

Name of Person Being Rated: _____ Date of Rating: _____
 Rater's Name: _____ Relationship to Person Being Rated: Self Parent Other (specify) _____

EXECUTIVE FUNCTION RATING SCALE

Please circle a number for each symptom below to show how often this has been a problem to you lately.

	1-Never 2-Almost Never 3-Rarely	4-Occasionally 5-Fairly Often	6-Frequently 7-Very Frequently	8-Almost Always 9-Always	Comments
INHIBITION					
1. Fails to think before acting	1 2 3	4 5	6 7	8 9	
2. Difficulty waiting in lines or taking turns with others	1 2 3	4 5	6 7	8 9	
3. Blurts out things	1 2 3	4 5	6 7	8 9	
4. Talks too much	1 2 3	4 5	6 7	8 9	
5. Says things without thinking	1 2 3	4 5	6 7	8 9	
6. Makes comments or remarks that are regretted later	1 2 3	4 5	6 7	8 9	
7. Interrupts others when they are working or busy	1 2 3	4 5	6 7	8 9	
8. Answers questions before questions are completed	1 2 3	4 5	6 7	8 9	
9. Jumps too quickly to inaccurate conclusions	1 2 3	4 5	6 7	8 9	
10. Steps on people's toes without meaning to offend	1 2 3	4 5	6 7	8 9	
11. Impulsively runs away from activity or situation	1 2 3	4 5	6 7	8 9	
12. Is a risk-taker or daredevil	1 2 3	4 5	6 7	8 9	
13. Difficulty delaying gratification	1 2 3	4 5	6 7	8 9	
FOCUS/SHIFTING ATTENTION					
14. Difficulty keeping attention focused in work or leisure	1 2 3	4 5	6 7	8 9	
15. Difficulty listening to what other people are saying	1 2 3	4 5	6 7	8 9	
16. Easily distracted by external things (sights, sounds, etc.)	1 2 3	4 5	6 7	8 9	
17. Easily distracted by thoughts in own mind	1 2 3	4 5	6 7	8 9	
18. Can't keep mind on something unless it is personally interesting	1 2 3	4 5	6 7	8 9	
19. Difficulty sustaining focus on task as necessary	1 2 3	4 5	6 7	8 9	
20. Needs to read things more than once to grasp meaning	1 2 3	4 5	6 7	8 9	
21. Overlooks or misses details in tasks, instructions or communications	1 2 3	4 5	6 7	8 9	
22. Frequently changes plans or jobs in midstream	1 2 3	4 5	6 7	8 9	
23. Difficulty making smooth transitions	1 2 3	4 5	6 7	8 9	
24. Dislikes unexpected change	1 2 3	4 5	6 7	8 9	
25. Perseverates, "locks-in" on a topic/activity after others have moved on	1 2 3	4 5	6 7	8 9	
26. When writing, gets stuck on a single word or phrase & loses sentence	1 2 3	4 5	6 7	8 9	
