

Date of form _____

Name of person completing form: _____

Name of patient: _____

Please rate yourself (the patient=SELF) or the person you are evaluating (such as a child or spouse=OTHER) 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, parent, etc). This is done to obtain a more complete picture of your situation.

0 Never

1 Rarely

2 Occasionally

3 Frequently

4 Very Frequently

Self Other

N/A Not Applicable

- ___ ___ 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 difficulty following through (procrastination) on tasks or instructions
- ___ ___ 5. Has difficulty keeping an organized area (room, office, backpack, desk, etc)
- ___ ___ 6. Has trouble with time (is often late or hurried, tasks take longer than expected, etc)
- ___ ___ 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, slow moving
- ___ ___ 12. Is spacey or seems preoccupied
- ___ ___ **Total number of 3's & 4's for questions 1-14**

- ___ ___ 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 as if "driven by a motor"
- ___ ___ 20. Talks excessively
- ___ ___ 21. Is impulsive (doesn't think before speaking or acting)
- ___ ___ 22. Has difficulty waiting for his or her turn
- ___ ___ 23. Interrupts or intrudes on other (butts into conversations, games, etc)
- ___ ___ **Total number of 3's & 4's for questions 1-23**

- ___ ___ 24. Worries excessively or senselessly
- ___ ___ 25. Is super-organized
- ___ ___ 26. Is oppositional, argumentative
- ___ ___ 27. Has 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 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 gets upset
- ___ ___ 36. Others complain that he or she worries too much
- ___ ___ **Total number of 3's & 4's for questions 24-36**

Adapted from the Amen Checklist

- ___ ___ 37. Has periods of quick temper 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 deja vu
- ___ ___ 44. Is sensitive or mildly paranoid
- ___ ___ 45. Has headaches or abdominal pain of uncertain origin
- ___ ___ 46. Has a history of 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 of periods of extreme irritability
- ___ ___ **Total number of 3's & 4's for questions 37-49**

- ___ ___ 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, 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
- ___ ___ **Total number of 3's & 4's for questions 50-58**

- ___ ___ 59. Is angry or aggressive
- ___ ___ 60. Is sensitive to noise, light, clothes or touch
- ___ ___ 61. Undergoes frequent or cyclic mood changes (highs & 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
- ___ ___ **Total number of 3' & 4's for questions 59-71**

- ___ ___ 72. Tendency to freeze in social situations
- ___ ___ 73. Dislikes or gets excessively nervous speaking in public
- ___ ___ 74. Predicts the worst possible outcomes
- ___ ___ 75. Conflict avoidant
- ___ ___ 76. Fear of being judged
- ___ ___ **Total number of 3' & 4's for questions 72-76**

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