

THE AMEN CLINIC QUESTIONNAIRE

Name: _____ Age: _____ Date: _____

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 (such as a spouse, parent or friend) rate the person. This is done to obtain a more complete picture of the situation.

0 1 2 3 4
Never Rarely Occasionally Frequently Very Frequently

Other Self

- _____ 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 though (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. Excessive daydreaming
- _____ 11. Complains of being bored
- _____ 12. Appears apathetic or unmotivated
- _____ 13. Tired, sluggish or slow moving
- _____ (Please leave blank)

- _____ 14. Spacey or seems preoccupied
- _____ 15. Restless or hyperactive
- _____ 16. Trouble sitting still
- _____ 17. Fidgety, constant motion (hands, feet, body)
- _____ 18. Noisy, hard time being quiet
- _____ 19. Acts as if "driven by a motor"
- _____ 20. Talks excessively
- _____ 21. Impulsive (doesn't think through comments or actions before they are said or done)
- _____ 22. Has difficulty awaiting turn
- _____ 23. Interrupts or intrudes on others (e.g., butts into conversations or games)
- _____ (Please leave blank)

- _____ 24. Excessive or senseless worrying
- _____ 25. Super organized
- _____ 26. Oppositional, argumentative
- _____ 27. Strong tendency to get locked into negative thoughts, having the same thoughts over and over
- _____ 28. Tendency toward compulsive behavior
- _____ 29. Intense dislike for change
- _____ 30. Tendency to hold grudges
- _____ 31. Trouble shifting attention from subject to subject
- _____ 32. Difficulties seeing options in situations
- _____ 33. Tendency to hold onto own opinion and not listen to others
- _____ 34. Tendency to get locked into a course of action, whether or not it is good for the person
- _____ 35. Needing to have things done a certain way or you become upset
- _____ 36. Others complain that you worry too much
- _____ (Please leave blank)

Name: _____

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

Other Self

- _____ 37. 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, often tired after a rage
- _____ 40. Periods of spaciness or confusion
- _____ 41. Periods of panic and/or fear for no specific reason
- _____ 42. Visual changes, such as seeing shadows or objects changing shape
- _____ 43. Frequent periods of deja vu (feelings of being somewhere before even though you never have)
- _____ 44. Sensitivity to mild paranoia
- _____ 45. Headaches or abdominal pain of uncertain origin
- _____ 46. History of a head injury or family history of violence or explosiveness
- _____ 47. Dark thoughts, may involve suicidal or homicidal thoughts
- _____ 48. Periods of forgetfulness or memory problems
- _____ 49. Short fuse or periods of extreme irritability
- _____ (Please leave blank)

- _____ 50. Moodiness
- _____ 51. Negativity
- _____ 52. Low energy
- _____ 53. Frequent irritability
- _____ 54. Tendency to be socially isolated
- _____ 55. Frequent feelings of hopelessness, helplessness or excessive guilt
- _____ 56. Lowered interest in things that are usually fun
- _____ 57. Sleep changes (too much or too little)
- _____ 58. Chronic low self-esteem
- _____ (Please leave blank)

- _____ 59. Angry or aggressive
- _____ 60. Sensitive to noise, light, clothes or touch
- _____ 61. Frequent or cyclic mood changes (highs and lows)
- _____ 62. Inflexible, rigid in thinking
- _____ 63. Demanding to have their own way, even when told no multiple times
- _____ 64. Periods of mean, nasty or insensitive behavior
- _____ 65. Periods of increased talkativeness
- _____ 66. Periods of increased impulsivity
- _____ 67. Unpredictable behavior
- _____ 68. Grandiose or "larger than life" thinking
- _____ 69. Talks fast
- _____ 70. Appears that thoughts go fast
- _____ 71. Appears anxious or fearful
- _____ (Please leave blank)