

- ___ 34. persistent refusal to go to school
- ___ 35. excessive fear of interacting with other children or adults
- ___ 36. persistent, excessive fear (heights, closed spaces, specific animals, etc.) please list _____
- ___ 37. excessive anxiety concerning separation from home or from those to whom the child is attached.
- ___ 38. recurrent bothersome thoughts, ideas or images which you try to ignore
- ___ 39. trouble getting "stuck" on certain thoughts, or having the same thought over and over
- ___ 40. excessive or senseless worrying
- ___ 41. others complain that you worry too much or get "stuck" on the same thoughts
- ___ 42. compulsive behaviors that you must do or you feel very anxious, such as excessive hand washing, cleaning, checking locks, or counting or spelling
- ___ 43. needing to have things done a certain way or you become very upset
- ___ 44. recurrent and upsetting thoughts of a past traumatic event (molest, accident, fire etc.), please list _____
- ___ 45. recurrent distressing dreams of a past upsetting event
- ___ 46. feelings of reliving a past upsetting event
- ___ 47. spend effort avoiding thoughts or feelings related to a past trauma
- ___ 48. feeling that your future is shortened
- ___ 49. startle easily
- ___ 50. feel like you're always watching for bad things to happen
- ___ 51. refusal to maintain body weight above a level most people consider healthy
- ___ 52. intense fear of gaining weight or becoming fat even though underweight
- ___ 53. feelings of being fat, even though you're underweight
- ___ 54. recurrent episodes of eating large amounts of food
- ___ 55. a feeling of lack of control over eating behavior
- ___ 56. engage in activities to eliminate excess food, such as self induced vomiting, laxatives, strict dieting or strenuous exercise
- ___ 57. persistent worry with body shape and weight
- ___ 58. involuntary physical movements or motor tics (such as eye blinking, shoulder shrugging, head jerking or picking).
How long have motor tics been present? ___ How often? ___ describe _____
- ___ 59. involuntary vocal sounds or verbal tics (such as coughing, puffing, blowing, whistling, swearing). How long have verbal tics been present? ___ How often? ___ describe _____
- ___ 60. repetitive, seemingly driven motor behavior (e.g., hand shaking or waving, body rocking, head banging, mouthing of objects, self-biting, picking at skin or bodily orifices, hitting own body) that interferes with normal activities or results in self-inflicted bodily injury that requires medical treatment (or would result in an injury if preventive measures were not used).
- ___ 61. passage of feces in inappropriate places (e.g., clothing or floor).
- ___ 62. bed wetting. If present, how often? _____
- ___ 63. failure to speak in specific social situations (in which there is an expectation for speaking, e.g., at school) despite speaking in other situations.
- ___ 64. delusional or bizarre thoughts (thoughts you know others would think are false)
- ___ 65. visual hallucination, seeing objects or images are not really present
- ___ 66. hearing voices that are not really present
- ___ 67. odd behaviors
- ___ 68. poor personal hygiene or grooming
- ___ 69. inappropriate mood for the situation (i.e., laughing at sad events)
- ___ 70. frequent feelings that someone or something is out to hurt you
- ___ 71. problems with social relatedness before the age of 5, either by failing to respond appropriately to others or becoming indiscriminately attached to others
- ___ 72. multiple changes in caregivers before the age of 5
- ___ 73. steals
- ___ 74. bullies, threatens, or intimidates others
- ___ 75. initiates physical fights
- ___ 76. cruel to animals
- ___ 77. force others into things they do not want to do (sexually or criminally)
- ___ 78. sets fires
- ___ 79. destroys property
- ___ 80. break in to others home, school, car or place of business
- ___ 81. lies
- ___ 82. stays out at night despite parental prohibitions
- ___ 83. runs away overnight
- ___ 84. cuts school
- ___ 85. doesn't seem sorry for hurting others
- ___ 86. negative, hostile, or defiant behavior
- ___ 87. loses temper

