



The Naturopathic Medical Research Clinic

NOURISHED MINDS • HEALTHY LIVES

HOD TEST INSTRUCTIONS

The HOD (Hoffer-Osmond Diagnostic) Test contains 145 statements or questions. **Read the questions and answer “true” or “false” according to how well it describes what has been happening to you in the past week.** These questions probe areas of perception, thought, and mood. Questions of perception deal with time, vision, taste, tactility, and olfaction. This test is useful to monitor treatment progress and to provide insight on mental status. There are no wrong answers, only honest ones. This test is not designed to test intelligence or personality and it is not an IQ test. **If there is doubt about a question, please answer it “false” or seek clarification— there must be no uncertain answers and every question must be answered.** Clarification should only be sought to help understand the question. Clarification should not be sought to help answer the question directly. There is no time limit and the test normally takes 15 to 20 minutes to complete.

This is a very broad test covering all the possibilities from quite sick to only mild nervousness. There are some pretty wild questions on the test, please do not let that bother you. **Please do not answer philosophically, the questions are meant to be literal.** For diagnostic purposes, the practitioner’s objective impression is required in addition to the assessment of this subjective test result.

Do not write on the 5 test questions pages. Please put all answers on the **HOD Answer Sheet** (provided) and bring the results with you to the first and subsequent visits. The HOD test is done regularly to monitor progress. Patient symptoms are also assessed by objective findings. **If you are having difficulty doing the test or you find it frustrating to concentrate on symptoms, it is not necessary to complete it.**

47. Some foods which never tasted funny before do so now.
143. Most people hate me.
68. There are some people trying to do me harm.
61. I can no longer smell perfumes as well as I used to.
60. I sweat much more now than when I used to.
59. My body odor is now much more unpleasant.
134. People interfere with my body to harm me.
66. My mind is racing away from me.
81. People are watching me.
73. At times when I come into a new situation, I feel strongly the situation is a repeat of one that happened before.
10. Sometimes I have visions of animals or scenes.
70. I have a mission in life given to me by God.
2. People's faces seem to change in size as I watch them.
86. A dress is like a glove because they belong to a women rather than because they are articles of clothing.
5. People watch me all the time.
46. I sometimes feel strange vibrations through me.
15. When I look at people they seem strange.
22. Sometimes when I watch TV the picture looks strange.
141. I don't like meeting people – you can't trust anyone now.
117. My hands or feet sometimes feel far away.
107. Life seems entirely hopeless.
106. I usually feel miserable and blue.
51. Water now has funny tastes.
121. I often hear my thoughts inside my head.
92. An axe is like a saw because they have handles, rather than because they are tools.
110. I have to be on my guard with friends.
82. A cow is like a horse because they are both in North America, not because they are both animals.
78. My thinking gets all mixed up when I have to act quickly.
126. Other people's cigarette smoke smells strange – like a gas.
50. I have more difficulty tasting foods now.
49. Foods taste flat and lifeless.
7. Most people have halos (areas of brightness) around their heads.
35. I have often felt that there was another voice in my head.
31. I now have more trouble hearing people.
140. I get more frightened now when I am driven in a car by others.

- 6. I feel rays of energy upon me.
- 28. I sometimes feel that I have left my body.
- 1. People's faces sometimes pulsate as I watch them.
- 123. I hear my own thoughts clearly as if they were a voice.
- 109. I am often misunderstood by people.

- 45. I now have trouble feeling hot or cold things.
- 27. My hands or feet sometimes seem much too large for me.
- 39. I sometimes have sensations of crawly things under my skin.
- 64. At times my ideas disappear for a few moments and then reappear.
- 88. A pen is like a pencil because they are like sticks, rather than because they are used for writing.

- 85. A chair is like a table because they are usually used together rather than because they both have four legs.
- 84. A chair is like a table because they have four legs, not because they are usually used together.
- 19. Sometimes the world becomes very bright as I look at it.
- 133. Many people know that I have a mission in life.
- 80. Strange people or places frighten me.

- 21. Sometimes when I read the words begin to look funny – they move around or grow faint.
- 52. I can no longer tell how much time has gone by.
- 127. The world has become timeless for me.
- 116. I often become scared of sudden movements or noises at night.
- 43. I sometimes feel my bowels are dead.

