



ADD / ADHD TYPE

Please mark with an "✓" the corresponding value for each row. Any extra comments can be written at the end. It is recommended that both parents fill the questionnaire, each parent separately.

	Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable
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. Restless or hyperactive						
11. Trouble sitting still						
12. Fidgety, constant motion (hands, feet, body)						
13. Noisy, hard time being quiet						
14. Acts as if "driven by a motor"						
15. Talks excessively						
16. Impulsive (doesn't think through comments or actions before they are said or done)						
17. Has difficulty awaiting turn						
18. Interrupts or intrudes on others (e.g., butts into conversations or games)						
19. Excessive or senseless worrying						
20. Superorganized						
21. Oppositional, argumentative						
22. Strong tendency to get locked into negative thoughts, having the same thought over and over						



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	Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable
23. Tendency toward compulsive behavior						
24. Intense dislike for change						
25. Tendency to hold grudges						
26. Trouble shifting attention from subject to subject						
27. Difficulties seeing options in situations						
28. Tendency to hold onto own opinion and not listen to others						
29. Tendency to get locked into a course of action, whether or not it is good for the person						
30. Needing to have things done a certain way or you become very upset						
31. Others complain that you worry too much						
32. Periods of quick temper of rages with little provocation						
33. Misinterprets comments as negative when they are not						
34. Irritability tends to build, then explodes, then recedes, often tired after a rage						
35. Periods of spaciness or confusion						
36. Periods of panic and/or fear for no specific reason						
37. Visual changes, such as seeing shadows or objects changing shape						
38. Frequent periods of deja vu (feelings of being somewhere before even though you never have)						
39. Sensitivity or mild paranoia						
40. Headaches or abdominal pain of uncertain origin						
41. History of a head injury						
42. Dark thoughts, may involve suicidal or homicidal thoughts						
43. Periods of forgetfulness or memory problems						
44. Short fuse or periods of extreme irritability						
45. Moodiness						
46. Negativity						
47. Low energy						
48. Frequent irritability						



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	Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable
49. Tendency to be socially isolated						
50. Frequent feelings of hopelessness, helplessness, or excessive guilt						
51. Lowered interest in things that are usually considered fun						
52. Sleep changes (too much or too little)						
53. Chronic low self-esteem						
54. Angry or aggressive						
55. Sensitive to noise, light, clothes or touch						
56. Frequent or cyclic mood changes (highs and lows)						
57. Inflexible, rigid in thinking						
58. Demanding to have their way, even when told no multiple times						
59. Periods of mean, nasty, or insensitive behavior						
60. Periods of increased talkativeness						
61. Periods of increased impulsivity						
62. Unpredictable behavior						
63. Grandiose or "larger than life" thinking						
64. Appears anxious or fearful						
65. Predicts the worst						
66. Freeze in social situation						
67. Physical stress symptoms, like headaches or excessive muscle tension						
68. Conflict avoidant						
69. Fear of being judged						
70. Excessive motivation						

Comments:

(Based on Dr. Amen Brain Test Questionnaire).