

ATTENTION DEFICIT, DEPRESSION AND ANXIETY QUESTIONNAIRE

Please answer the following on a scale of 0 (Never) to 4(Very Frequently)

0 1 2 3 4 N/A

Never Rarely Occasionally Frequently Very Frequently Not Applicable/known

SECTION I:

- ___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

SECTION -H:

- ___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)

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SECTION -O:

- ___19. Excessive or senseless worrying
- ___20. Super-organized
- ___21. Oppositional, argumentative
- ___22. Strong tendency to get locked into negative thoughts, having the same thought over and over
- ___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

SECTION T:

- ___32. Periods of quick temper or 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 déjà 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

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___43. Periods of forgetfulness or memory problems

___44. Short fuse or periods of extreme irritability

SECTION -L:

___45. Moodiness

___46. Negativity

___47. Low energy

___48. Frequent irritability

___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

SECTION- R

___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

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SECTION -A

___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