The Amen Clinic ADD Type Questionnaire

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Date: /_/____

Please rate yourself (or the person you are evaluating) on each of the symptoms listed below using the following scale.

- 0 Never
- 1 Rarely
- 2 Occasionally
- 3 Frequently
- 4 Very Frequently
- N/A Not Applicable

| | | N/A | 0 | 1 | 2 | 3 | 4 |
|-----|--|-----|---|---|---|---|---|
| 1. | is easily distracted | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | has difficulty sustaining attention span for most tasks in play, school, or work | 0 | 0 | 0 | 0 | 0 | 0 |
| 3. | has trouble listening when others are talking | 0 | 0 | 0 | 0 | 0 | 0 |
| 4. | has difficulty following through (procrastination) on tasks or instructions | 0 | 0 | 0 | 0 | 0 | 0 |
| 5. | has difficulty keeping an organized area (room, desk, backpack, filing cabinet, locker, etc.) | 0 | 0 | 0 | 0 | 0 | 0 |
| 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 | 0 | 0 | 0 | 0 | 0 | 0 |
| 7. | has a tendency to lose things | 0 | 0 | 0 | 0 | 0 | 0 |
| 8. | makes careless mistakes, poor attention to detail | 0 | 0 | 0 | 0 | 0 | 0 |
| 9. | is forgetful | 0 | 0 | 0 | 0 | 0 | 0 |
| 10. | daydreams excessively | 0 | 0 | 0 | 0 | 0 | 0 |
| 11. | complains of being bored | 0 | 0 | 0 | 0 | 0 | 0 |
| 12. | appears apathetic or unmotivated | 0 | 0 | 0 | 0 | 0 | 0 |
| 13. | is tired, sluggish, or slow-moving | 0 | 0 | 0 | 0 | 0 | 0 |
| 14. | is spacey or seems preoccupied | 0 | 0 | 0 | 0 | 0 | 0 |
| 15. | is restless or hyperactive | 0 | 0 | 0 | 0 | 0 | 0 |
| 16. | has trouble sitting still | 0 | 0 | 0 | 0 | 0 | 0 |
| 17. | is fidgety, in constant motion (hands, feet, body) | 0 | 0 | 0 | 0 | 0 | 0 |
| 18. | is noisy, has a hard time being quiet | 0 | 0 | 0 | 0 | 0 | 0 |
| 19. | acts as if "driven by a motor" | 0 | 0 | 0 | 0 | 0 | 0 |

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| ADD | 0 never 1 rarely 2 occasionally 3 frequently 4 very frequently | N/A | 0 | 1 | 2 | 3 | 4 |
|-----|---|-----|---|---|---|---|---|
| 20. | talks excessively | 0 | 0 | 0 | 0 | 0 | 0 |
| 21. | is impulsive (doesn't think through comments or actions before they are said or done) | 0 | 0 | 0 | 0 | 0 | 0 |
| 22. | has difficulty waiting his or her turn | 0 | 0 | 0 | 0 | 0 | 0 |
| 23. | interrupts or intrudes on others (e.g., butts into conversations or games) | 0 | 0 | 0 | 0 | 0 | 0 |
| 24. | worries excessively or senselessly | 0 | 0 | 0 | 0 | 0 | 0 |
| 25. | is superorganized | 0 | 0 | 0 | 0 | 0 | 0 |
| 26. | is oppositional, argumentative | 0 | 0 | 0 | 0 | 0 | 0 |
| 27. | has a strong tendency to get locked into negative thoughts; has the same thought over and over | 0 | 0 | 0 | 0 | 0 | 0 |
| 28. | has a tendency toward compulsive behavior | 0 | 0 | 0 | 0 | 0 | 0 |
| 29. | has an intense dislike of change | 0 | 0 | 0 | 0 | 0 | 0 |
| 30. | has a tendency to hold grudges | 0 | 0 | 0 | 0 | 0 | 0 |
| 31. | has trouble shifting attention from subject to subject | 0 | 0 | 0 | 0 | 0 | 0 |
| 32. | has difficulties seeing options in situations | 0 | 0 | 0 | 0 | 0 | 0 |
| 33. | has a tendency to hold on to own opinion and not listen to others | 0 | 0 | 0 | 0 | 0 | 0 |
| 34. | has a tendency to get locked into a course of action, whether or not it is good for the person | 0 | 0 | 0 | 0 | 0 | 0 |
| 35. | needs to have things done a certain way or becomes very upset | 0 | 0 | 0 | 0 | 0 | 0 |
| 36. | often complains that he or she worries too much | 0 | 0 | 0 | 0 | 0 | 0 |
| 37. | has periods of quick temper or rages with little provocation | 0 | 0 | 0 | 0 | 0 | 0 |
| 38. | misinterprets comments as negative when they are not | 0 | 0 | 0 | 0 | 0 | 0 |
| 39. | irritability tends to build, then explodes, then recedes; is often tired after a rage | 0 | 0 | 0 | 0 | 0 | 0 |
| 40. | has periods of spaciness or confusion | 0 | 0 | 0 | 0 | 0 | 0 |
| 41. | has periods of panic and/or fear for no specific reason | 0 | 0 | 0 | 0 | 0 | 0 |
| 42. | perceives visual changes, such as seeing shadows or objects changing shape | 0 | 0 | 0 | 0 | 0 | 0 |
| 43. | has periods of deja vu (feelings of being somewhere before even though he or she has never been there) | 0 | 0 | 0 | 0 | 0 | 0 |
| 44. | is sensitive or mildly paranoid | 0 | 0 | 0 | 0 | 0 | 0 |

