

Patient Name: _____

Date: _____

Parent name if patient is a minor: _____

Phone # _____

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, 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
- N/A 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 |

SELF OTHER

- _____ _____ 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, inconstant 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 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 toward 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

SELF OTHER

- _____ _____ 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 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 (feelings 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 uncertain 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

SELF OTHER

- _____ 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
- _____ 68. way of thinking is grandiose or “larger than life”
- _____ 69. talks fast
- _____ 70. feels that thoughts go fast
- _____ 71. appears anxious or fearful

ADD TYPE QUESTIONNAIRE SCORING KEY

For each of the groups 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 even score positively in three or four groups. Use the results to help guide you through the treatment sections of the book.

Type One: 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 make the diagnosis; 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 make diagnosis; more than four is suspicious.

Inattentiveness score of three or four: _____

Hyperactivity-impulsivity score of three or four: _____

Type Two: Inattentive ADD (Questions 1 - 14)

Six or more of a score of three or four is needed to make the diagnosis; 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 Three: Overfocused ADD (Questions 24 – 36)

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

Overfocused ADD score of three or four: _____

Type Four: 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 Five: Limbic ADD (Questions 50 – 58)

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

Limbic ADD score of three or four: _____

Type Six: “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 the Ring of Fire questions.

“Ring of Fire” ADD score of three or four: _____