

Integrative Healthcare Online

Brain System Questionnaire

Dr Daniel Amen

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. Fails to give attention to details or makes careless mistakes |
| _____ | _____ | 2. Trouble sustaining attention in routine situations (i.e. homework
Chores, paperwork) |
| _____ | _____ | 3. Trouble listening |
| _____ | _____ | 4. Poor organization for time or space (such as backpack, room, desk,
Paperwork) |
| _____ | _____ | 5. Fails to finish things |
| _____ | _____ | 6. Avoids, dislike, or is reluctant to engage in tasks that require
Sustained mental effort |
| _____ | _____ | 7. Loses things |
| _____ | _____ | 8. Easily distracted |
| _____ | _____ | 9. Forgetful |
| _____ | _____ | 10. Poor planning skills |

- _____ 11. Lack clear goals or forward thinking
- _____ 12. Difficulty expressing feelings
- _____ 13. Difficulty expressing empathy for others
- _____ 14. Excessive daydreaming
- _____ 15. Feeling bored
- _____ 16. Feeling apathetic or unmotivated
- _____ 17. Feeling tired, sluggish or slow moving
- _____ 18. Feeling spacey or "in a fog"
- _____ 19. Fidgety, restless or trouble sitting still
- _____ 20. Difficulty remaining seated in situations where remaining seated
is expected
- _____ 21. Runs about or climbs excessively in situations in which it is
inappropriate
- _____ 22. Difficulty playing quietly
- _____ 23. "On the go" or acts as if "driven by a motor"
- _____ 24. Talks excessively
- _____ 25. Blurts out answers before questions have been completed
- _____ 26. Difficulty waiting your turn
- _____ 27. Interrupts or intrudes on others (e.g. butts into conversations or
Games
- _____ 28. Impulsive (saying or doing things without thinking first)
- _____ 29. Excessive or senseless worrying
- _____ 30. Upset when things do not go your way
- _____ 31. Upset when things are out of place

- _____ 32. Tendency to be oppositional or argumentative
- _____ 33. Tendency to have repetitive, negative thoughts
- _____ 34. Tendency toward compulsive behaviours
- _____ 35. Intense dislike for change
- _____ 36. Tendency to hold grudges
- _____ 37. Trouble shifting attention from subject to subject
- _____ 38. Trouble shifting behaviour from task to task
- _____ 39. Difficulties seeing options in situations
- _____ 40. Tendency to hold on to own opinion and not listen to others
- _____ 41. Tendency to get locked into a course of action whether or not it is

Good

- _____ 42. Needing to have things done a certain way or you become upset
- _____ 43. Others complain that you worry too much
- _____ 44. Tend to say no without first thinking about questions
- _____ 45. Tendency to predict fear
- _____ 46. Frequent feelings of sadness
- _____ 47. Moodiness
- _____ 48. Negativity
- _____ 49. Low energy
- _____ 50. Irritability
- _____ 51. Decreased interest in others
- _____ 52. Decreased interest in things that are usually fun or pleasurable
- _____ 53. Feelings of hopelessness about the future
- _____ 54. Feelings of helplessness or powerlessness

- _____ 55. Feeling of dissatisfied or bored
- _____ 56. Excessive guilt
- _____ 57. Suicidal feelings
- _____ 58. Crying spells
- _____ 59. Lowered interest in things usually considered fun
- _____ 60. Sleep changes (too much or too little)
- _____ 61. appetite changes (too much or too little)
- _____ 62. Chronic low self-esteem
- _____ 63. Negative sensitivity so smells/odors
- _____ 64. Frequent feelings of nervousness or anxiety
- _____ 65. Panic attacks
- _____ 66. Symptoms of heightened muscle tension (headaches, sore
Muscles, hand tremor)
- _____ 67. Period of heart pounding, rapid heart rate or chest pain
- _____ 68. Period so trouble breathing or feeling smothered
- _____ 69. Period of feeling dizzy, faint or unsteady on your feet
- _____ 70. Periods of nausea or abdominal upset
- _____ 71. Period of sweating, hot or cold flashes
- _____ 72. Tendency to predict the worst
- _____ 73. Fear of dying or doing something crazy
- _____ 74. Avoid places for fear of having an anxiety attack
- _____ 75. Conflict avoidance
- _____ 76. Excessive fear of being judged or scrutinized by others
- _____ 77. Persistent phobias

- _____ 78. Low motivation
- _____ 79. Excessive motivation
- _____ 80. Ties (motor or vocal)
- _____ 81. Poor handwriting
- _____ 82. Quick startle
- _____ 83. Tendency to freeze
- _____ 84. Lacks confidence in their abilities
- _____ 85. Seems shy or timid
- _____ 86. Easily embarrassed
- _____ 87. Sensitive to criticism
- _____ 88. Bites fingernails or pick skin
- _____ 89. Short fuse or periods of extreme irritability
- _____ 90. Periods of rage with little provocation
- _____ 91. Often misinterprets comments As negative when they are not
- _____ 92. Irritability tends to build, then explodes, then recedes, often tired
- After a rage**
- _____ 93. Period of spaciness or confusion
- _____ 94. Periods of panic and/or fear for jot specific reason
- _____ 95. Visual or auditory changes
- _____ 96. Frequent periods of déjà vu (feelings of being somewhere you have
Never been)
- _____ 97. Sensitivity or mild paranoia
- _____ 98. Headaches or abdominal pain of uncertain origin
- _____ 99. History of a head injury or family history of violence or eplosiveness

- _____ 100. Dark thoughts, may involve suicidal or homicidal thoughts
- _____ 101. Periods of forgetfulness or memory problems

Brain system Checklist Answer Key

Prefrontal Cortex Symptoms (PFC)

Inattention symptoms, 1-18

Hyperactivity-impulsivity symptoms, 19-28

Anterior cingulated system (ACS) symptoms, 29-45

Deep limbic system (DLS) symptoms, 46-63

Basal Ganglia (BGS) symptoms, 64-88

Temporal lobe (TLS) symptoms, 89-101

Add up all of the questions answered as 3 or 4 in each section.

ADD, combined type if (both 1-18, and 19-28 score (in each area)

Highly probable 8 questions with 3 or 4

Probable 6 questions with 3 or 4

May be possible 4 questions with 3 or 4

ADD, inattentive subtype if 1-18 has X questions with 3 or 4 but 19 -28 has less than 3 questions with 3 or 4

Highly probable 8 questions with 3 or 4

Probable 6 questions with 3 or 4

May be possible 4 questions with 3 or 4

Anterior Cingulate system hyperactivity, questions 29-45

Highly probable 10 questions with 3 or 4

Probable 7 questions with 3 or 4

May be possible 4 questions with 3 or 4

Deep Limbic system hyperactivity, questions 46-63

Highly probable 10 questions with 3 or 4

Probable 7 questions with 3 or 4

May be possible 4 questions with 3 or 4

Basal Ganglia hyperactivity, questions 64-88

Highly probable 10 questions with 3 or 4

Probable 7 questions with 3 or 4

May be possible 4 questions with 3 or 4

Temporal lobe system, questions 89-101

Highly probable 8 questions with 3 or 4

Probable 6 questions with 3 or 4

May be possible 4 questions with 3 or 4