

Amen Clinics Healing ADD Brain Type Questionnaire

The *Amen Clinics Healing ADD Brain Type Questionnaire* will be a great start to helping educate you about ADD and to help you know about the different types. You can also take a computerized test online that will score the questionnaire and give you suggestions for the different type or types endorsed. The link is <https://theaddquiz.com/assessment>

A long time ago I realized that not everyone can get a SPECT scan ... so, based on thousands of scans, I developed this questionnaire to help educate you and your loved ones about ADD/ADHD and its types. The Healing ADD Brain Type Test Master Questionnaire is a 70 item self-test, which serves as an information tool to assess the possibility of overall ADD/ADHD syndrome and its seven types. This questionnaire has gone through many revisions as we learn more, but for now we think you will find it useful. Based on your answers, we will educate you about the type or types of ADD that you may have. **Feel free to give this questionnaire to your friends and family members. ADD runs in families.**

A word of caution is in order. Self-report questionnaires have advantages and limitations. They are quick and easy to score. On the other hand, people filling them out may portray themselves in a way they want to be perceived, resulting in self-report bias. For example, some people exaggerate their experience and mark all of the symptoms as frequent, in essence saying, "I'm glad to have a real problem so that I can get help, be sick, or have an excuse for the troubles I have." Others are in total denial. They do not want to see any personal flaws and they do not check any symptoms as significantly problematic, in essence saying, "I'm okay. There's nothing wrong with me. Leave me alone." Not all self-report bias is intentional. People may genuinely have difficulty recognizing problems and expressing how they feel. Sometimes family members or friends are better at evaluating a loved one's level of functioning than a person evaluating himself or herself. They may have noticed things that their loved one hasn't.

Questionnaires of any sort should never be used as the only assessment tool. Use this one as a catalyst to help you think, ask better questions, and get more evaluation if needed. Always discuss any recommendations with your personal physician.

THIS ADD TYPE QUESTIONNAIRE IS INTENDED AS AN INFORMATIONAL AND EDUCATIONAL TOOL FOR YOU AND YOUR LOVED ONES, AND IS NOT DESIGNED TO REPLACE YOUR HEALTH CARE PROVIDER'S PROFESSIONAL JUDGMENT REGARDING YOUR HEALTH. THE QUESTIONNAIRE IS NOT

INTENDED TO DIAGNOSE, TREAT, OR CURE ANY MEDICAL CONDITION, INCLUDING BUT NOT LIMITED TO ADD/ADHD, NOR IS IT INTENDED TO BE THE BASIS OF RECOMMENDING A SPECIFIC COURSE OF TREATMENT FOR YOUR MEDICAL CONDITION OR THAT OF A LOVED ONE. PLEASE WORK WITH YOUR HEALTH CARE PROVIDER FOR ADVICE ABOUT YOUR SPECIFIC MEDICAL CONDITION(S) AND TREATMENT(S) FOR SUCH CONDITION(S).

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Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give yourself the most complete picture, have another person who knows you well (such as a spouse, lover, or parent) rate you as well. List other person: _____

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

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 through (procrastination) on tasks or instructions |
| _____ | _____ | 5. Difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker, etc.) |
| _____ | _____ | 6. 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. 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. Difficulty waiting for turn |
| _____ | _____ | 18. Interrupts or intrudes on others (e.g., butts into conversations or games) |
| _____ | _____ | 19. Excessive or senseless worrying |
| _____ | _____ | 20. Super organized |
| _____ | _____ | 21. Oppositional, argumentative |

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

Other Self

- | | | |
|-------|-------|--|
| _____ | _____ | 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. Difficulty 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. Need to have things done a certain way or you become very upset |
| _____ | _____ | 31. Others complain that you worry too much |
| _____ | _____ | 32. Periods of quick temper or rage 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 <i>déjà vu</i> (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 |
| _____ | _____ | 43. Periods of forgetfulness or memory problems |
| _____ | _____ | 44. Short fuse or periods of extreme irritability |
| _____ | _____ | 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 |

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

Other Self

- | | | |
|-------|-------|--|
| _____ | _____ | 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 |
| _____ | _____ | 64. Appears anxious or fearful |
| _____ | _____ | 65. Predicts the worst |
| _____ | _____ | 66. Freezes in social situation |
| _____ | _____ | 67. Physical stress symptoms, like headaches or excessive muscle tension |
| _____ | _____ | 68. Conflict avoidant |
| _____ | _____ | 69. Fear of being judged |
| _____ | _____ | 70. Excessive motivation |

Summary of the Seven Types of ADD

Type 1. Classic ADD (ADHD) – inattentive, distractible, disorganized, hyperactive, restless, and impulsive.

Type 2. Inattentive ADD – inattentive, easily distracted, disorganized, and often described as space cadets, daydreamers, and couch potatoes. Not hyperactive!

Type 3. Overfocused ADD – inattentive, trouble shifting attention, frequently get stuck in loops of negative thoughts or behaviors, obsessive, excessive worrying, inflexible, frequent oppositional and argumentative behavior. May or may not be hyperactive.

Type 4. Temporal Lobe ADD – inattentive, easily distracted, disorganized, irritable, short fuse, dark thoughts, mood instability, and may struggle with learning disabilities. May or may not be hyperactive.

Type 5. Limbic ADD – inattentive, easily distracted, disorganized, chronic low-grade sadness or negativity, “glass half-empty syndrome,” low energy, tends to be more isolated socially, and frequent feelings of hopelessness and worthlessness. May or may not be hyperactive.

Type 6. Ring of Fire ADD – inattentive, easily distracted, irritable, overly sensitive, cyclic moodiness, and oppositional. May or may not be hyperactive.

Type 7. Anxious ADD – inattentive, easily distracted, disorganized, anxious, tense, nervous, predicts the worst, gets anxious with timed tests, social anxiety, and often has physical stress symptoms, such as headaches and gastrointestinal symptoms. May or may not be hyperactive.

Knowing your type is essential to getting the right help for yourself.