

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
- N/A Not Applicable

SELF/Parent OTHER

- | | | |
|-----|-----|--|
| ___ | ___ | 1. is easily distracted |
| ___ | ___ | 2. has difficulty sustaining attention span for most tasks in play, school, or work |
| ___ | ___ | 3. has trouble listening when other are talking |
| ___ | ___ | 4. has difficulty following through (procrastination) on tasks or instructions |
| ___ | ___ | 5. has difficulty keeping an organized are (room, desk, book bag, filing cabinet, 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, had a hard time being quiet |
| ___ | ___ | 19. acts as 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 toward 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 situation.
- ___ ___ 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 is good for the person
- ___ ___ 35. need s to have things done a certain way or becomes very upset
- ___ ___ 36. other complain that he or she worries too much
- ___ ___ 37. has periods of quick temper of rages with little provocation
- ___ ___ 38. misinterprets comments as negative when they are not
- ___ ___ 39. irritability tend to build, the explodes, the recedes: is often tired after a rage
- ___ ___ 40. has period 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 shapes
- ___ ___ 43. has frequent periods of déjà vu(feelings of being somewhere before even though he or she has never been their before)
- ___ ___ 44. is sensitive or midly paranoid
- ___ ___ 45. has headaches or abdominal pain of uncertain 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 period 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. ha a tendency to be socially isolated

- ___ 55. has frequent feelings of hopelessness, helplessness, or excessive guilt
- ___ 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 cyclic mood changes (high and lows)
- ___ 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 thoughts go fast
- ___ 71. appears anxious or fearful

ADD Type Questionnaire Scoring Key

For each of the groups listed below, add up the numbers of answers that were scored as three or four and place them in the space provided.

| Question range | Parent/Caregiver | Teacher | Self |
|----------------|------------------|---------|------|
| 1-14 | | | |
| 15-23 | | | |
| 24-36 | | | |
| 37-49 | | | |
| 50-58 | | | |
| 59-71 | | | |

A cut off score is provided with each type. Some score positively in more than one group; some even score positively in three or four groups.

Type One: Classic ADD (Questions 1 - 23)

Total of questions 1-14 scored at 3 or 4 - ____ = **Inattentive**

Total of questions 15-23 scored at 3 or 4 - ____ = **Hyperactivity-Impulsivity**

Possible: >= 4 on both

Certain: >= 6 on both

Type Two: Inattentive ADD (Questions 1 - 14)

Total of questions scored at 3 or 4 - ____

Possible: >=4

Certain: >= 6 AND < 6 on the **hyperactivity-impulsivity** questions (15-23) ____

Type Three: Overfocused ADD (Questions 24 - 36)

Total of questions scored at 3 or 4 - ____

Certain: >= 6 AND => 6 on the **inattentiveness** questions (1-14) ____

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

Total of questions scored at 3 or 4 - ____

Certain: >= 6 AND => 6 on the **inattentiveness** questions (1-14) ____

Type Five : Limic ADD (Questions 50 – 58)

Total of questions scored at 3 or 4 - ____

Certain: >= 5 AND => 6 on the **inattentiveness** questions (1-14) ____

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

Total of questions scored at 3 or 4 - ____

Certain: >= 5 AND => 6 on the **inattentiveness** questions (1-14) ____