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***ADD/ADHD QUESTIONNAIRE***

***NAME*** \_\_\_\_\_

***DATE*** \_\_\_\_\_

Please rate yourself on each of the symptoms listed below, using the following scale. If possible, also have someone else rate you (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        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 difficulty following through ( procrastination ) 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 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 ( 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 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 or 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 spaceiness 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 ( feelings 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 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 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, helplessness, or excessive<br>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 ( 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   |

**One: Classic ADD** ( Questions 1 - 23 )  
 Inattentiveness questions 1 - 14  
 Hyperactivity - Impulsivity questions 15 - 23

**Two: Inattentive ADD** ( Questions 15 - 23 )

**Three: Overfocused ADD** ( Questions 24 - 36 )

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

**Five: Limbic ADD** ( Questions 50 - 58 )

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

**One: Classic ADD ( Questions 1 - 23 )**

Meets the criteria for both the 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 the diagnosis; more than four is suspicious for this type of ADD.

**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 to four: \_\_\_\_\_

**Hyperactivity-impulsivity** score of three or four: \_\_\_\_\_

**Two: Inattentive ADD ( Questions 1 - 14 )**

Six or more of a score of three or four is needed to make the 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: \_\_\_\_\_

**Three: Overfocused ADD ( Questions 24 - 36 )**

Meets the criteria for inattentiveness ( six or more on questions 1 - 14 ) and also scores six or more on the over-focused questions.

**Over-focused ADD** score of three or four: \_\_\_\_\_

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

Meets the criteria for inattentiveness ( six or more on questions 1 - 14 ) and also scores six or more on the temporal lobe questions.

**Temporal Lobe ADD** score of three or four: \_\_\_\_\_

**Five: Limbic ADD ( Questions 50 - 58 )**

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

**Limbic ADD** score of three or four: \_\_\_\_\_

**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.

**"Ring of Fire" ADD** score of three or four: \_\_\_\_\_