



Name: _____

Date: _____

If Rating Someone Else, Relationship to Them: _____

The Amen Clinic ADD Type Questionnaire

Copyright Daniel G. Amen, MD

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	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable

Other Self

- | | | |
|-------|-------|--|
| _____ | _____ | 1. easily distracted |
| _____ | _____ | 2. difficulty sustaining attention span for most tasks in play, school, or work |
| _____ | _____ | 3. trouble listening when others are talking |
| _____ | _____ | 4. difficulty following through (procrastination) on tasks or instructions |
| _____ | _____ | 5. difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker, etc.) |
| _____ | _____ | 6. has trouble with time, for example, frequently late or hurried, tasks take longer than expected, projects or homework are "last minute" or turned in late |
| _____ | _____ | 7. tendency to loses things |
| _____ | _____ | 8. makes careless mistakes, poor attention to detail |
| _____ | _____ | 9. forgetful |
| _____ | _____ | 10. excessive daydreaming |
| _____ | _____ | 11. complains of being bored |
| _____ | _____ | 12. appears apathetic or unmotivated |
| _____ | _____ | 13. tired, sluggish, or slow moving |
| _____ | _____ | 14. spacey or seems preoccupied |
| _____ | _____ | 15. restless or hyperactive |
| _____ | _____ | 16. trouble sitting still |
| _____ | _____ | 17. fidgety, constant motion (hands, feet, body) |
| _____ | _____ | 18. noisy, hard time being quiet |
| _____ | _____ | 19. acts as if "driven by a motor" |
| _____ | _____ | 20. talks excessively |
| _____ | _____ | 21. impulsive (doesn't think through comments or actions before they are said or done) |
| _____ | _____ | 22. has difficulty awaiting turn |
| _____ | _____ | 23. interrupts or intrudes on others (e.g., butts into conversations or games) |
| _____ | _____ | 24. excessive or senseless worrying |
| _____ | _____ | 25. superorganized |
| _____ | _____ | 26. oppositional, argumentative |
| _____ | _____ | 27. strong tendency to get locked into negative thoughts, having the same thought over and over |

- _____ 28. tendency toward compulsive behavior
- _____ 29. intense dislike for change
- _____ 30. tendency to hold grudges
- _____ 31. trouble shifting attention from subject to subject
- _____ 32. difficulties seeing options in situations
- _____ 33. tendency to hold onto own opinion and not listen to others
- _____ 34. tendency to get locked into a course of action; whether or not it is good for the person
- _____ 35. needing to have things done a certain way or you become very upset
- _____ 36. others complain that you worry too much
- _____ 37. 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, often tired after a rage
- _____ 40. periods of spaciness or confusion
- _____ 41. periods of panic and/or fear for no specific reason
- _____ 42. visual changes, such as seeing shadows or objects changing shape
- _____ 43. frequent periods of de ja vu (feelings of being somewhere before even though you never have)
- _____ 44. sensitivity or mild paranoia
- _____ 45. headaches or abdominal pain of uncertain origin
- _____ 46. history of a head injury or family history of violence or explosiveness
- _____ 47. dark thoughts, may involve suicidal or homicidal thoughts
- _____ 48. periods of forgetfulness or memory problems
- _____ 49. short fuse or periods of extreme irritability
- _____ 50. moodiness
- _____ 51. negativity
- _____ 52. low energy
- _____ 53. frequent irritability
- _____ 54. tendency to be socially isolated
- _____ 55. frequent feelings of hopelessness, helplessness or excessive guilt
- _____ 56. lowered interest in things that are usually considered fun
- _____ 57. sleep changes (too much or too little)
- _____ 58. chronic low self-esteem
- _____ 59. angry or aggressive
- _____ 60. sensitive to noise, light, clothes or touch
- _____ 61. frequent or cyclic mood changes (highs and lows)
- _____ 62. inflexible, rigid in thinking
- _____ 63. demanding to have their way, even when told no multiple times
- _____ 64. periods of mean, nasty or insensitive behavior
- _____ 65. periods of increased talkativeness
- _____ 66. periods of increased impulsivity
- _____ 67. unpredictable behavior
- _____ 68. grandiose or "larger than life" thinking
- _____ 69. talks fast
- _____ 70. appears that thoughts go fast
- _____ 71. appears anxious or fearful