

## The Amen Clinic ADD Type Questionnaire

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 or parent). This is done to obtain a more complete picture of the situation.

0= Never

1=Rarely

2=Occasionally

3=Frequently

4=Very Frequently

NA=Not Applicable

SELF OTHER

- \_\_\_ \_\_\_ 1. is easily distracted
- \_\_\_ \_\_\_ 2. has difficulty sustaining attention span for most tasks in play, school or work
- \_\_\_ \_\_\_ 3. has trouble listening when others are talking
- \_\_\_ \_\_\_ 4. has difficulty following through (procrastination) on tasks or instructions
- \_\_\_ \_\_\_ 5. has difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker etc)
- \_\_\_ \_\_\_ 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
- \_\_\_ \_\_\_ 7. has a tendency to lose things
- \_\_\_ \_\_\_ 8. makes careless mistakes, poor attention to detail
- \_\_\_ \_\_\_ 9. is forgetful
- \_\_\_ \_\_\_ 10. daydreams excessively
- \_\_\_ \_\_\_ 11. complains of being bored
- \_\_\_ \_\_\_ 12. appears apathetic or unmotivated
- \_\_\_ \_\_\_ 13. is tired, sluggish, or slow-moving
- \_\_\_ \_\_\_ 14. is spacey or seems preoccupied

Self Other

- \_\_\_ \_\_\_ 15. is restless or hyperactive
- \_\_\_ \_\_\_ 16. has trouble sitting still
- \_\_\_ \_\_\_ 17. is fidgety, in constant motion (hands, feet, body)
- \_\_\_ \_\_\_ 18. Is noisy, has a hard time being quiet
- \_\_\_ \_\_\_ 19. acts as if "driven by a motor"
- \_\_\_ \_\_\_ 20. talks excessively
- \_\_\_ \_\_\_ 21. is impulsive (doesn't think through comments or actions before they are said or done)
- \_\_\_ \_\_\_ 22. has difficulty waiting his or her turn
- \_\_\_ \_\_\_ 23. interrupts or intrudes on others (e.g. butts into conversations or games)
- \_\_\_ \_\_\_ 24. worries excessively or senselessly
- \_\_\_ \_\_\_ 25. is superorganized
- \_\_\_ \_\_\_ 26. is oppositional, argumentative
- \_\_\_ \_\_\_ 27. has a strong tendency to get locked into negative thoughts; has the same thought over and over
- \_\_\_ \_\_\_ 28. has a tendency toward compulsive behavior
- \_\_\_ \_\_\_ 29. has an intense dislike of change
- \_\_\_ \_\_\_ 30. has tendency to hold grudges
- \_\_\_ \_\_\_ 31. has trouble shifting attention from subject to subject
- \_\_\_ \_\_\_ 32. has difficulty seeing options in situations
- \_\_\_ \_\_\_ 33. has a tendency to hold on to own opinion and not listen to others
- \_\_\_ \_\_\_ 34. has a tendency to get locked into a course of action, whether or not it is good for the person
- \_\_\_ \_\_\_ 35. needs to have things done a certain way or becomes very upset
- \_\_\_ \_\_\_ 36. others complain that he or she worries too much
- \_\_\_ \_\_\_ 37. has periods 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; is often tired after a rage

\_\_\_ \_\_\_ 40. has periods of spaceiness or confusion

Self Other

\_\_\_ \_\_\_ 41. has periods of panic and/or fear for no specific reason

\_\_\_ \_\_\_ 42. perceives visual changes, such as seeing shadows or objects changing shape

\_\_\_ \_\_\_ 43. has frequent periods of déjà vu (feelings of being somewhere before even though he/she has never been there)

\_\_\_ \_\_\_ 44. is sensitive or mildly paranoid

\_\_\_ \_\_\_ 45. has headaches or abdominal pain of uncertain origin

\_\_\_ \_\_\_ 46. has a history of head injury or a family history of violence or explosiveness

\_\_\_ \_\_\_ 47. has dark thoughts, may involve suicidal or homicidal thoughts

\_\_\_ \_\_\_ 48. has periods of forgetfulness or memory problems

\_\_\_ \_\_\_ 49. has a short fuse or periods of extreme irritability

\_\_\_ \_\_\_ 50. is moody

\_\_\_ \_\_\_ 51. is negative

\_\_\_ \_\_\_ 52. has low energy

\_\_\_ \_\_\_ 53. is frequently irritable

\_\_\_ \_\_\_ 54. has a tendency to be socially isolated

\_\_\_ \_\_\_ 55. has frequent feelings of hopelessness, helplessness, or excessive guilt

\_\_\_ \_\_\_ 56. has lowered interest in things that are usually considered fun

\_\_\_ \_\_\_ 57. Undergoes sleep changes (too much or too little)

\_\_\_ \_\_\_ 58. has chronic low self esteem

\_\_\_ \_\_\_ 59. is angry or aggressive

\_\_\_ \_\_\_ 60. Is sensitive to noise, light, clothes, or touch

61. Undergoes frequent or cyclic mood changes (highs and lows)

\_\_\_ \_\_\_ 66. has periods of increased impulsivity

\_\_\_ \_\_\_ 67. displays unpredictable behavior

Self Other

\_\_\_ \_\_\_ 68. way of thinking is grandiose or "larger than life"

\_\_\_ \_\_\_ 69. talks fast

\_\_\_ \_\_\_ 70. feels that thoughts go too fast

\_\_\_ \_\_\_ 71. appears anxious or fearful

For each group listed below, add up the number of answers that were scored as three or four and place them in the space provided. A cutoff score is provided with each type. Some people score positively in more than one group; some score positively in three or four groups. Use the scores to help guide choices in learning strategies.

### Type 1: Classic ADD (Questions 1-23)

Meets the criteria for both the inattentiveness questions and the hyperactivity-impulsivity questions.

Inattentiveness questions 1-14: Six or more of a score of three or four is needed to determine probable type; more than four is suspicious for this type of ADD.

Hyperactivity-impulsivity questions 15-23: Six or more of a score of three or four is needed to determine probable type; more than four is suspicious.

Inattentiveness score of three or four: \_\_\_\_\_

Hyperactivity-impulsivity score of three or four: \_\_\_\_\_

### Type 2: Inattentive ADD (Questions 1-14)

Six or more of a score of three is needed to determine probable type; 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: \_\_\_\_\_

### Type 3: Overfocus ADD (Questions 24-36)

Meets the criteria for inattentiveness (six or more on questions 1-14), and also scores six or more on overfocus questions.

Overfocus ADD score of three or four: \_\_\_\_\_

**Type 4: Temporal lobe ADD (Questions 37-49)**

Meets the criteria for inattentiveness (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: \_\_\_\_\_

**Type 5: Limbic ADD (Questions 50-58)**

Meets the criteria for inattentiveness (six or more on questions 1-14), and also scores five or more on limbic questions.

Limbic ADD score of three or four: \_\_\_\_\_

**Type 6: "Ring of Fire" ADD (Questions 59-71)**

Meets the criteria for inattentiveness (six or more on questions 1-14), and also scores five or more on Ring of Fire questions.

"Ring of Fire" ADD score of three or four: \_\_\_\_\_