- 58. My body odor is much more noticeable than it once was.
- 14. When I look at things like tables and chairs they seem strange.
- 37. I have heard voices coming from radio, television or tape recorders talking about me.
- 137. People interfere with my mind to help me.
- 11. Sometimes I have visions of God or of Christ.

- 34. I often hear or have heard voices talking about or to me.
- 25. Pictures appear to be alive and to breathe.
- 145. I am not sure who I am.
- 138. I know that most people expect a great deal of me.
- 41. Some of my organs feel dead.

30. My sense of hearing is now more sensitive than it ever has been.
 4. People watch me a lot more than they used to.
108. I am very painfully shy.
 20. Sometimes the world becomes very dim as I look at it.
 114. I am constantly keyed up and jittery.
54. Some days move by so quickly it seems only minutes have gone by.
 3. People's eyes seem very piercing and frightening.
103. I very often suffer from severe nervous exhaustion.
 36. I have often heard strange sounds, e.g. laughing which frightens me.
 125. Cigarettes taste queer now.
32. I often have singing noises in my ears.
 42. I sometimes feel my stomach is dead.
124. My bones often feel soft.
 38. My sense of touch has now become very keen.
 9. Sometimes I have visions of people during the day when my eyes are open.
100. A fly is like a tree because they both require humans rather than because they are living things.
 17. Now and then when I look in the mirror my face changes and seems different.
 8. Sometimes I have visions of people when I close my eyes.
 16. Often when I look at people they seem to be like someone else.
 33. I often hear or have heard voices.
111. Very often friends irritate me.
 40. I sometimes feel rays of electricity shooting through me.
101. A fly is like a tree because they both are living things rather than because they both require humans.
 71. At times some other people can read my mind.
120. When I am driving in a car objects and people change shape very quickly. They didn't used to.
75. I am now much more forgetful.
 56. I have much more trouble getting my work done on time.
115. Sudden noises make me jump or shake badly.
 55. I have much more trouble keeping appointments.
 90. An orange is like a banana because they both have skins rather than because they are fruit.

98. Praise is like punishment because they both start with p rather than because they are given to people.
132. People are often envious of me.
62. Foods smell funny now.
136. People interfere with my mind to harm me.
69. There is some plot against me.
76. I now am sick.
118. My hands or feet often look very small now.
94. The eye is like the ear because they are on the head rather than because they are sense organs.
89. A pen is like a pencil because they are both used for writing rather than because they both are like sticks.
113. I am often very shaky.
104. I very often have great difficulty falling asleep at night.
48. I can taste bitter things in some foods like poison.
130. People look as if they were dead now.
112. My family irritates me very much.
139. Lately I often get frightened when driving myself in a car.
13. Sometimes I feel very unreal.
119. Cars seem to move very quickly now. I can't be sure where they are.
23. Sometimes I feel there is a fog or mist shutting me away from the world.
91. An orange is like a banana because they are fruit, not because they both have skins.
93. An axe is like a saw because they are tools, rather than because they have handles.
87. A dress is like a glove because they are articles of clothing rather than because they are owned by women.
95. The eye is like the ear because they are sense organs rather than because they are on the head.
102. I very often am very tired.
53. The days seem to go by very slowly.
24. Sometimes objects pulsate when I look at them.
129. Other people. Smell strange
44. I sometimes feel I am being pinched by unseen things.
18. My body now and then seems to be altered – too big or too small, out of proportion.
135. People interfere with my body to help me.
122. I often hear my own thoughts outside my head.

57. Things smell very funny now.
144. I find that past, present and future seem all muddled up.
12. Sometimes the world seems unreal.
105. I usually feel alone and sad at a party.
131. I feel as if I am dead.
29. I often feel I have left my body.
26. I often see sparks or spots of light floating before me.
97. Air is like water because they are needed for life rather than because are both cold.
99. Praise is like punishment because they are both given to people rather than because they start with the letter p.
65. I am bothered by very disturbing ideas.
83. A cow is like a horse because they are animals, not because they are in North America.
128. Time seems to have changed recently, but I am not sure how.
79. I very often get directions wrong.
72. I can read other people's minds.
77. I can not make up my mind about things that before did not trouble me.
74. I now become easily confused.
63. At times my mind goes blank.
142. More people admire me more than ever before.
96. Air is like water because they are both cold rather because the are needed for life.
67. At times I am aware of people talking about me.

