

Integrative Health Care-on-line

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ADD type Questionnaire

Please rate yourself on each of the symptoms listed below using the following scale. If possible, 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

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 (desk, room, filing cabinet, etc.) |
| _____ | _____ 6. Has trouble with time, (frequently late or hurried, tasks take longer, last
Minute like homework or projects |
| _____ | _____ 7. Tendency to lose things |
| _____ | _____ 8. Makes careless mistakes, poor attention to detail |
| _____ | _____ 9. Forgetful |
| _____ | _____ 10. Excessive daydreaming |
| _____ | _____ 11. Complains of being bored |
| _____ | _____ 12. Appears apathetic or unmotivated |

- _____ 13. tired, sluggish, or slow moving
- _____ 14. Spacey or seems preoccupied
- _____ 15. Restless or hyperactive
- _____ 16. Trouble sitting still
- _____ 17. Fidgety, constant motion (hands, feet, body)
- _____ 18. Noisy, hard time being quiet
- _____ 19. Acts as if "driven by a motor"
- _____ 20. Talks excessively
- _____ 21. Impulsive (doesn't think through comments or actions prior to being said or

Done

- _____ 22. Has difficulty awaiting turn
- _____ 23. Interrupts or intrudes on others (e.g. butts into conversations or games)
- _____ 24. Excessive or senseless worrying
- _____ 25. Super organized
- _____ 26. Oppositional, argumentative
- _____ 27. Strong tendency to get locked into negative thoughts, having same thought

Over and over

- _____ 28. Tendency toward compulsive behaviour
- _____ 29. Intense dislike for change
- _____ 30. Tendency to hold grudges
- _____ 31. Trouble shifting attention from subject to subject
- _____ 32. Difficulties seeing options in situations
- _____ 33. Tendency to hold onto own opinion and not listen to others
- _____ 34. Tendency to get locked into a course of action, whether or not it is good for

The person

- _____ 35. Needing to have things done a certain way or you become very upset
- _____ 36. Others complain that you worry too much
- _____ 37. Period 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, often tired

After a rage

- _____ 40. Periods of spaciness or confusion
- _____ 41. Period of panic and/or fear for not specific reason
- _____ 42. Visual changes, such as seeing shadows or objects changing shape
- _____ 43. Frequent periods of de ja vu (feelings of being somewhere before even

Though you never have)

- _____ 44. Sensitivity or mild paranoia
- _____ 45. Headaches or abdominal pain of uncertain origin
- _____ 46. History of a head injury or family history of violence or explosiveness
- _____ 47. Dark thoughts, may involve suicidal or homicidal thoughts
- _____ 48. Periods of forgetfulness or memory problems
- _____ 49. Short fuse or periods of extreme irritability
- _____ 50. Moodiness
- _____ 51. Negativity
- _____ 52. Low energy
- _____ 53. Frequent irritability
- _____ 54. Tendency to be socially isolated
- _____ 55. Frequent feelings of hopelessness, helplessness or excessive guilt
- _____ 56. Lowered interest in things that are usually considered fun
- _____ 57. Sleep changes (too much or too little)

- _____ 58. Chronic low self-esteem
- _____ 59. Angry or aggressive
- _____ 60. Sensitive to noise, light, clothes or touch
- _____ 61. Frequent or cyclic mood changes (highs & lows)
- _____ 62. Inflexible, rigid in thinking
- _____ 63. Demanding to have their way, even when told no multiple times
- _____ 64. Periods of mean, nasty or insensitive behaviour
- _____ 65. Periods of increased talkativeness
- _____ 66. Period of increased impulsivity
- _____ 67. Unpredictable behaviour
- _____ 68. Grandiose or "larger than life" thinking
- _____ 69. Talks fast
- _____ 70. Appears 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 on the space provided. A cut-off score is provided with each type. Some people score positively in more than one group; some even score positively in 3 or 4 groups. Use the results to help guide you through the treatment sections of the book.

1. **Classic ADD (Questions 1-23)** Meets the criteria for both the Inattentive questions and the Hyperactivity-Impulsivity questions.

Inattentive Questions 1-14: six or more of a score of three or four is needed to make the diagnosis, more than four is suspicious.

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.

2. **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: _____

3. **Overfocused ADD (Questions 24-36)** Meets the criteria for inattention (six or more on questions 1-14) and also scores six or more on the overfocused questions.

Overfocused ADD score of three or four: _____

4. **Temporal Lobe ADD (Questions 37-49)** Meets the criteria for inattention (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: _____

5. **Limbic ADD (Questions 50-58)** Meets the criteria for inattention (six or more on questions 1-14) and also scores five or more on the limbic questions.

Limbic ADD score of three or four: _____

6. **Ring of fire ADD (Questions 59-70)** Meets the criteria for inattention (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: _____

