

AMEN ADD BRAIN TYPE TEST

Patient name and date of birth: _____ , **Date:** _____

Person filling the questionnaire _____

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=Never 1=Rarely 2=Occasionally 3=Frequently 4= Very frequently N/A

Type	Score	Questions
		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. Super organized
		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