| P | age | 3 |
|---|-----|---|
| | | |

| | 0 never 1 rarely 2 occasionally 3 frequently 4 very frequently | N/A | 0 | 1 | 2 | 3 | 4 |
|-----|---|-----|---|---|---|---|---|
| 45. | has headaches or abdominal pain of uncertain origin | 0 | 0 | 0 | 0 | 0 | 0 |
| 46. | has a history of a head injury or a family history of violence or explosiveness | 0 | 0 | 0 | 0 | 0 | 0 |
| 47. | has dark thoughts, may involve suicidal or homicidal thoughts | 0 | 0 | 0 | 0 | 0 | 0 |
| 48. | has periods of forgetfulness or memory problems | 0 | 0 | 0 | 0 | 0 | 0 |
| 49. | has a short fuse or periods of extreme irritability | 0 | 0 | 0 | 0 | 0 | 0 |
| 50. | is moody | 0 | 0 | 0 | 0 | 0 | 0 |
| 51. | is negative | 0 | 0 | 0 | 0 | 0 | 0 |
| 52. | has low energy | 0 | 0 | 0 | 0 | 0 | 0 |
| 53. | is frequently irritable | 0 | 0 | 0 | 0 | 0 | 0 |
| 54. | has a tendency to be socially isolated | 0 | 0 | 0 | 0 | 0 | 0 |
| 55. | has frequent feelings of helplessness, hopelessness, or excessive guilt | 0 | 0 | 0 | 0 | 0 | 0 |
| 56. | has lowered interest in things that are usually considered fun | 0 | 0 | 0 | 0 | 0 | 0 |
| 57. | undergoes sleep changes (too much or too little) | 0 | 0 | 0 | 0 | 0 | 0 |
| 58. | has chronic low self-esteem | 0 | 0 | 0 | 0 | 0 | 0 |
| 59. | is angry or aggressive | 0 | 0 | 0 | 0 | 0 | 0 |
| 60. | is sensitive to noise, light, clothes or touch | 0 | 0 | 0 | 0 | 0 | 0 |
| 61. | undergoes frequent or cyclic mood changes (highs and lows) | 0 | 0 | 0 | 0 | 0 | 0 |
| 62. | is inflexible, rigid in thinking | 0 | 0 | 0 | 0 | 0 | 0 |
| 63. | demands to have his or her way, even when told "no" multiple times | 0 | 0 | 0 | 0 | 0 | 0 |
| 64. | has periods of mean, nasty, or insensitive behavior | 0 | 0 | 0 | 0 | 0 | 0 |
| 65. | has periods of increased talkativeness | 0 | 0 | 0 | 0 | 0 | 0 |
| 66. | has periods of increased impulsivity | 0 | 0 | 0 | 0 | 0 | 0 |
| 67. | displays unpredictable behavior | 0 | 0 | 0 | 0 | 0 | 0 |
| 68. | way of thinking is grandiose or "larger-than-life" | 0 | 0 | 0 | 0 | 0 | 0 |
| 69. | talks fast | 0 | 0 | 0 | 0 | 0 | 0 |
| 70. | feels that thoughts go fast | 0 | 0 | 0 | 0 | 0 | 0 |
| 71. | appears anxious or fearful | 0 | 0 | 0 | 0 | 0 | 0 |

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