27. Rigid or inflexible in making transitions	1 2 3	4 5	6 7	8 9	
EFFORT/ALERTNESS					
28. Difficulty regulating alertness, either "wired or dead"	1 2 3	4 5	6 7	8 9	
29. Needs to feel self in motion, hear own voice to remain alert	1 2 3	4 5	6 7	8 9	
30. Difficulty remaining alert unless physically active or around others	1 2 3	4 5	6 7	8 9	
31. Difficulty sustaining long-term effort with little immediate reward	1 2 3	4 5	6 7	8 9	
32. Difficulty completing tasks on time	1 2 3	4 5	6 7	8 9	
33. Gives up too easily	1 2 3	4 5	6 7	8 9	
34. Stays up late because cannot shut head off	1 2 3	4 5	6 7	8 9	
35. Once asleep, sleeps like a dead person; difficulty getting up in AM	1 2 3	4 5	6 7	8 9	
36. Gets drowsy when sits still & quiet even when well-rested	1 2 3	4 5	6 7	8 9	
37. Regularly falls asleep while reading even when rested	1 2 3	4 5	6 7	8 9	
38. Won't read a book if first pages/chapter are boring	1 2 3	4 5	6 7	8 9	
39. Slow processing speed, especially when reading or writing	1 2 3	4 5	6 7	8 9	
40. Difficulty regulating processing speed appropriate to changing tasks	1 2 3	4 5	6 7	8 9	
41. Like to be doing active things	1 2 3	4 5	6 7	8 9	
EMOTIONAL SELF-CONTROL					
42. Difficulty managing frustration, anger	1 2 3	4 5	6 7	8 9	
43. Difficulty managing worry, disappointment	1 2 3	4 5	6 7	8 9	
44. Difficulty managing desire (wants it now)	1 2 3	4 5	6 7	8 9	
45. Difficulty with emotional control when stuck in traffic ("road rage")	1 2 3	4 5	6 7	8 9	
46. Difficulty putting emotions to back of mind & get on with task	1 2 3	4 5	6 7	8 9	
47. Hard to let go of intense emotions	1 2 3	4 5	6 7	8 9	
48. Insufficient control of excitability	1 2 3	4 5	6 7	8 9	
49. Low frustration tolerance, "short-fuse"	1 2 3	4 5	6 7	8 9	
50. Readily stressed out or emotionally overwhelmed	1 2 3	4 5	6 7	8 9	
51. Difficulty persevering through daily stressors ("pushing through")	1 2 3	4 5	6 7	8 9	
52. Emotional intensity causes loss of perspective ("meltdowns")	1 2 3	4 5	6 7	8 9	
53. Emotional flooding prevents consideration of others	1 2 3	4 5	6 7	8 9	
54. Intense single-mindedness causes social/family problems	1 2 3	4 5	6 7	8 9	
55. Overly sensitive	1 2 3	4 5	6 7	8 9	
56. Impatient	1 2 3	4 5	6 7	8 9	

