

## The Amen Clinic ADD Type Questionnaire

Please rate yourself (or the person you are evaluating) on each of the symptoms listed below using the following scale. If possible, also have someone else rate you or the other person (such as a spouse or parent ). This is done to obtain a more complete picture of the situation.

0= Never

1=Rarely

2=Occasionally

3=Frequently

4=Very Frequently

NA=Not Applicable

SELF OTHER

- \_\_\_ \_\_\_ 1. is easily distracted
- \_\_\_ \_\_\_ 2. has difficulty sustaining attention span for most tasks in play, school or work
- \_\_\_ \_\_\_ 3. has trouble listening when others are talking
- \_\_\_ \_\_\_ 4. has difficulty following through (procrastination) on tasks or instructions
- \_\_\_ \_\_\_ 5. has difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker etc)
- \_\_\_ \_\_\_ 6. has trouble with time, for example, is frequently late or hurried, tasks take longer than expected, projects or homework are "last minute" or turned in late
- \_\_\_ \_\_\_ 7. has a tendency to lose things
- \_\_\_ \_\_\_ 8. makes careless mistakes, poor attention to detail
- \_\_\_ \_\_\_ 9. is forgetful
- \_\_\_ \_\_\_ 10. daydreams excessively
- \_\_\_ \_\_\_ 11. complains of being bored
- \_\_\_ \_\_\_ 12. appears apathetic or unmotivated
- \_\_\_ \_\_\_ 13. is tired, sluggish, or slow-moving
- \_\_\_ \_\_\_ 14. is spacey or seems preoccupied

Self    Other

- \_\_\_ \_\_\_ 15. is restless or hyperactive
- \_\_\_ \_\_\_ 16. has trouble sitting still
- \_\_\_ \_\_\_ 17. is fidgety, in constant motion (hands, feet, body)
- \_\_\_ \_\_\_ 18. Is noisy, has a hard time being quiet
- \_\_\_ \_\_\_ 19. acts as if "driven by a motor"
- \_\_\_ \_\_\_ 20. talks excessively
- \_\_\_ \_\_\_ 21. is impulsive (doesn't think through comments or actions before they are said or done)
- \_\_\_ \_\_\_ 22. has difficulty waiting his or her turn
- \_\_\_ \_\_\_ 23. interrupts or intrudes on others (e.g. butts into conversations or games)
- \_\_\_ \_\_\_ 24. worries excessively or senselessly
- \_\_\_ \_\_\_ 25. is superorganized
- \_\_\_ \_\_\_ 26. is oppositional, argumentative
- \_\_\_ \_\_\_ 27. has a strong tendency to get locked into negative thoughts; has the same thought over and over
- \_\_\_ \_\_\_ 28. has a tendency toward compulsive behavior
- \_\_\_ \_\_\_ 29. has an intense dislike of change
- \_\_\_ \_\_\_ 30. has tendency to hold grudges
- \_\_\_ \_\_\_ 31. has trouble shifting attention from subject to subject
- \_\_\_ \_\_\_ 32. has difficulty seeing options in situations
- \_\_\_ \_\_\_ 33. has a tendency to hold on to own opinion and not listen to others
- \_\_\_ \_\_\_ 34. has a tendency to get locked into a course of action, whether or not it is good for the person
- \_\_\_ \_\_\_ 35. needs to have things done a certain way or becomes very upset
- \_\_\_ \_\_\_ 36. others complain that he or she worries too much
- \_\_\_ \_\_\_ 37. has periods of quick temper, of rages with little provocation
- \_\_\_ \_\_\_ 38. misinterprets comments as negative when they are not
- \_\_\_ \_\_\_ 39. Irritability tends to build, then explodes, then recedes; is often tired after a rage

