

*GraceLife Counseling*  
*ADD Type Questionnaire*

Patient Name: \_\_\_\_\_  
 Age: \_\_\_\_\_ Contact Phone #: \_\_\_\_\_  
 Address: \_\_\_\_\_

0                      1                      2                      3                      4                      5  
 Never              Rarely              Occasionally              Frequently              Very Frequently              Not Applicable

Self Other

		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. excessive daydreaming
		11. complains of feeling 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 before they are 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 the same thought over & over
		28. tendency toward compulsive behavior
		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 becomes very upset
		36. others complain you worry too much
		37. periods 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. periods of panic and/or fear for no specific reason
	42. visual changes, such as seeing shadows or objects changing shape
	43. frequent periods of deja vu (feelings of being somewhere before 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 and lows)
	62. inflexible, rigid in thinking
	63. demands to have your way, even when told "No" multiple times
	64. periods of mean, nasty or insensitive behavior
	65. periods of increased talkativeness
	66. periods of increased impulsivity
	67. unpredictable behavior
	68. grandiose or "larger than life" thinking
	69. talks fast
	70. appears that thoughts go fast
	71. appears anxious or fearful

- I. Classic (1-23) \_\_\_\_\_
- AD – (1-14) 6 \_\_\_\_\_
- HD – (15-23) 6 \_\_\_\_\_
- II. Inattentive (1-14) 6 \_\_\_\_\_
- III. Overfocused (24-36) 6 \_\_\_\_\_
- IV. Temporal Lobe (37-49) 6 \_\_\_\_\_
- V. Limbic (50-58) 5 \_\_\_\_\_
- VI. Disinhibited (59-71) 5 \_\_\_\_\_