

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)
- ___ ___ 62. is inflexible, rigid in thinking
- ___ ___ 63. demands to have his or her way, even when told no multiple times
- ___ ___ 64. has periods of mean, nasty, or insensitive behavior
- ___ ___ 65. has periods of increased talkativeness
- ___ ___ 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: _____