

# Integrative Healthcare Online

## Brain System Questionnaire

### Dr Daniel Amen

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 \_\_\_\_\_.

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>n/a</b>
<b>Never</b>	<b>Rarely</b>	<b>Occasionally</b>	<b>Frequently</b>	<b>Very Frequently</b>	<b>Not Applicable</b>

**Other**

**Self**

- |       |       |  |
|-------|-------|--|
| _____ | _____ | 1. Fails to give attention to details or makes careless mistakes                               |
| _____ | _____ | 2. Trouble sustaining attention in routine situations (i.e. homework<br>Chores, paperwork)     |
| _____ | _____ | 3. Trouble listening   |
| _____ | _____ | 4. Poor organization for time or space (such as backpack, room, desk,<br>Paperwork)            |
| _____ | _____ | 5. Fails to finish things  |
| _____ | _____ | 6. Avoids, dislike, or is reluctant to engage in tasks that require<br>Sustained mental effort |
| _____ | _____ | 7. Loses things  |
| _____ | _____ | 8. Easily distracted   |
| _____ | _____ | 9. Forgetful   |
| _____ | _____ | 10. Poor planning skills   |

- \_\_\_\_\_ 11. Lack clear goals or forward thinking
- \_\_\_\_\_ 12. Difficulty expressing feelings
- \_\_\_\_\_ 13. Difficulty expressing empathy for others
- \_\_\_\_\_ 14. Excessive daydreaming
- \_\_\_\_\_ 15. Feeling bored
- \_\_\_\_\_ 16. Feeling apathetic or unmotivated
- \_\_\_\_\_ 17. Feeling tired, sluggish or slow moving
- \_\_\_\_\_ 18. Feeling spacey or "in a fog"
- \_\_\_\_\_ 19. Fidgety, restless or trouble sitting still
- \_\_\_\_\_ 20. Difficulty remaining seated in situations where remaining seated  
is expected
- \_\_\_\_\_ 21. Runs about or climbs excessively in situations in which it is  
inappropriate
- \_\_\_\_\_ 22. Difficulty playing quietly
- \_\_\_\_\_ 23. "On the go" or acts as if "driven by a motor"
- \_\_\_\_\_ 24. Talks excessively
- \_\_\_\_\_ 25. Blurts out answers before questions have been completed
- \_\_\_\_\_ 26. Difficulty waiting your turn
- \_\_\_\_\_ 27. Interrupts or intrudes on others (e.g. butts into conversations or  
Games
- \_\_\_\_\_ 28. Impulsive (saying or doing things without thinking first)
- \_\_\_\_\_ 29. Excessive or senseless worrying
- \_\_\_\_\_ 30. Upset when things do not go your way
- \_\_\_\_\_ 31. Upset when things are out of place

- \_\_\_\_\_ 32. Tendency to be oppositional or argumentative
- \_\_\_\_\_ 33. Tendency to have repetitive, negative thoughts
- \_\_\_\_\_ 34. Tendency toward compulsive behaviours
- \_\_\_\_\_ 35. Intense dislike for change
- \_\_\_\_\_ 36. Tendency to hold grudges
- \_\_\_\_\_ 37. Trouble shifting attention from subject to subject
- \_\_\_\_\_ 38. Trouble shifting behaviour from task to task
- \_\_\_\_\_ 39. Difficulties seeing options in situations
- \_\_\_\_\_ 40. Tendency to hold on to own opinion and not listen to others
- \_\_\_\_\_ 41. Tendency to get locked into a course of action whether or not it is

**Good**

- \_\_\_\_\_ 42. Needing to have things done a certain way or you become upset
- \_\_\_\_\_ 43. Others complain that you worry too much
- \_\_\_\_\_ 44. Tend to say no without first thinking about questions
- \_\_\_\_\_ 45. Tendency to predict fear
- \_\_\_\_\_ 46. Frequent feelings of sadness
- \_\_\_\_\_ 47. Moodiness
- \_\_\_\_\_ 48. Negativity
- \_\_\_\_\_ 49. Low energy
- \_\_\_\_\_ 50. Irritability
- \_\_\_\_\_ 51. Decreased interest in others
- \_\_\_\_\_ 52. Decreased interest in things that are usually fun or pleasurable
- \_\_\_\_\_ 53. Feelings of hopelessness about the future
- \_\_\_\_\_ 54. Feelings of helplessness or powerlessness

