

THE AMEN CLINIC ADD TYPE QUESTIONNAIRE

Please rate yourself (or the person you are evaluating) on each of the symptoms listed below using the following scale. If possible, also have someone else rate you or the other person (such as a spouse, lover or parent). This is done to obtain a more complete picture of the situation.

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

SELF	OTHER	
___	___	1. is easily distracted
___	___	2. has difficulty sustaining attention span for most tasks in play, school or work.
___	___	3. has trouble listening when others are talking.
___	___	4. has trouble following through on tasks or instructions.
___	___	5. has difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker, etc.)
___	___	6. has trouble with time, for example, is frequently late or hurried, tasks take longer than expected, projects or homework are "last minute" or turned in late.
___	___	7. has a tendency to lose things.
___	___	8. makes careless mistakes, poor attention to detail.
___	___	9. is forgetful.
___	___	10. daydreams excessively.
___	___	11. complains of being bored.
___	___	12. appears apathetic or unmotivated.
___	___	13. is tired, sluggish or slow moving.
___	___	14. is spacey or seems preoccupied.
___	___	15. is restless or hyperactive.
___	___	16. has trouble sitting still.
___	___	17. is fidgety; in constant motion (hands, feet, body)
___	___	18. is noisy; has a hard time being quiet.
___	___	19. acts if "driven by a motor"
___	___	20. talks excessively.
___	___	21. is impulsive (doesn't think through comments or actions before they are said or done)
___	___	22. has difficulty waiting his or her turn.
___	___	23. interrupts or intrudes on others (e.g. butts into conversations or games)
___	___	24. worries excessively or senselessly.
___	___	25. is super organized.
___	___	26. is oppositional, argumentative.
___	___	27. has a strong tendency to get locked into negative thoughts; has the same thought over and over.
___	___	28. has a tendency towards compulsive behavior.
___	___	29. has an intense dislike of change.
___	___	30. has a tendency to hold grudges.
___	___	31. has trouble shifting attention from subject to subject.

- ___ 32. has difficulties seeing options in situations.
- ___ 33. has a tendency to hold on to own opinion and not listen to others.
- ___ 34. has a tendency to get locked into a course of action, whether or not it is good for the person.
- ___ 35. needs to have things done a certain way or becomes very upset.
- ___ 36. others complain that he/she worries too much.
- ___ 37. has 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; is often tired after a rage.
- ___ 40. has periods of spaciness or confusion.
- ___ 41. has periods of panic and/or fear for no specific reason.
- ___ 42. perceives visual changes, such as seeing shadows or objects changing shape.
- ___ 43. has frequent periods of déjà vu (feeling of being somewhere before even though he or she has never been there)
- ___ 44. is sensitive or mildly paranoid.
- ___ 45. has headaches or abdominal pain of unknown origin.
- ___ 46. has a history of a head injury or a family history of violence or explosiveness.
- ___ 47. has dark thoughts, may involve suicidal or homicidal thoughts.
- ___ 48. has periods of forgetfulness or memory problems.
- ___ 49. has a short fuse or periods of extreme irritability.
- ___ 50. is moody.
- ___ 51. is negative.
- ___ 52. has low energy.
- ___ 53. is frequently irritable.
- ___ 54. has a tendency to be socially isolated.
- ___ 55. has frequent feelings of hopelessness.
- ___ 56. has lowered interest in things that are usually considered fun.
- ___ 57. undergoes sleep changes (too much or too little)
- ___ 58. has chronic low self-esteem.
- ___ 59. is angry or aggressive.
- ___ 60. is sensitive to noise, light, clothes or touch.
- ___ 61. undergoes frequent or cyclical mood changes.
- ___ 62. is inflexible, rigid in thinking.
- ___ 63. demands to have his or her way, even when told “no” multiple times.
- ___ 64. has periods of mean, nasty, or insensitive behavior.
- ___ 65. has periods of increased talkativeness.
- ___ 66. has periods of increased impulsivity.
- ___ 67. displays unpredictable behavior.
- ___ 68. way of thinking is grandiose or “larger than life”
- ___ 69. talks fast.
- ___ 70. feels that thought go fast.
- ___ 71. appears anxious or fearful.

