

# Integrative Health Care Online

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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.

**Inattentive Score of three or four:** \_\_\_\_\_

**Hyperactivity-Impulsivity Score of three or four:** \_\_\_\_\_

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:** \_\_\_\_\_