- \_\_\_\_\_ 55. Feeling of dissatisfied or bored
- \_\_\_\_\_ 56. Excessive guilt
- \_\_\_\_\_ 57. Suicidal feelings
- \_\_\_\_\_ 58. Crying spells
- \_\_\_\_\_ 59. Lowered interest in things usually considered fun
- \_\_\_\_\_ 60. Sleep changes (too much or too little)
- \_\_\_\_\_ 61. appetite changes (too much or too little)
- \_\_\_\_\_ 62. Chronic low self-esteem
- \_\_\_\_\_ 63. Negative sensitivity so smells/odors
- \_\_\_\_\_ 64. Frequent feelings of nervousness or anxiety
- \_\_\_\_\_ 65. Panic attacks
- \_\_\_\_\_ 66. Symptoms of heightened muscle tension (headaches, sore  
Muscles, hand tremor)
- \_\_\_\_\_ 67. Period of heart pounding, rapid heart rate or chest pain
- \_\_\_\_\_ 68. Period so trouble breathing or feeling smothered
- \_\_\_\_\_ 69. Period of feeling dizzy, faint or unsteady on your feet
- \_\_\_\_\_ 70. Periods of nausea or abdominal upset
- \_\_\_\_\_ 71. Period of sweating, hot or cold flashes
- \_\_\_\_\_ 72. Tendency to predict the worst
- \_\_\_\_\_ 73. Fear of dying or doing something crazy
- \_\_\_\_\_ 74. Avoid places for fear of having an anxiety attack
- \_\_\_\_\_ 75. Conflict avoidance
- \_\_\_\_\_ 76. Excessive fear of being judged or scrutinized by others
- \_\_\_\_\_ 77. Persistent phobias

- \_\_\_\_\_ 78. Low motivation
- \_\_\_\_\_ 79. Excessive motivation
- \_\_\_\_\_ 80. Ties (motor or vocal)
- \_\_\_\_\_ 81. Poor handwriting
- \_\_\_\_\_ 82. Quick startle
- \_\_\_\_\_ 83. Tendency to freeze
- \_\_\_\_\_ 84. Lacks confidence in their abilities
- \_\_\_\_\_ 85. Seems shy or timid
- \_\_\_\_\_ 86. Easily embarrassed
- \_\_\_\_\_ 87. Sensitive to criticism
- \_\_\_\_\_ 88. Bites fingernails or pick skin
- \_\_\_\_\_ 89. Short fuse or periods of extreme irritability
- \_\_\_\_\_ 90. Periods of rage with little provocation
- \_\_\_\_\_ 91. Often misinterprets comments As negative when they are not
- \_\_\_\_\_ 92. Irritability tends to build, then explodes, then recedes, often tired
- After a rage**
- \_\_\_\_\_ 93. Period of spaciness or confusion
- \_\_\_\_\_ 94. Periods of panic and/or fear for jot specific reason
- \_\_\_\_\_ 95. Visual or auditory changes
- \_\_\_\_\_ 96. Frequent periods of déjà vu (feelings of being somewhere you have  
Never been)
- \_\_\_\_\_ 97. Sensitivity or mild paranoia
- \_\_\_\_\_ 98. Headaches or abdominal pain of uncertain origin
- \_\_\_\_\_ 99. History of a head injury or family history of violence or eplosiveness

- \_\_\_\_\_ 100. Dark thoughts, may involve suicidal or homicidal thoughts
- \_\_\_\_\_ 101. Periods of forgetfulness or memory problems

**Brain system Checklist Answer Key**

**Prefrontal Cortex Symptoms (PFC)**

**Inattention symptoms, 1-18**

**Hyperactivity-impulsivity symptoms, 19-28**

**Anterior cingulated system (ACS) symptoms, 29-45**

**Deep limbic system (DLS) symptoms, 46-63**

**Basal Ganglia (BGS) symptoms, 64-88**

**Temporal lobe (TLS) symptoms, 89-101**

**Add up all of the questions answered as 3 or 4 in each section.**

**ADD, combined type if (both 1-18, and 19-28 score (in each area)**

**Highly probable      8 questions with 3 or 4**

**Probable              6 questions with 3 or 4**

**May be possible      4 questions with 3 or 4**

**ADD, inattentive subtype if 1-18 has X questions with 3 or 4 but 19 -28 has less than 3 questions with 3 or 4**

**Highly probable      8 questions with 3 or 4**

**Probable              6 questions with 3 or 4**

**May be possible      4 questions with 3 or 4**

**Anterior Cingulate system hyperactivity, questions 29-45**

**Highly probable      10 questions with 3 or 4**

**Probable              7 questions with 3 or 4**

**May be possible      4 questions with 3 or 4**

**Deep Limbic system hyperactivity, questions 46-63**

**Highly probable      10 questions with 3 or 4**

**Probable              7 questions with 3 or 4**

**May be possible      4 questions with 3 or 4**

**Basal Ganglia hyperactivity, questions 64-88**

**Highly probable      10 questions with 3 or 4**

**Probable              7 questions with 3 or 4**

**May be possible      4 questions with 3 or 4**

**Temporal lobe system, questions 89-101**

**Highly probable      8 questions with 3 or 4**

**Probable              6 questions with 3 or 4**

**May be possible      4 questions with 3 or 4**