

New Client Self Rating Scale Questionnaire

Rate every statement in the following questionnaire according to the rating scale described below. Write the appropriate rating number in the margin to the left of each statement. If an item does not apply to you, write "n/a" for "not applicable."

- 1 This statement does not describe me.
- 2 This statement describes me only slightly.
- 3 This statement describes me moderately.
- 4 This statement describes me to a large degree.
- 5 This statement describes me exactly.

This questionnaire is meant to be used as a self rating of your past and present symptoms. Please feel free to write down additional comments about any item. If an item used to be true for you in the past, but is no longer an issue, please let us know by writing "Past" or "Present" by the item response. For example, if you drank heavily in high school but are a moderate social drinker now, you would mark the statement "I have used alcohol excessively" with both past and present ratings. Thank you for your accuracy and attention to detail while completing this questionnaire. Turn this form in next session.

Life Symptom Questionnaire

Inattention

- It is hard for me to stick to one thing for a long period of time (except for computer games, or socializing).
- My friends/family have complained that I don't listen.
- I tune in and out during personal and work conversations at least once a day.
- It is hard for me to work steadily for long periods of time.
- Often when reading, my eyes scan the words but my mind is somewhere else.
- In group situations, I sometimes lose track of the conversation.

Impulsivity

- I got in trouble at home or work for talking or acting without thinking.
- I tend to go with my feelings and often don't think before I act.
- I interrupt others in their conversations.
- Sometimes I hurt people's feelings without meaning to because I speak before I think.
- I am a risk taker at times.
- I make decisions too quickly at times.
- When I have a job to do, I just dive in and figure it out as I go.

Hyperactivity

- I eat my food quickly.
- I need to move or exercise frequently.
- Sometimes I bother people around me by tapping, jiggling, or moving.
- I have trouble slowing down.
- I am very talkative.
- I often feel bored and impatient.
- When sitting quietly or while working, I feel restless and fidgety.

Distractibility

- I become easily sidetracked.
- I am constantly noticing or thinking of things unrelated to the task I am doing.
- I jump from topic to topic in conversation.
- It is hard for me to keep focused on long-term projects.
- A five-minute break from working or tasks can easily become an hour-long break if I'm not careful.
- If I don't do something when I think of it, I usually forget to do it later.
- It is very hard for me to concentrate or work or pay attention if people are talking nearby.

Hyper Focusing

- Sometimes I become so involved in what I'm doing that I completely lose track of time.
- People talk to me or call me when I'm engrossed in something, and I don't hear them.

Time Management

- I have trouble being on time at least half of the time.
- I tend to procrastinate.
- I am unrealistic about how long a task will take.
- I tend to make too many commitments and have trouble keeping them.
- My spouse/significant other gets annoyed because I often keep her/him waiting.
- No matter how good my intentions are, I end up pulling all-nighters before personal or work activities that require me to meet a deadline at work or in my personal life.

Self-Discipline

- I have difficulty sticking to plans for self-improvement.
- I can't tear myself away from activities I like, even when I know I will be late for something.
- I usually do what I like, and put off things that I ought to do.
- The only way I can get myself to complete a task is to wait and start near the deadline.
- I have taken up and dropped many interests.
- I have been called lazy.
- I have been called irresponsible. It is hard for me to stay on task and complete required activities when friends invite me to go out.

Sleep/Arousal Problems

- I have very irregular sleep patterns.
- Falling asleep at night has always been difficult for me. I often oversleep.
- Sitting at work or doing a task, I quickly feel tired, no matter how much sleep I got the night before.
- I tend to fall asleep for catnaps if I sit down or lie down to relax.

Organization/Structure

- I rarely plan my day.
- I tend to be messy in my life and in my work activities and with my work materials.
- My messiness has caused conflict with my spouse/significant other or my family.
- I have trouble keeping up with several simultaneous projects.
- I become overwhelmed when I have too many choices.
- I have trouble managing money.
- I have difficulty keeping my checkbook balanced.
- I have had to borrow money from friends or family because I was in a jam.
- I try to get organized, but it never lasts long.
- I often turn work assignments or miss deadlines because they submitted late.
- It's hard for me to prioritize things I need to do.

Stimulants

- I drink four or more cups of coffee or colas a day. I use stimulant pills/over the counter energy drinks or other substances to keep alert.
- Smoking cigarettes helps me concentrate when I am working or completing tasks.

Substance Abuse

- I have used alcohol excessively recently in the past six months to a year.
- My spouse/significant other, friends or family have been concerned about my drinking.
- I have used drugs (including marijuana) recreationally in the past six months.
- I have experimented with hard drugs (heroin, cocaine, etc.) in the past six months.
- I believe that I may have a substance addiction.
- I believe that I may need help to stop drinking or using drugs.

