

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 flexible, 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