

AMEN CLINICS ADD TYPE

Questionnaire

Copyright © 2013 Daniel Amen, M.D.

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give yourself the most complete picture, 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/known

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 lose things |
| _____ | _____ | 8. Makes careless mistakes, poor attention to detail |
| _____ | _____ | 9. Forgetful |
| _____ | _____ | 10. Restless or hyperactive |
| _____ | _____ | 11. Trouble sitting still |
| _____ | _____ | 12. Fidgety, constant motion (hands, feet, body) |
| _____ | _____ | 13. Noisy, hard time being quiet |
| _____ | _____ | 14. Acts as if "driven by a motor" |
| _____ | _____ | 15. Talks excessively |
| _____ | _____ | 16. Impulsive (doesn't think through comments or actions before they are said or done) |
| _____ | _____ | 17. Has difficulty awaiting turn |
| _____ | _____ | 18. Interrupts or intrudes on others (e.g., butts into conversations or games) |
| _____ | _____ | 19. Excessive or senseless worrying |
| _____ | _____ | 20. Superorganized |
| _____ | _____ | 21. Oppositional, argumentative |
| _____ | _____ | 22. Strong tendency to get locked into negative thoughts, having the same thought over and over |
| _____ | _____ | 23. Tendency toward compulsive behavior |
| _____ | _____ | 24. Intense dislike for change |
| _____ | _____ | 25. Tendency to hold grudges |
| _____ | _____ | 26. Trouble shifting attention from subject to subject |
| _____ | _____ | 27. Difficulties seeing options in situations |
| _____ | _____ | 28. Tendency to hold onto own opinion and not listen to others |

- _____ 29. Tendency to get locked into a course of action, whether or not it is good for the person
- _____ 30. Needing to have things done a certain way or you become very upset
- _____ 31. Others complain that you worry too much
- _____ 32. Periods of quick temper or rages with little provocation
- _____ 33. Misinterprets comments as negative when they are not
- _____ 34. Irritability tends to build, then explodes, then recedes, often tired after a rage
- _____ 35. Periods of spaciness or confusion
- _____ 36. Periods of panic and/or fear for no specific reason
- _____ 37. Visual changes, such as seeing shadows or objects changing shape
- _____ 38. Frequent periods of déjà vu (feelings of being somewhere before even though you never have)
- _____ 39. Sensitivity or mild paranoia
- _____ 40. Headaches or abdominal pain of uncertain origin
- _____ 41. History of a head injury
- _____ 42. Dark thoughts, may involve suicidal or homicidal thoughts
- _____ 43. Periods of forgetfulness or memory problems
- _____ 44. Short fuse or periods of extreme irritability
- _____ 45. Moodiness
- _____ 46. Negativity
- _____ 47. Low energy
- _____ 48. Frequent irritability
- _____ 49. Tendency to be socially isolated
- _____ 50. Frequent feelings of hopelessness, helplessness, or excessive guilt
- _____ 51. Lowered interest in things that are usually considered fun
- _____ 52. Sleep changes (too much or too little)
- _____ 53. Chronic low self-esteem
- _____ 54. Angry or aggressive
- _____ 55. Sensitive to noise, light, clothes or touch
- _____ 56. Frequent or cyclic mood changes (highs and lows)
- _____ 57. Inflexible, rigid in thinking
- _____ 58. Demanding to have their way, even when told no multiple times
- _____ 59. Periods of mean, nasty, or insensitive behavior
- _____ 60. Periods of increased talkativeness
- _____ 61. Periods of increased impulsivity
- _____ 62. Unpredictable behavior
- _____ 63. Grandiose or "larger than life" thinking
- _____ 64. Appears anxious or fearful
- _____ 65. Predicts the worst
- _____ 66. Freeze in social situation
- _____ 67. Physical stress symptoms, like headaches or excessive muscle tension
- _____ 68. Conflict avoidant
- _____ 69. Fear of being judged
- _____ 70. Excessive motivation