- 88. argues with adults
- 89. actively defies or refuses to comply with adults' requests or rules
- 90. deliberately annoys people
- 91. blames others for his or her mistakes or misbehavior
- 92. touchy or easily annoyed by others
- 93. angry and resentful
- 94. spiteful or vindictive
- 95. impairment in communication as manifested by at least one of the following: (Check those that apply)
 - delay in, or total lack of, the development of spoken language (not accompanied by an attempt to compensate through alternative modes of communication such as gesture or mime)
 - in individuals with adequate speech, marked impairment in the ability to initiate or sustain a conversation with others
 - repetitive use of language or odd language
 - lack of varied, spontaneous make-believe play or social imitative play appropriate to developmental level
- 96. impairment in social interaction, with at least two of the following: (Check those that apply)
 - marked impairment in the use of multiple nonverbal behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction
 - failure to develop peer relationships appropriate to developmental level
 - lack of spontaneous seeking to share enjoyment, interests, or achievements with other people (e.g., by a lack of showing, bringing, or pointing out objects of interest)
 - lack of social or emotional reciprocity
- 97. repetitive patterns of behavior, interests, and activities, as manifested by at least one of following: (Check those that apply)
 - preoccupation with an area of that is abnormal either in intensity or focus
 - rigid adherence to specific, nonfunctional routines or rituals
 - repetitive motor mannerisms (e.g., hand or finger flapping or twisting, or complex whole-body movements)
 - persistent preoccupation with parts of objects
- 98. stutters
- 99. feel tired during the day
- 100. feel cold when others feel fine or they are warm
- 101. often feel warm when others feel fine or they are cold
- 102. problems with brittle or dry hair
- 103. problems with dry skin
- 104. problems with sweating
- 105. problems with chronic anxiety or tension
- 106. Has difficulty learning math facts
- 107. Poor math grades or test scores
- 108. Has difficulty with abstract concepts and reasoning
- 109. Has difficulty remembering
- 110. Makes spelling errors in written assignments
- 111. Needs words repeated when taking spelling tests
- 112. Poor spelling grades or test scores
- 113. Has difficulty reading or spelling phonetically
- 114. Has difficulty sounding out unknown words
- 115. Poor reading grades or test scores
- 116. Avoids reading
- 117. Reading is slow or choppy
- 118. Complains about eye strain or fatigue
- 119. Squints, blinks or rubs eyes when reading
- 120. Skips words or lines when reading
- 121. Poor reading comprehension
- 122. Reverses letters or words
- 123. Has difficulty hearing
- 124. Has poor handwriting
- 125. Has poor coordination
- 126. Has difficulty writing a paper
- 127. Makes grammatical errors
- 128. Has poor vocabulary

ADHD Center for Success

12625 High Bluff Dr., Ste. 202
San Diego, CA 92130
(858) 481-4988 Fax (858) 792-5095

Child's Name: _____

Child's Date of Birth: _____

Today's Date: _____

Child/Teen Brain System Checklist

Parents please rate your child or teen on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have the child or teen rate him/herself as well. **For young children it may not be practical to have them fill out the questionnaire.** Use your best judgment and do the best you can.

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

Ch/TnParent

- ___ 1. Fails to give close attention to details or makes careless mistakes
- ___ 2. Trouble sustaining attention in routine situations (i.e., homework, chores, paperwork)
- ___ 3. Trouble listening
- ___ 4. Fails to finish things
- ___ 5. Poor organization for time or space (such as backpack, room, desk, paperwork)
- ___ 6. Avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort
- ___ 7. Loses things
- ___ 8. Easily distracted
- ___ 9. Forgetful
- ___ 10. Poor planning skills
- ___ 11. Lack clear goals or forward thinking
- ___ 12. Difficulty expressing feelings
- ___ 13. Difficulty expressing empathy for others
- ___ 14. Excessive daydreaming
- ___ 15. Feeling bored
- ___ 16. Feeling apathetic or unmotivated
- ___ 17. Feeling tired, sluggish or slow moving
- ___ 18. Feeling spacey or "in a fog"
- ___ 19. Fidgety, restless or trouble sitting still
- ___ 20. Difficulty remaining seated in situations where remaining seated is expected
- ___ 21. Runs about or climbs excessively in situations in which it is inappropriate
- ___ 22. Difficulty playing quietly
- ___ 23. "On the go" or acts as if "driven by a motor"
- ___ 24. Talks excessively
- ___ 25. Blurts out answers before questions have been completed
- ___ 26. Difficulty awaiting turn
- ___ 27. Interrupts or intrudes on others (e.g., butts into conversations or games)
- ___ 28. Impulsive (saying or doing things without thinking first)
- ___ 29. Excessive or senseless worrying
- ___ 30. Upset when things do not go your way
- ___ 31. Upset when things are out of place