HOD ANSWER SHEET

Name: _____ Sex: M / F Age: _____ Date: _____

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|----------|----------|----------|----------|----------|----------|
| 47. T F | 110. T F | 21. T F | 32. T F | 76. T F | 57. T F |
| 143. T F | 82. T F | 52. T F | 42. T F | 118. T F | 144. T F |
| 68. T F | 78. T F | 127. T F | 124. T F | 94. T F | 12. T F |
| 61. T F | 126. T F | 116. T F | 38. T F | 89. T F | 105. T F |
| 60. T F | 50. T F | 43. T F | 9. T F | 113. T F | 131. T F |
| 59. T F | 49. T F | 58. T F | 100. T F | 104. T F | 29. T F |
| 134. T F | 7. T F | 14. T F | 17. T F | 48. T F | 26. T F |
| 66. T F | 35. T F | 37. T F | 8. T F | 130. T F | 97. T F |
| 81. T F | 31. T F | 137. T F | 16. T F | 112. T F | 99. T F |
| 73. T F | 140. T F | 11. T F | 33. T F | 139. T F | 65. T F |
| 10. T F | 6. T F | 34. T F | 111. T F | 13. T F | 83. T F |
| 70. T F | 28. T F | 25. T F | 40. T F | 119. T F | 128. T F |
| 2. T F | 1. T F | 145. T F | 101. T F | 23. T F | 79. T F |
| 86. T F | 123. T F | 138. T F | 71. T F | 91. T F | 72. T F |
| 5. T F | 109. T F | 41. T F | 120. T F | 93. T F | 77. T F |
| 46. T F | 45. T F | 30. T F | 75. T F | 87. T F | 74. T F |
| 15. T F | 27. T F | 4. T F | 56. T F | 95. T F | 63. T F |
| 22. T F | 39. T F | 108. T F | 115. T F | 102. T F | 142. T F |
| 141. T F | 64. T F | 20. T F | 55. T F | 53. T F | 96. T F |
| 117. T F | 88. T F | 114. T F | 90. T F | 24. T F | 67. T F |
| 107. T F | 85. T F | 54. T F | 98. T F | 129. T F | |
| 106. T F | 84. T F | 3. T F | 132. T F | 44. T F | |
| 51. T F | 19. T F | 103. T F | 62. T F | 18. T F | |
| 121. T F | 133. T F | 36. T F | 136. T F | 135. T F | |
| 92. T F | 80. T F | 125. T F | 69. T F | 122. T F | |

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| 68. T F | 78. T F | 127. T F | 124. T F | 94. T F | 12. T F |
| 61. T F | 126. T F | 116. T F | 38. T F | 89. T F | 105. T F |
| 60. T F | 50. T F | 43. T F | 9. T F | 113. T F | 131. T F |
| 59. T F | 49. T F | 58. T F | 100. T F | 104. T F | 29. T F |
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| 66. T F | 35. T F | 37. T F | 8. T F | 130. T F | 97. T F |
| 81. T F | 31. T F | 137. T F | 16. T F | 112. T F | 99. T F |
| 73. T F | 140. T F | 11. T F | 33. T F | 139. T F | 65. T F |
| 10. T F | 6. T F | 34. T F | 111. T F | 13. T F | 83. T F |
| 70. T F | 28. T F | 25. T F | 40. T F | 119. T F | 128. T F |
| 2. T F | 1. T F | 145. T F | 101. T F | 23. T F | 79. T F |
| 86. T F | 123. T F | 138. T F | 71. T F | 91. T F | 72. T F |
| 5. T F | 109. T F | 41. T F | 120. T F | 93. T F | 77. T F |
| 46. T F | 45. T F | 30. T F | 75. T F | 87. T F | 74. T F |
| 15. T F | 27. T F | 4. T F | 56. T F | 95. T F | 63. T F |
| 22. T F | 39. T F | 108. T F | 115. T F | 102. T F | 142. T F |
| 141. T F | 64. T F | 20. T F | 55. T F | 53. T F | 96. T F |
| 117. T F | 88. T F | 114. T F | 90. T F | 24. T F | 67. T F |
| 107. T F | 85. T F | 54. T F | 98. T F | 129. T F | |
| 106. T F | 84. T F | 3. T F | 132. T F | 44. T F | |
| 51. T F | 19. T F | 103. T F | 62. T F | 18. T F | |
| 121. T F | 133. T F | 36. T F | 136. T F | 135. T F | |
| 92. T F | 80. T F | 125. T F | 69. T F | 122. T F | |