself as someone who is relaxed, handles stress well

Answer: Disagree | Score: 4 | Time: 3.0s

Test: BFI

Q: 5. I see myself as someone who has an active imagination

Answer: Disagree | Score: 2 | Time: 3.4s

Test: BFI

Q: 6. I see myself as someone who is outgoing, sociable

Answer: Strongly disagree | Score: 1 | Time: 5.4s

Test: BFI

Q: 7. I see myself as someone who tends to find fault with others

Answer: Agree | Score: 2 | Time: 7.1s

Test: BFI

Q: 8. I see myself as someone who tends to be lazy

Answer: Agree | Score: 2 | Time: 11.6s

Test: BFI

Q: 9. I see myself as someone who gets nervous easily

Answer: Strongly agree | Score: 5 | Time: 3.4s

Test: BFI

Q: 10. I see myself as someone who has few artistic interests

Answer: Strongly agree | Score: 1 | Time: 9.3s

Test: FQ

Q: 1. Main phobia you want treated (agoraphobia)

Answer: 4 - definitely avoid it | Score: 4 | Time: 8.3s

Test: FQ

Q: 2. Injections or minor surgery

Answer: 6 - markedly avoid it | Score: 6 | Time: 4.3s

Test: FQ

Q: 3. Eating or drinking with other people

Answer: 4 - definitely avoid it | Score: 4 | Time: 4.4s

Test: FQ

Q: 4. Hospitals

Answer: 6 - markedly avoid it | Score: 6 | Time: 2.8s

Test: FQ

Q: 5. Traveling alone or by bus

Answer: 2 - slightly avoid it | Score: 2 | Time: 3.3s

Test: FQ

Q: 6. Walking alone in busy streets

Answer: 0 - would not avoid it | Score: 0 | Time: 3.5s

Test: FQ

Q: 7. Being watched or stared at

Answer: 8 - always avoid it | Score: 8 | Time: 4.2s

Test: FQ

Q: 8. Going into crowded shops

Answer: 2 - slightly avoid it | Score: 2 | Time: 7.8s

Test: FQ

Q: 9. Talking to people in authority

Answer: 4 - definitely avoid it | Score: 4 | Time: 31.8s

Test: FQ

Q: 10. Sight of blood

Answer: 8 - always avoid it | Score: 8 | Time: 3.4s

Test: FQ

Q: 11. Being criticized

Answer: 6 - markedly avoid it | Score: 6 | Time: 3.7s

Test: FQ

Q: 12. Going alone far from home

Answer: 4 - definitely avoid it | Score: 4 | Time: 2.2s

Test: FQ

Q: 13. Thought of injury or illness

Answer: 6 - markedly avoid it | Score: 6 | Time: 3.4s

Test: FQ

Q: 14. Speaking or acting to an audience

Answer: 2 - slightly avoid it | Score: 2 | Time: 2.9s

Test: FQ

Q: 15. Large open spaces

Answer: 6 - markedly avoid it | Score: 6 | Time: 3.3s

Test: FQ

Q: 16. Going to the dentist

Answer: 6 - markedly avoid it | Score: 6 | Time: 26.0s

Test: FQ

Q: 17. Other situations (describe, then rate 0-8)

Answer: 6 - markedly avoid it | Score: 6 | Time: 3.5s

Test: FQ

Q: 18. How would you rate the present state of your phobic symptoms on the scale below?

Answer: 6 - markedly disturbing/disabling | Score: 6 | Time: 4.9s

Test: FQ

Q: 19. Feeling miserable or depressed

Answer: 2 - slightly troublesome | Score: 2 | Time: 4.6s

Test: FQ

Q: 20. Feeling irritable or angry

Answer: 6 - markedly troublesome | Score: 6 | Time: 2.3s

Test: FQ

Q: 21. Feeling tense or panicky

Answer: 6 - markedly troublesome | Score: 6 | Time: 29.0s

Test: FQ

Q: 22. Upsetting thoughts coming into your head

Answer: 6 - markedly troublesome | Score: 6 | Time: 1.9s

Test: FQ

Q: 23. Feeling you or your surroundings are strange or unreal

Answer: 4 - definitely troublesome | Score: 4 | Time: 2.9s

Test: FQ

Q: 24. Other feelings (describe, then rate 0-8)

Answer: 2 - slightly troublesome | Score: 2 | Time: 2.0s