- ___ 32. Tendency to be oppositional or argumentative
- ___ 33. Tendency to have repetitive negative thoughts
- ___ 34. Tendency toward compulsive behaviors
- ___ 35. Intense dislike for change
- ___ 36. Tendency to hold grudges
- ___ 37. Trouble shifting attention from subject to subject
- ___ 38. Trouble shifting behavior from task to task
- ___ 39. Difficulties seeing options in situations

- ___ 40. Tendency to hold on to own opinion and not listen to others
- ___ 41. Tendency to get locked into a course of action, whether or not it is good
- ___ 42. Needing to have things done a certain way or you become very upset
- ___ 43. Others complain that you worry too much
- ___ 44. Tend to say no without first thinking about question
- ___ 45. Tendency to predict fear
- ___ 46. Frequent feelings of sadness
- ___ 47. Moodiness
- ___ 48. Negativity
- ___ 49. Low energy
- ___ 50. Irritability
- ___ 51. Decreased interest in others
- ___ 52. Decreased interest in things that are usually fun or pleasurable
- ___ 53. Feelings of hopelessness about the future
- ___ 54. Feelings of helplessness or powerlessness
- ___ 55. Feeling dissatisfied or bored
- ___ 56. Excessive guilt
- ___ 57. Suicidal feelings
- ___ 58. Crying spells
- ___ 59. Lowered interest in things usually considered fun
- ___ 60. Sleep changes (too much or too little)
- ___ 61. Appetite changes (too much or too little)
- ___ 62. Chronic low self-esteem
- ___ 63. Negative sensitivity to smells/odors
- ___ 64. Frequent feelings of nervousness or anxiety
- ___ 65. Panic attacks
- ___ 66. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
- ___ 67. Periods of heart pounding, rapid heart rate or chest pain
- ___ 68. Periods of trouble breathing or feeling smothered
- ___ 69. Periods of feeling dizzy, faint or unsteady on your feet
- ___ 70. Periods of nausea or abdominal upset
- ___ 71. Periods of sweating, hot or cold flashes
- ___ 72. Tendency to predict the worst
- ___ 73. Fear of dying or doing something crazy
- ___ 74. Avoid places for fear of having an anxiety attack
- ___ 75. Conflict avoidance
- ___ 76. Excessive fear of being judged or scrutinized by others
- ___ 77. Persistent phobias
- ___ 78. Low motivation
- ___ 79. Excessive motivation
- ___ 80. Tics (motor or vocal)
- ___ 81. Poor handwriting
- ___ 82. Quick startle
- ___ 83. Tendency to freeze in anxiety provoking situations
- ___ 84. Lacks confidence in their abilities
- ___ 85. Seems shy or timid
- ___ 86. Easily embarrassed
- ___ 87. Sensitive to criticism
- ___ 88. Bites fingernails or picks skin
- ___ 89. Short fuse or periods of extreme irritability
- ___ 90. Periods of rage with little provocation
- ___ 91. Often misinterprets comments as negative when they are not
- ___ 92. Irritability tends to build, then explodes, then recedes, often tired after a rage
- ___ 93. Periods of spaciness or confusion
- ___ 94. Periods of panic and/or fear for no specific reason

- ___ 95. Visual or auditory changes, such as seeing shadows or hearing muffled sounds
- ___ 96. Frequent periods of deja vu (feelings of being somewhere you have never been)
- ___ 97. Sensitivity or mild paranoia
- ___ 98. Headaches or abdominal pain of uncertain origin
- ___ 99. History of a head injury or family history of violence or explosiveness
- ___ 100. Dark thoughts, may involve suicidal or homicidal thoughts
- ___ 101. Periods of forgetfulness or memory problems