

Dr. Amen 7 types of ADD questionnaire

Name: _____ Date: _____

Please score yourself and have someone else that knows you well, a parent, sibling, spouse, or close friend also score you.

Score: 0 Never 1 Rarely 2 Occasionally 3 Frequently 4 Very Frequently

Self Other

- | | | |
|-----|-----|--|
| ___ | ___ | 1. Is easily distracted |
| ___ | ___ | 2. Has difficulty sustaining attention span for most tasks in play, school or work (home and work) |
| ___ | ___ | 3. Has trouble listening when others are talking |
| ___ | ___ | 4. Has difficulty with follow through (procrastination) on tasks or instructions |
| ___ | ___ | 5. Has difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker, office, home, car, etc.) |
| ___ | ___ | 6. Has difficulty 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. Is restless or hyperactive |
| ___ | ___ | 11. Has trouble sitting still |
| ___ | ___ | 12. Is fidgety, in constant motion (hands, feet, body) |
| ___ | ___ | 13. Is noisy, has a hard time being quiet |
| ___ | ___ | 14. Acts as if "driven by a motor" |
| ___ | ___ | 15. Talks excessively |
| ___ | ___ | 16. Is impulsive (doesn't think through comments or actions before they are said or done) |
| ___ | ___ | 17. Has difficulty waiting their turn |
| ___ | ___ | 18. Interrupts or intrudes on others (e.g. butts into conversations or games) |
| ___ | ___ | 19. Worries excessively or senselessly |
| ___ | ___ | 20. Is superorganized |
| ___ | ___ | 21. Is oppositional, argumentative |

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- ___ ___ 22. Has a strong tendency to get locked into negative thoughts; has the same thought over and over
- ___ ___ 23. Has a tendency toward compulsive behavior
- ___ ___ 24. Has an intense dislike for change
- ___ ___ 25. Has a tendency to hold grudges
- ___ ___ 26. Has trouble shifting attention from subject to subject
- ___ ___ 27. Has difficulties seeing options in situations
- ___ ___ 28. Has a tendency to hold on to own opinion and not listen to others
- ___ ___ 29. Has a tendency to get locked into a course of action, whether or not it's good for the them
- ___ ___ 30. Needs to have things done a certain way or becomes very upset
- ___ ___ 31. Others complain that they worry too much
- ___ ___ 32. Has periods of quick temper or rages with little provocation
- ___ ___ 33. Misinterprets comments as negative when they are not
- ___ ___ 34. Irritability tends to build, then explodes, then recedes; is often tired after a rage
- ___ ___ 35. Has periods of spaciness or confusion
- ___ ___ 36. Has periods of panic and/or fear for no specific reason
- ___ ___ 37. Perceives visual changes, such as seeing shadows or objects changing shape
- ___ ___ 38. Has frequent periods of déjà vu (feelings of being somewhere before even though they have never been there before)
- ___ ___ 39. Is sensitive or mildly paranoid
- ___ ___ 40. Has headaches or abdominal pain of uncertain origin
- ___ ___ 41. Has a history of head injury or a family history of violence or explosiveness
- ___ ___ 42. Has dark thoughts, may involve suicidal or homicidal thoughts
- ___ ___ 43. Has periods of forgetfulness or memory problems
- ___ ___ 44. Has a short fuse or periods of extreme irritability
- ___ ___ 45. Is moody
- ___ ___ 46. Is negative
- ___ ___ 47. Has low energy

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- ___ ___ 48. Is frequently irritable
- ___ ___ 49. Has a tendency to be socially isolated
- ___ ___ 50. Has frequent feelings of hopelessness, helplessness, or excessive guilt
- ___ ___ 51. Has lowered interest in things that are usually considered fun
- ___ ___ 52. Undergoes sleep changes (too much or too little)
- ___ ___ 53. Has chronic low self-esteem
- ___ ___ 54. Is angry or aggressive
- ___ ___ 55. Is sensitive to noise, light, clothes or touch
- ___ ___ 56. Undergoes frequent or cyclic mood changes (highs and lows)
- ___ ___ 57. Is inflexible, rigid in thinking
- ___ ___ 58. Demands to have their way, even when told no multiple times
- ___ ___ 59. Has periods of mean, nasty or insensitive behavior
- ___ ___ 60. Has periods of increased talkativeness
- ___ ___ 61. Has periods of increased impulsivity
- ___ ___ 62. Displays unpredictable behavior
- ___ ___ 63. Way of thinking is grandiose or "larger than life"
- ___ ___ 64. Appears anxious or fearful
- ___ ___ 65. Predicts the worse
- ___ ___ 66. Freezes in social situations
- ___ ___ 67. Physical stress symptoms, like headaches or muscle tension
- ___ ___ 68. Conflict avoidant
- ___ ___ 69. Fear of being judged
- ___ ___ 70. Excessive motivation