

Brain System Questionnaire

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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 explosiveness
- _____ 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 cingulate system (ACS) symptoms, 29-45

Deep limbic system (DLS) symptoms, 29-45

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