

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, lover, 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
_____	_____	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. Talk 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 super organized
_____	_____	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 a tendency to hold grudges
_____	_____	31. Has trouble shifting attention from subject to subject
_____	_____	32. Has difficulties 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 or 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
- _____ 40. Has periods of spaciness or confusion
- _____ 41. Has periods of panic and/or fear for no specific reason
- _____ 42. Perceives visual changes, such as seeing shadows or objects changing shape
- _____ 43. Has frequent periods of déjà vu (feelings of being somewhere before even though he or she has never been there)
- _____ 44. Is sensitive or mildly paranoid
- _____ 45. Has headaches or abdominal pain of uncertain origin
- _____ 46. Has a history of a head injury or a family history of violence or explosiveness
- _____ 47. Has dark thoughts, may involve suicidal or homicidal thoughts
- _____ 48. Has periods of forgetfulness or memory problems
- _____ 49. Has a short fuse or periods of extreme irritability
- _____ 50. Is moody
- _____ 51. Is negative
- _____ 52. Has low energy
- _____ 53. Is frequently irritable
- _____ 54. Has a tendency to be socially isolated
- _____ 55. Has frequent feelings of hopelessness, helplessness, or excessive guilt
- _____ 56. Has lowered interest in things that are usually considered fun
- _____ 57. Undergoes sleep changes (too much or too little)
- _____ 58. Has chronic low self-esteem
- _____ 59. Is angry or aggressive
- _____ 60. Is sensitive to noise, light, clothes or touch
- _____ 61. Undergoes frequent or cyclic mood changes (highs and lows)
- _____ 62. Is inflexible, rigid in thinking
- _____ 63. Demands to have his or her way, even when told no multiple times
- _____ 64. Has periods of mean, nasty, or insensitive behavior
- _____ 65. Has periods of increased talkativeness
- _____ 66. Has periods of increased impulsivity
- _____ 67. Displays unpredictable behavior
- _____ 68. Way of thinking is grandiose or “larger than life”
- _____ 69. Talks fast
- _____ 70. Feels that thoughts go fast
- _____ 71. Appears anxious or fearful

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