Trypophobia Test

Name:	Date:

Section I

Below you will find descriptions of ten images. Imagine each of these images as vividly as possible, and then rate your level of discomfort or anxiety on a scale of 1 to 5, with one being "not uncomfortable at all" and five being "extremely uncomfortable."

Please note that this test is informal and not a diagnostic tool.

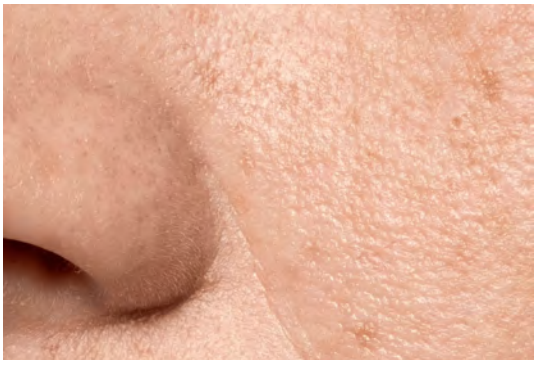
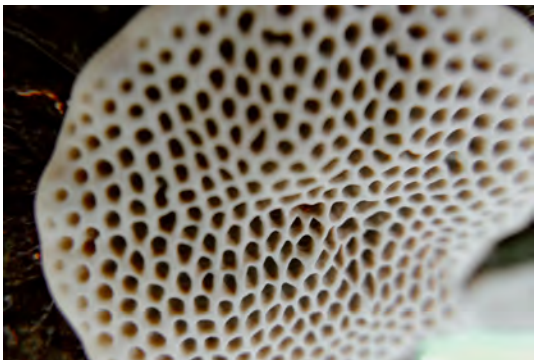
Consult a mental health professional if you suspect you have Trypophobia or other anxiety-related concerns.
Scale

- **1- Not uncomfortable at all:** You do not experience any discomfort or anxiety when imagining the image. You feel neutral or indifferent toward the pattern.
- **2- Slightly uncomfortable:** You experience a mild sense of unease or discomfort when imagining the image, but it does not cause significant distress or anxiety.
- **3- Moderately uncomfortable:** You feel a noticeable discomfort or anxiety when imagining the image, but you can still manage your feelings without significant difficulty.
- **4- Very uncomfortable:** Imagining the image causes considerable discomfort or anxiety, and you may feel a strong urge to avoid or get away from the pattern.
- **5- Extremely uncomfortable:** The image triggers an intense feeling of discomfort or anxiety that may be overwhelming, making it difficult to think about or focus on anything else. You might experience physical symptoms like sweating, rapid heartbeat, or nausea.

Description	Image	1	2	3	4	5
A close-up of a honeycomb filled with honey, with varying-sized hexagonal cells.		☐	☐	☐	☐	☐
A lotus seed pod with numerous seed holes clustered together.		☐	☐	☐	☐	☐

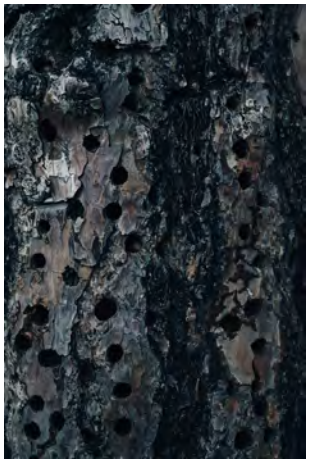
https://Carepatron.com

Powered by carepatron

Description	Image	1	2	3	4	5
A close-up image of a porous sponge with irregularly shaped holes and cavities.		☐	☐	☐	☐	☐
A pomegranate cut in half, revealing a tightly-packed cluster of seeds and seed compartments.		☐	☐	☐	☐	☐
A close-up view of the pores on the surface of human skin, such as on the face or the palm of a hand.		☐	☐	☐	☐	☐
A piece of coral with an intricate structure of holes, tunnels, and chambers.		☐	☐	☐	☐	☐

https://Carepatron.com

Powered by carepatron

Description	Image	1	2	3	4	5
A close-up photograph of a Swiss cheese slice, with various small and large holes.		☐	☐	☐	☐	☐
A group of tightly packed mushrooms growing on a tree trunk.		☐	☐	☐	☐	☐
A cracked, dried mud surface with an irregular pattern of small, interconnected cracks and holes.		☐	☐	☐	☐	☐

TOTAL SCORE:

After imagining each image and rating your discomfort level, calculate your total score by adding the ratings for all ten images. If your total score is:

- **10-20:** You likely have a mild or no aversion to Trypophobic patterns.
- **21-30:** You may have a moderate aversion to Trypophobic patterns.
- **31-40:** You likely have a strong aversion to Trypophobic patterns and may want to consult a mental health professional to discuss your concerns.

Remember, this test is not a diagnostic tool, and any concerns related to anxiety or phobias should be discussed with a qualified mental health professional.

Section II

Instructions:

Read the question carefully and consider your own experiences and feelings. Respond to each question with either "Yes" or "No," depending on whether the situation or feeling described in the question applies to you.

Take your time to reflect on your past experiences and how you've reacted to situations involving clustered holes, bumps, or similar patterns. Be honest with yourself to get an accurate understanding of your potential sensitivity to Trypophobic patterns.

Questions	Yes	No
Do you feel anxious or uncomfortable looking at images of small holes or bumps clustered together, such as a honeycomb or lotus seed pod?	☐	☐
Have you ever felt the need to avoid particular objects or situations due to the presence of hole-like patterns, bumps, or irregular textures?	☐	☐
Do you experience any physical symptoms, such as goosebumps, itchiness, or nausea, when exposed to trypophobic patterns?	☐	☐
Have you ever experienced a panic attack or extreme anxiety due to encountering clustered holes, bumps, or similar patterns?	☐	☐
Do you frequently think about or fear situations where you might encounter trypophobic patterns?	☐	☐
Has your aversion to these patterns negatively affected your daily life, relationships, or ability to function in social or professional settings?	☐	☐

Once you have answered all six questions, review your responses to understand your possible aversion to trypophobic patterns better.

If you answered "Yes" to most or all questions, it might indicate your sensitivity or aversion to trypophobic patterns. However, remember that these questions are not definitive, and a qualified mental health professional should be consulted for a proper assessment and potential treatment options.