

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

EXECUTIVE FUNCTION RATING SCALE - SCHOOL AGE

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. Acts wilder and sillier than others in groups (birthday parties, recess)	1 2 3	4 5	6 7	8 9	
2. Interrupts others	1 2 3	4 5	6 7	8 9	
3. Gets out of seat at the wrong time	1 2 3	4 5	6 7	8 9	
4. Gets out of control more than friends	1 2 3	4 5	6 7	8 9	
5. Blurts things out	1 2 3	4 5	6 7	8 9	
6. Acts too wild or "out of control"	1 2 3	4 5	6 7	8 9	
7. Has trouble putting the brakes on his/her actions	1 2 3	4 5	6 7	8 9	
8. Gets in trouble if not supervised by an adult	1 2 3	4 5	6 7	8 9	
9. Becomes too silly	1 2 3	4 5	6 7	8 9	
10. Talks at the wrong time.	1 2 3	4 5	6 7	8 9	
11. Fails to think before acting	1 2 3	4 5	6 7	8 9	
12. Jumps too quickly to inaccurate conclusions	1 2 3	4 5	6 7	8 9	
13. Is a risk-taker or daredevil	1 2 3	4 5	6 7	8 9	
14. Difficulty delaying gratification	1 2 3	4 5	6 7	8 9	
FOCUS/SHIFTING ATTENTION					
15. Resists or has trouble accepting a different way to solve a problem with schoolwork, friends, chores, etc.	1 2 3	4 5	6 7	8 9	
16. Becomes upset with new situations	1 2 3	4 5	6 7	8 9	
17. Tries the same approach to problems over and over when it does not work	1 2 3	4 5	6 7	8 9	
18. Acts upset by a change in plans	1 2 3	4 5	6 7	8 9	
19. Is disturbed by change of teacher or class	1 2 3	4 5	6 7	8 9	
20. Resists change of routine, foods, places, etc.	1 2 3	4 5	6 7	8 9	
21. Has trouble getting used to new situations (classes, groups, friends)	1 2 3	4 5	6 7	8 9	
22. Thinks too much about the same topic.	1 2 3	4 5	6 7	8 9	
23. Can't keep mind on something unless it is personally interesting	1 2 3	4 5	6 7	8 9	
24. Difficulty making smooth transitions	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. Easily distracted by external things (sights, sounds, etc)	1 2 3	4 5	6 7	8 9	
27. Easily distracted by thoughts in own mind	1 2 3	4 5	6 7	8 9	
28. Difficult listening to what other people are saying	1 2 3	4 5	6 7	8 9	
EFFORT/ALERTNESS					
29. Difficulty regulating alertness, either "wired or dead"	1 2 3	4 5	6 7	8 9	
30. Needs to feel self in motion, hear own voice to remain alert	1 2 3	4 5	6 7	8 9	
31. Difficulty remaining alert unless physically active or around others	1 2 3	4 5	6 7	8 9	
32. Difficulty sustaining long-term effort with little immediate reward	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. Slow processing speed, especially when reading or writing	1 2 3	4 5	6 7	8 9	
38. Like to be doing active things	1 2 3	4 5	6 7	8 9	
EMOTIONAL SELF-CONTROL					
39. Overreacts to small problems	1 2 3	4 5	6 7	8 9	
40. Has explosive, angry outbursts	1 2 3	4 5	6 7	8 9	
41. Becomes tearful easily	1 2 3	4 5	6 7	8 9	
42. Has outbursts for little reason	1 2 3	4 5	6 7	8 9	
43. Mood changes frequently	1 2 3	4 5	6 7	8 9	
44. Reacts more strongly to situations than other children	1 2 3	4 5	6 7	8 9	
45. Mood is easily influenced by the situation	1 2 3	4 5	6 7	8 9	
46. Angry or tearful outbursts are intense but end suddenly	1 2 3	4 5	6 7	8 9	
47. Small events trigger big reactions	1 2 3	4 5	6 7	8 9	
48. Becomes upset too easily.	1 2 3	4 5	6 7	8 9	
49. Emotional intensity causes loss of perspective ("meltdowns")	1 2 3	4 5	6 7	8 9	
50. Difficulty managing worry, disappointment	1 2 3	4 5	6 7	8 9	
51. Difficulty managing desire (wants it now)	1 2 3	4 5	6 7	8 9	
52. Hard to let go of intense feelings	1 2 3	4 5	6 7	8 9	
53. Low frustration tolerance, "short-fuse"	1 2 3	4 5	6 7	8 9	
54. Impatient	1 2 3	4 5	6 7	8 9	

