

THE DR. DANIEL AMEN ATTENTION DEFICIT DISORDER 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, lover 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

NAME: _____ DATE: _____

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 trouble following through 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.
_____	_____	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 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 super organized.
- _____ 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 towards compulsive behavior.
- _____ 29. has an intense dislike of change.
- _____ 30. has a tendency to hold grudges.
- _____ 31. has trouble shifting attention from subject to subject.
- _____ 32. has difficulties 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/she worries too much.
- _____ 37. has periods of quick temper or 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 spaciness or confusion.
- _____ 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 (feeling of being somewhere before even though he or she has never been there)
- _____ 44. is sensitive or mildly paranoid.
- _____ 45. has headaches or abdominal pain of unknown origin.
- _____ 46. has a history of a 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. |
| _____ | _____ | 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. in angry or aggressive. |
| _____ | _____ | 60. is sensitive to noise, light, clothes or touch. |
| _____ | _____ | 61. undergoes frequent or cyclical mood changes. |
| _____ | _____ | 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. |
| _____ | _____ | 68. way of thinking is grandiose or “larger than life” |
| _____ | _____ | 69. talks fast. |
| _____ | _____ | 70. feels that thought go fast. |
| _____ | _____ | 71. appears anxious or fearful. |

BASAL GANGLIA CHECKLIST

Here is a basal ganglia checklist. Please read this list of behaviors and rate yourself or the person you are evaluating on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms listed as 3 or 4 indicate a high likelihood of basal ganglia problems.

- 0 = Never
- 1 = Rarely
- 2 = Occasionally
- 3 = Frequently
- 4 = Very Frequently

- | SELF | OTHER | |
|-------|-------|--|
| _____ | _____ | 1. Feelings of nervousness or anxiety |
| _____ | _____ | 2. Panic attacks |
| _____ | _____ | 3. Symptoms of heightened muscle tension (headaches, sore muscles, etc.) |
| _____ | _____ | 4. Periods of heart pounding, rapid heart rate, or chest pain |
| _____ | _____ | 5. Periods of trouble breathing, or feeling smothered |
| _____ | _____ | 6. Periods of feeling dizzy, faint, or unsteady on your feet |
| _____ | _____ | 7. Periods of nausea or abdominal upset |
| _____ | _____ | 8. Periods of sweating, hot or cold flashes, cold hands |
| _____ | _____ | 9. Tendency to predict the worst |
| _____ | _____ | 10. Fear of dying or doing something crazy |
| _____ | _____ | 11. Avoidance of public places for fear of having an anxiety attack |

- | | | |
|-------|-------|---|
| _____ | _____ | 12. Conflict avoidance |
| _____ | _____ | 13. Excessive fear of being judged or scrutinized by others |
| _____ | _____ | 14. Persistent phobias |
| _____ | _____ | 15. Low motivation |
| _____ | _____ | 16. Excessive motivation |
| _____ | _____ | 17. Tics |
| _____ | _____ | 18. Poor Handwriting |
| _____ | _____ | 19. Quick startle reaction |
| _____ | _____ | 20. Tendency to freeze in anxiety-provoking situations |
| _____ | _____ | 21. Excessive worry about what others think |
| _____ | _____ | 22. Shyness or timidity |
| _____ | _____ | 23. Low threshold of embarrassment |

Deep Limbic Checklist

Please read this list of behaviors and rate yourself (or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

- 0 = Never
- 1 = Rarely
- 2 = Occasionally
- 3 = Frequently
- 4 = Very Frequently

- | SELF | OTHER | |
|-------|-------|---|
| _____ | _____ | 1. Feelings of sadness |
| _____ | _____ | 2. Moodiness |
| _____ | _____ | 3. Negativity |
| _____ | _____ | 4. Low Energy |
| _____ | _____ | 5. Irritability |
| _____ | _____ | 6. Decreased interest in others |
| _____ | _____ | 7. Feelings of hopelessness about future |
| _____ | _____ | 8. Feelings of helplessness or powerlessness |
| _____ | _____ | 9. Feeling dissatisfied or bored |
| _____ | _____ | 10. Excessive guilt |
| _____ | _____ | 11. Suicidal feelings |
| _____ | _____ | 12. Crying |
| _____ | _____ | 13. Lowered interest in things usually considered fun |
| _____ | _____ | 14. Sleep changes (too much or too little) |
| _____ | _____ | 15. Appetite changes (too much or too little) |
| _____ | _____ | 16. Low self-esteem |
| _____ | _____ | 17. Decreased interest in sex |
| _____ | _____ | 18. Negative sensitivity to smells / odors |
| _____ | _____ | 19. Forgetfulness |
| _____ | _____ | 20. Poor concentration |