THE AMEN CLINIC 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 in the space provided. A cutoff score is provided with each type. Some people score positively in three or four groups.

Type One: Classic ADD (Questions 1-23)

Meets the criteria for both inattentiveness questions and the hyperactivity-impulsivity questions.

Inattentiveness questions 1-14: Six or more of a score of three or four is needed to make 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.

Inattentiveness score of three or four: _____

Hyperactivity-impulsivity score of three or four: _____

Type Two: Inattentive ADD (Questions 1-14)

Six or more of a score of three or four is needed to make a 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: _____

Type Three: Overfocused ADD (Questions 24-36)

Meets the criteria for inattentiveness (six or more questions 1-14) and also scored six or more on the overfocused questions (questions 24-36).

Overfocused ADD score of three or four: _____

Type Four: Temporal Lobe ADD (Questions 37-49)

Meets the criteria for inattentiveness (six or more questions 1-14) and also scores six or more on the overfocused questions (questions 37-49).

Temporal Lobe score of three of four: _____

Type Five: Limbic ADD (Questions 50-58)

Meets the criteria for inattentiveness (six or more on questions 1-14) and scores five or more on the limbic questions (questions 50-58).

Limbic ADD score of three of four: _____

Type Six: "Ring of Fire" ADD (Questions 59-71)

Meets the criteria for inattentiveness (six or more on questions 1-14) and also scores five or more on the Ring of Fire questions (questions 59-71).

"Ring of Fire" ADD score of three or four: _____

BASAL GANGLIA CHECKLIST

Here is a basal ganglia checklist. Please read this list of behaviors and rate yourself or the person you are evaluating on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms listed as 3 or 4 indicate a high likelihood of basal ganglia problems.

Key 0 = *never*
 1 = *rarely*
 2 = *occasionally*
 3 = *frequently*
 4 = *very frequently*

- _____ 1. Feelings of nervousness or anxiety
- _____ 2. Panic attacks
- _____ 3. Symptoms of heightened muscle tension (headaches, sore muscles, etc.)
- _____ 4. Periods of heart pounding, rapid heart rate, or chest pain
- _____ 5. Periods of trouble breathing, or feeling smothered
- _____ 6. Periods of feeling dizzy, faint, or unsteady on your feet
- _____ 7. Periods of nausea or abdominal upset
- _____ 8. Periods of sweating, hot or cold flashes, cold hands
- _____ 9. Tendency to predict the worst
- _____ 10. Fear of dying or doing something crazy
- _____ 11. Avoidance of public places for fear of having an anxiety attack
- _____ 12. Conflict avoidance
- _____ 13. Excessive fear of being judged or scrutinized by others
- _____ 14. Persistent phobias
- _____ 15. Low motivation
- _____ 16. Excessive motivation
- _____ 17. Tics
- _____ 18. Poor Handwriting
- _____ 19. Quick startle reaction
- _____ 20. Tendency to freeze in anxiety-provoking situations
- _____ 21. Excessive worry about what others think
- _____ 22. Shyness or timidity
- _____ 23. Low threshold of embarrassment

Total Basal Ganglia 3 or 4 scoring: _____

Deep Limbic Checklist

Please read this list of behaviors and rate yourself (or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

- 0 = never*
1 = rarely
2 = occasionally
3 = frequently
4 = very frequently

Yourself	Other
_____	_____ 1. Feelings of sadness
_____	_____ 2. Moodiness
_____	_____ 3. Negativity
_____	_____ 4. Low Energy
_____	_____ 5. Irritability
_____	_____ 6. Decreased interest in others
_____	_____ 7. Feelings of hopelessness about future
_____	_____ 8. Feelings of helplessness or powerlessness
_____	_____ 9. Feeling dissatisfied or bored
_____	_____ 10. Excessive guilt
_____	_____ 11. Suicidal feelings
_____	_____ 12. Crying
_____	_____ 13. Lowered interest in things usually considered fun
_____	_____ 14. Sleep changes (too much or too little)
_____	_____ 15. Appetite changes (too much or too little)
_____	_____ 16. Low self-esteem
_____	_____ 17. Decreased interest in sex
_____	_____ 18. Negative sensitivity to smells / odors
_____	_____ 19. Forgetfulness
_____	_____ 20. Poor concentration