

Integrative Health Care Online

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ADD type Questionnaire

Please rate yourself on each of the symptoms listed below using the following scale. If possible, have another person who knows you well (such as a spouse, lover or parent) rate you as well. List other person _____.

0

1

2

3

4

n/a

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 (desk, room, filing cabinet, etc.)
- _____ 6. Has trouble with time, (frequently late or hurried, tasks take longer, last minute like homework or projects)
- _____ 7. Tendency to lose things
- _____ 8. Makes carless 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 prior to being 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. Super organized**
- 26. Oppositional, argumentative**
- 27. Strong tendency to get locked into negative thoughts, having same thought over and over**
- 28. Tendency toward compulsive behaviour**
- 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. Period of quick temper of 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. Period of panic and/or fear for not 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 moon changes (highs & 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 behaviour**
- 65. Periods of increased talkativeness**
- 66. Period of increased impulsivity**
- 67. Unpredictable behaviour**
- 68. Grandiose or “larger than life” thinking**
- 69. Talks fast**
- 70. Appears that thoughts go fast**
- 71. Appears anxious or fearful**

ADD type Questionnaire Scoring Key

For each of the groups listed below add up the number of answers that were scored as three or four and place them on the space provided. A cut-off score is provided with each type. Some people score positively in more than one group; some even score positively in 3 or 4 groups. Use the results to help guide you through the treatment sections of the book.

1. **Classic ADD (Questions 1-23)** Meets the criteria for both the Inattentive questions and the Hyperactivity-Impulsivity questions.

Inattentive Questions 1-14: six or more of a score of three or four is needed to make the diagnosis, more than four is suspicious.

Hyperactivity-Impulsivity Questions 15-23: six or more of a score of three or four is needed to make diagnosis, more than four is suspicious.

Inattentive Score of three or four: _____

Hyperactivity-Impulsivity Score of three or four: _____

2. **Inattentive ADD (Questions 1-14)** Six or more of a score of three or four is needed to make the diagnosis, more than four is suspicious, but does not score six or more on the Hyperactivity-Impulsivity Questions (15-23)

Inattentive ADD score of three or four: _____

3. **Overfocused ADD (Questions 24-36)** Meets the criteria for inattention (six or more on questions 1-14) and also scores six or more on the overfocused questions.

Overfocused ADD score of three or four: _____

4. **Temporal Lobe ADD (Questions 37-49)** Meets the criteria for inattention (six or more on questions 1-14) and also scores six or more on the temporal lobe questions.

Temporal Lobe ADD score of three or four: _____

5. **Limbic ADD (Questions 50-58)** Meets the criteria for inattention (six or more on questions 1-14) and also scores five or more on the limbic questions.

Limbic ADD score of three or four: _____

6. **Ring of fire ADD (Questions 59-70)** Meets the criteria for inattention (six or more on questions 1-14) and also scores five or more on the Ring of Fire Questions.

Ring of Fire ADD Score of three or four: _____