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55. Easily bored (may not enjoy conversation with family)	1 2 3	4 5	6 7	8 9	
56. Excessive periods of emotional upset	1 2 3	4 5	6 7	8 9	
WORKING MEMORY					
57. When given three things to do, remembers only the first or last	1 2 3	4 5	6 7	8 9	
58. Has a short attention span	1 2 3	4 5	6 7	8 9	
59. Has trouble concentrating on chores, schoolwork, etc	1 2 3	4 5	6 7	8 9	
60. Is easily distracted by noises, activity, sights, etc	1 2 3	4 5	6 7	8 9	
61. Has trouble with chores or tasks that have more than one step	1 2 3	4 5	6 7	8 9	
62. Needs help from an adult to stay on task	1 2 3	4 5	6 7	8 9	
63. Forgets what s/he was doing	1 2 3	4 5	6 7	8 9	
64. When sent to get something, forgets what s/he is supposed to get	1 2 3	4 5	6 7	8 9	
65. Has trouble finishing tasks (chores, homework)	1 2 3	4 5	6 7	8 9	
66. Has trouble remembering things, even for a few minutes.	1 2 3	4 5	6 7	8 9	
67. Interrupts others so as not to forget	1 2 3	4 5	6 7	8 9	
68. Difficulty with mental arithmetic, following complex instructions	1 2 3	4 5	6 7	8 9	
69. Easily overwhelmed by too much information (emails, etc)	1 2 3	4 5	6 7	8 9	
MONITORING					
70. Does not check work for mistakes	1 2 3	4 5	6 7	8 9	
71. Makes careless errors	1 2 3	4 5	6 7	8 9	
72. Has poor handwriting	1 2 3	4 5	6 7	8 9	
73. Is unaware of how his/her behavior affects others or bothers others	1 2 3	4 5	6 7	8 9	
74. Does not notice when his/her behavior causes negative reactions	1 2 3	4 5	6 7	8 9	
75. Has poor understanding of own strengths and weaknesses	1 2 3	4 5	6 7	8 9	
76. Work is sloppy	1 2 3	4 5	6 7	8 9	
77. Does not realize that certain actions bother others.	1 2 3	4 5	6 7	8 9	
INITIATION					
78. Is not a self-starter	1 2 3	4 5	6 7	8 9	
79. Needs to be told to begin a task even when willing	1 2 3	4 5	6 7	8 9	
80. Has trouble coming up with ideas for what to do in play or free time	1 2 3	4 5	6 7	8 9	
81. Has trouble getting started on homework or chores	1 2 3	4 5	6 7	8 9	
82. Has trouble organizing activities with friends	1 2 3	4 5	6 7	8 9	
83. Does not take initiative	1 2 3	4 5	6 7	8 9	
84. Complains there is nothing to do	1 2 3	4 5	6 7	8 9	
85. Lies around the house a lot ("couch potato").	1 2 3	4 5	6 7	8 9	
86. Procrastinates	1 2 3	4 5	6 7	8 9	
PLANNING/ORGANIZATION					
87. Does not bring home homework, assignment sheets, materials, etc	1 2 3	4 5	6 7	8 9	
88. Has good ideas but cannot get them on paper	1 2 3	4 5	6 7	8 9	
89. Does not connect doing tonight's homework with grades	1 2 3	4 5	6 7	8 9	
90. Forgets to hand in homework, even when completed	1 2 3	4 5	6 7	8 9	
91. Gets caught up in details and misses the big picture	1 2 3	4 5	6 7	8 9	
92. Has good ideas but does not get job done (lacks follow-through)	1 2 3	4 5	6 7	8 9	
93. Becomes overwhelmed by large assignments	1 2 3	4 5	6 7	8 9	
94. Underestimates time needed to finish tasks	1 2 3	4 5	6 7	8 9	
95. Starts assignments or chores at the last minute	1 2 3	4 5	6 7	8 9	
96. Does not plan ahead for school assignments	1 2 3	4 5	6 7	8 9	
97. Written work is poorly organized	1 2 3	4 5	6 7	8 9	
98. Has trouble carrying out the actions needed to reach goals (saving money for special item, studying to get a good grade).	1 2 3	4 5	6 7	8 9	
ORGANIZATION OF MATERIALS					
99. Leaves playroom a mess	1 2 3	4 5	6 7	8 9	
100. Keeps room messy	1 2 3	4 5	6 7	8 9	
101. Cannot find things in room or school desk	1 2 3	4 5	6 7	8 9	
102. Leaves a trail of belongings wherever s/he goes	1 2 3	4 5	6 7	8 9	
103. Leaves messes that others have to clean up	1 2 3	4 5	6 7	8 9	
104. Has a messy closet.	1 2 3	4 5	6 7	8 9	