	1-Never 2-Almost Never 3-Rarely	4-Occasionally 5-Fairly Often	6-Frequently 7-Very Frequently	8-Almost Always 9-Always	Comments
57. Easily bored (may not enjoy conversation with family)	1 2 3	4 5	6 7	8 9	
58. Reacts to events inappropriately	1 2 3	4 5	6 7	8 9	
59. Sudden, frequent mood changes	1 2 3	4 5	6 7	8 9	
60. Excessive periods of emotional upset	1 2 3	4 5	6 7	8 9	
WORKING MEMORY					
61. Difficulty remembering where just put something	1 2 3	4 5	6 7	8 9	
62. Difficulty remembering what someone just said	1 2 3	4 5	6 7	8 9	
63. Difficulty finding the right words to use ("word finding")	1 2 3	4 5	6 7	8 9	
64. Forgets what was about to say	1 2 3	4 5	6 7	8 9	
65. Forgets why walked into the room	1 2 3	4 5	6 7	8 9	
66. Forgets where left things (car keys, documents, tools, etc)	1 2 3	4 5	6 7	8 9	
67. Forgetting who you just dialed on the phone	1 2 3	4 5	6 7	8 9	
68. Call operator for phone number and must write it down or forget it	1 2 3	4 5	6 7	8 9	
69. Difficulty trying to understand others while formatting a response	1 2 3	4 5	6 7	8 9	
70. Interrupts others so as not to forget	1 2 3	4 5	6 7	8 9	
71. Knows answer but cannot retrieve it from long-term storage	1 2 3	4 5	6 7	8 9	
72. Hard time keeping track of several things at once	1 2 3	4 5	6 7	8 9	
73. Forgets to remember things	1 2 3	4 5	6 7	8 9	
74. Loses things needed for work or tasks	1 2 3	4 5	6 7	8 9	
75. Difficulty carrying out multi-step activities	1 2 3	4 5	6 7	8 9	
76. Difficulty with mental arithmetic, following complex instructions	1 2 3	4 5	6 7	8 9	
77. Easily overwhelmed by too much information (emails, etc)	1 2 3	4 5	6 7	8 9	
SELF-MONITORING					
78. Fails to notice when others are puzzled, hurt or annoyed by behavior	1 2 3	4 5	6 7	8 9	
79. Limited social or interpersonal awareness	1 2 3	4 5	6 7	8 9	
80. Unaware of impact on other people	1 2 3	4 5	6 7	8 9	
81. Fails to adjust behavior to circumstances or surroundings	1 2 3	4 5	6 7	8 9	
INITIATION					
82. Has trouble getting started on a task	1 2 3	4 5	6 7	8 9	
83. Procrastinates	1 2 3	4 5	6 7	8 9	
84. Poor motivation	1 2 3	4 5	6 7	8 9	
85. Doesn't feel like doing needed tasks	1 2 3	4 5	6 7	8 9	
86. Bills not paid on time when money is available	1 2 3	4 5	6 7	8 9	
87. Not a self-starter	1 2 3	4 5	6 7	8 9	
88. Cannot get things done unless there is an absolute deadline	1 2 3	4 5	6 7	8 9	
89. Avoids addressing uncomfortable or tedious tasks	1 2 3	4 5	6 7	8 9	
90. Seems to need "nagging" to get started on tasks	1 2 3	4 5	6 7	8 9	
PLANNING/ORGANIZATION					
91. Difficulty managing current & future-oriented task demands	1 2 3	4 5	6 7	8 9	
92. Difficulty generating goals, plans & sequential steps to achieve goals	1 2 3	4 5	6 7	8 9	
93. Difficulty anticipating future events	1 2 3	4 5	6 7	8 9	
94. Difficulty setting realistic goals	1 2 3	4 5	6 7	8 9	
95. Extensive, unrealistic to-do lists	1 2 3	4 5	6 7	8 9	
96. Difficulty bringing order to information	1 2 3	4 5	6 7	8 9	
97. Difficulty accurately estimating time needed to do tasks	1 2 3	4 5	6 7	8 9	
98. Difficulty organizing self no matter how hard you "try"	1 2 3	4 5	6 7	8 9	
99. Poor problem solving	1 2 3	4 5	6 7	8 9	
100. Difficulty grasping main ideas or key concepts when learning or communicating information	1 2 3	4 5	6 7	8 9	
101. Fails to arrive to appointments on time	1 2 3	4 5	6 7	8 9	
102. Fails to keep checking account balanced	1 2 3	4 5	6 7	8 9	
TASK MONITORING					
103. Makes careless mistakes	1 2 3	4 5	6 7	8 9	
104. Difficulty keeping track of projects	1 2 3	4 5	6 7	8 9	
105. Difficulty identifying & correcting mistakes during behaviors	1 2 3	4 5	6 7	8 9	
106. Difficulty keeping track of own problem-solving success or failure	1 2 3	4 5	6 7	8 9	
107. Limited awareness of progress or setbacks in self-improvement efforts	1 2 3	4 5	6 7	8 9	
108. Fails to provide own "oversight" in responsibilities	1 2 3	4 5	6 7	8 9	
109. Blames others for mistakes	1 2 3	4 5	6 7	8 9	
ORGANIZATION OF MATERIALS					
110. Difficulty finding belongings when needed	1 2 3	4 5	6 7	8 9	
111. Disorderly work, living or storage spaces (desk, room, backpack, etc)	1 2 3	4 5	6 7	8 9	
112. Fails to keep materials & belongings reasonably well-organized	1 2 3	4 5	6 7	8 9	
113. Difficulty having materials readily available for projects, homework	1 2 3	4 5	6 7	8 9	
114. Difficulty keeping materials readily available & organized for tasks	1 2 3	4 5	6 7	8 9	