

The Amen ADD Type Questionnaire

Name of Person: _____ Completed By: _____

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 person (such as a spouse, lover, parent) in order to obtain a more complete picture of the situation.

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable

Rating:

- ___ 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 and 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 lose 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 motor"
- ___ 20. talks excessively
- ___ 21. impulsive (doesn't think through comments or actions before they are said or done)
- ___ 22. has difficulty waiting turn
- ___ 23. interrupts or intrudes on others (e.g. butts into conversations or games)
- ___ 24. excessive or senseless worry
- ___ 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

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable

- ___ 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 in 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 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 (feeling 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 head injury or family history of violence and 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