

RESEARCH TOOL: The Neuro-Phenomenological Observation Matrix (NPOM)

This document converts the qualitative observations from the previous research into a **Quantifiable Scoring Matrix**. This tool is designed for professionals (therapists, researchers) or individuals to map the probability of a specific neurocognitive architecture.

DISCLAIMER: *This is a research and observation tool, not a diagnostic instrument. It is designed to identify phenomenological patterns consistent with ADHD, Autism, and AuDHD.*

I. THE SCORING MATRIX

Instructions: Rate each phenomenological marker on a scale of **0 to 4**.

- **0:** Never / Not Applicable
- **1:** Rarely (Under specific stress)
- **2:** Sometimes (Weekly occurrence)
- **3:** Often (Daily interference)
- **4:** Constant / Debilitating (Core feature of existence)

SECTION A: EXECUTIVE FUNCTION & INERTIA (The Engine)

ID	MARKER	ADHD Leaning	ASD Leaning	AuDHD Leaning	SCORE (0-4)
A1	Waiting Paralysis: Inability to start tasks if an appointment exists	High	Low	Very High	

	later in the day.				
A2	Novelty Seeking: Ability to focus <i>only</i> when a task is new, urgent, or interesting.	High	Low	Moderate	
A3	Task Switching Pain: Physical distress when interrupted or forced to switch tasks.	Moderate	High	Very High	
A4	The Doom Pile: Presence of disorganized piles that become "invisible" to the eye.	High	Low	Moderate	
A5	System Abandonment: Creating complex organizational systems that are abandoned	High	Low	Very High	

	after 3 days.				
A6	Routine Rigidity: Distress if a specific routine/order is disrupted by external forces.	Low	High	High	

SECTION B: SENSORY & REGULATION (The Filter)

ID	MARKER	ADHD Leaning	ASD Leaning	AuDHD Leaning	SCORE (0-4)
B1	Under-Stimulation: Fidgeting, seeking noise, or creating conflict to generate dopamine.	High	Low	Moderate	
B2	Over-Stimulation: Shutdown or meltdown due to lights, textures, or overlapping	Moderate	High	Very High	

	sounds.				
B3	Safe Foods/Clot hes: Eating the same meal or wearing the same texture for weeks.	Low	High	Moderate	
B4	Stimming: Repetitive movement (rocking, hand flapping) to regulate the nervous system.	Moderate	High	High	
B5	Auditory Gating: Inability to filter background noise (clock ticking, electricity hum).	Moderate	High	Very High	

SECTION C: SOCIAL & COMMUNICATION (The Interface)

ID	MARKER	ADHD Leaning	ASD Leaning	AuDHD Leaning	SCORE (0-4)
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C1	Info-Dumping: Urge to explain a topic in extreme detail, ignoring social cues to stop.	High	High	Very High	
C2	Scripting: Rehearsing conversations beforehand to ensure "correctness."	Low	High	High	
C3	Impulsive Interruption: Speaking over others because the thought will vanish if not said.	High	Low	Moderate	
C4	Eye Contact Friction: Forced or calculated eye contact; looking away to think.	Moderate	High	High	
C5	Parallel Play:	Moderate	High	Very High	

	Preferring to exist near others without direct interaction.				
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SECTION D: EMOTIONAL & IDENTITY (The Internal State)

ID	MARKER	ADHD Leaning	ASD Leaning	AuDHD Leaning	SCORE (0-4)
D1	RSD: Extreme emotional pain/dysphoria upon perceived rejection or criticism.	Very High	Moderate	Very High	
D2	Justice Sensitivity: Inability to "let go" of perceived unfairness or logical inconsistency.	Moderate	High	Very High	
D3	Identity Diffusion: Feeling like a "chameleon" who	Moderate	High	High	

	mimics others to survive.				
D4	Burnout Cycles: Periods of high productivity followed by weeks of exhaustion/ regression.	High	Moderate	Very High	

II. INTERPRETATION GUIDE

To analyze the results, do not just sum the total. Look for the **Pattern of Clusters**.

1. The "Hunter" Profile (High Probability ADHD)

- **High Scores in:** A1, A2, A4, B1, C3, D1.
- **Low Scores in:** A6, B3, C2.
- **Pattern:** The user struggles with *regulation* and *dopamine*, but is socially spontaneous and resists routine.

2. The "Architect" Profile (High Probability Autism)

- **High Scores in:** A3, A6, B2, B3, C2, C5, D2.
- **Low Scores in:** A2, A4, C3.
- **Pattern:** The user struggles with *flexibility* and *sensory input*. They crave order, routine, and predictability.

3. The "Paradox" Profile (High Probability AuDHD)

- **High Scores in: Almost All Categories**, specifically the "Clash" markers (A5, D4).
 - **The Key Indicator: *Contradiction*.**
 - Scoring a 4 on "Novelty Seeking" (A2) **AND** a 4 on "Routine Rigidity" (A6).
 - Scoring a 4 on "Under-Stimulation" (B1) **AND** a 4 on "Over-Stimulation" (B2).
 - **Analysis:** This indicates the "Civil War" described in the previous research. The mind is fighting itself, leading to the highest probability of **Burnout (D4)**.
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III. PROBABILITY FORMULA (FOR PROFESSIONAL USE)

For a computational analysis, use this weighted formula to determine the **AuDHD Intensity Index** (I_{AuDHD}):

$$I_{\text{AuDHD}} = \frac{\sum(\text{Conflict Pairs})}{\text{Total Pairs}} \times \text{Burnout Factor}$$

Where "**Conflict Pairs**" are:

1. (Need for Routine) vs. (Inability to maintain Routine)
2. (Need for Stimulation) vs. (Sensory Sensitivity)
3. (Desire to Socialize) vs. (Social Exhaustion)

Interpretation:

- If $I_{\text{AuDHD}} > 0.8$, the subject is likely experiencing "The Dual Anchor" conflict.
 - **Clinical Recommendation:** Standard ADHD medication alone may exacerbate Autistic sensory issues. Standard Autism therapy may exacerbate ADHD boredom. **Hybrid intervention is required.**
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IV. NEXT STEP

Would you like me to draft a "Clinical Intake Form" incorporating these questions, or generate a specific "Business Proposal" for a tool/app based on this scoring matrix?