Memory

- I tend to forget appointments or meetings or social events I had made plans to attend.
- I rely on my spouse/significant other, friends, family members to be my reminder for things.
- I tend to misplace personal items a couple of times a week or more.
- I lose my car keys and/or house and/or work keys.
- I forget what my spouse/significant other, boss, family members or friends ask me to do.
- It is hard for me to remember things I intend to do. If I don't write it down, I'll forget it.
- Even if I write things down, I often misplace the note.

Frustration Tolerance

- I have been called impatient by people who know me or I believe that I am impatient.
- I become easily frustrated.
- It is hard for me to tolerate people who do things slowly.
- I hate to wait.
- I tend to give up if I can't quickly figure out how to do something.

Anger

- I have gotten angry several times in the past month.
- I have a short fuse and I am easily upset by things I have no control over.
- If someone raises his or her voice at me, I yell back.
- I have punched holes in walls or doors or thrown things out of anger.
- I usually become angry if I am criticized.
- It is almost impossible for me to remain calm if someone is acting in an angry manner toward me.
- I believe that I have an anger problem at this time.
- I believe that I had an anger problem in the past.

Emotional Reactivity

- I tend to be moody.
- My feelings (positive or negative) are very intense.
- I have "thin skin."
- I have very intense premenstrual symptoms of moodiness and emotionality.
- I tend to overreact.
- I cry more often than my friends do.
- As a child and/or adolescent, I was teased for getting upset.
- As an adult, I am teased for getting upset at times.

Academics/Learning

- I have been called an underachiever at some time during my schooling/education.
- School/Learning has seemed boring and frustrating for as long I can remember.
- My grades went down in high school compared to the lower grades I attended.
- My siblings were better students than I was.
- I was diagnosed with learning problems while in school.
- My teachers and parents always felt I was unmotivated in school.
- My grades varied from A's to F's.
- My low grades were often a result of not turning in homework in high school or college.
- Even when I studied hard for tests, during the exam I blanked out and couldn't remember information.
- Careless errors frequently lowered my grades in high school or college.

Anxiety / Depression

- I have had periods when I felt depressed for weeks or months.
- I have felt so anxious and overwhelmed that I wanted to drop out of school or quit my job.
- I worry a lot about my future.
- I'm afraid I'll never get my act together.
- I have occasionally felt suicidal.
- Often I drink or party just to get my mind off my troubles.
- I have taken medication for anxiety or depression or bipolar disorder.
- I have been in therapy/counseling in the past.
- Sometimes I can't get out of bed because I feel so overwhelmed.
- I have headaches, stomachaches, neck aches, or backaches from tension and worry.

Self-Esteem and Confidence

- I tend to put myself down to myself and others.
- I try to avoid competitive situations where my performance will be judged.
- I overreact to criticism from others.
- I can't take being teased by anyone.
- I worry a lot about making mistakes.
- I am always messing up or so it seems.

Oppositional Tendencies

- I was a difficult child/adolescent according to those who parented me.
- I don't like being told what to do now and in the past.
- I argue a lot with authority figures or others who try and say I am wrong.
- I have been called stubborn as an adult.
- I have had many disagreements with my spouse/significant others and my bosses and other authority figures in my life.
- I have been fired or have had arguments with supervisors on jobs.
- I have had relationship problems and had relationships end due to my attitudes/stubbornness.

Social / Interpersonal

- I was teased a lot when I was young.
- I have had trouble getting along with others in my life in the past or in the present.
- I always have felt different from others and this has interfered with my relationships.
- I have been called bossy or controlling by others.
- Sometimes I am too blunt or critical in the way I express myself.
- Although I don't mean to be, I have been called inconsiderate by my spouse/significant other or by friends or family members or by a girlfriend/boyfriend.
- I tend to have conflicts with friends, family members or co-workers.

Family History

- There is a history of alcoholism/drug addiction in my family.
- There is a history of depression/anxiety/bipolar disorder in my family.
- Other family members (parents, siblings cousins, aunts, and uncles) have been diagnosed as hyperactive/ADD or as being learning disabled or as having learning difficulties.
- One of my parents says he/she was a lot like me when he/she was younger.
- One or more of my family members have had legal problems and have been arrested.
- One or more of my family members has been in therapy/counseling of AD/HD.
- My mother had/has AD/HD.
- My father had/has AD/HD.
- My brother had/has AD/HD.
- My sister had/has AD/HD.
- One or more of my family members has been hospitalized for psychiatric problems.
- My parents divorced when I was a child or an adolescent.
- My parents divorced while I have been an adult.

