

BDEFS-LF: Self-Report

Name: _____ Date: _____

Sex: (Circle one) Male Female Age: _____

Instructions

How often do you experience each of these problems? Please circle the number next to each item that best describes your behavior **DURING THE PAST 6 MONTHS**. Please ignore the sections marked "Office Use Only."

Section 1 Items		Never or rarely	Sometimes	Often	Very often
1.	Procrastinate or put off doing things until the last minute	1	2	3	4
2.	Poor sense of time	1	2	3	4
3.	Waste or mismanage my time	1	2	3	4
4.	Not prepared on time for work or assigned tasks	1	2	3	4
5.	Fail to meet deadlines for assignments	1	2	3	4
6.	Have trouble planning ahead or preparing for upcoming events	1	2	3	4
7.	Forget to do things I am supposed to do	1	2	3	4
8.	Can't seem to accomplish the goals I set for myself	1	2	3	4
9.	Late for work or scheduled appointments	1	2	3	4
10.	Can't seem to hold in mind things I need to remember to do	1	2	3	4
11.	Can't seem to get things done unless there is an immediate deadline	1	2	3	4
12.	Have difficulty judging how much time it will take to do something or get somewhere	1	2	3	4
13.	Have trouble motivating myself to start work	1	2	3	4
14.	Have difficulty motivating myself to stick with my work and get it done	1	2	3	4
15.	Not motivated to prepare in advance for things I know I am supposed to do	1	2	3	4
16.	Have trouble completing one activity before starting into a new one	1	2	3	4
17.	Have trouble doing what I tell myself to do	1	2	3	4
18.	Difficulties following through on promises or commitments I may make to others	1	2	3	4
19.	Lack self-discipline	1	2	3	4
20.	Have difficulty arranging or doing my work by its priority or importance; can't "prioritize" well	1	2	3	4
21.	Find it hard to get started or get going on things I need to get done	1	2	3	4
Office Use Only—Section 1 Total Score _____					

(cont.)

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Section 2 Items	Never or rarely	Sometimes	Often	Very often
22. I do not seem to anticipate the future as much or as well as others	1	2	3	4
23. Can't seem to remember what I previously heard or read about	1	2	3	4
24. I have trouble organizing my thoughts	1	2	3	4
25. When I am shown something complicated to do, I cannot keep the information in mind so as to imitate or do it correctly	1	2	3	4
26. I have trouble considering various options for doing things and weighing their consequences	1	2	3	4
27. Have difficulties saying what I want to say	1	2	3	4
28. Unable to come up with or invent as many solutions to problems as others seem to do	1	2	3	4
29. Find myself at a loss for words when I want to explain something to others	1	2	3	4
30. Have trouble putting my thoughts down in writing as well or as quickly as others	1	2	3	4
31. Feel I am not as creative or inventive as others of my level of intelligence	1	2	3	4
32. In trying to accomplish goals or assignments, I find I am not able to think of as many ways of doing things as others	1	2	3	4
33. Have trouble learning new or complex activities as well as others	1	2	3	4
34. Have difficulty explaining things in their proper order or sequence	1	2	3	4
35. Can't seem to get to the point of my explanations as quickly as others	1	2	3	4
36. Have trouble doing things in their proper order or sequence	1	2	3	4
37. Unable to "think on my feet" or respond as effectively as others to unexpected events	1	2	3	4
38. I am slower than others at solving problems I encounter in my daily life	1	2	3	4
39. Easily distracted by irrelevant events or thoughts when I must concentrate on something	1	2	3	4
40. Not able to comprehend what I read as well as I should be able to do; have to reread material to get its meaning	1	2	3	4
41. Cannot focus my attention on tasks or work as well as others	1	2	3	4
42. Easily confused	1	2	3	4
43. Can't seem to sustain my concentration on reading, paperwork, lectures, or work	1	2	3	4
44. Find it hard to focus on what is important from what is not important when I do things	1	2	3	4
45. I don't seem to process information as quickly or as accurately as others	1	2	3	4
Office Use Only—Section 2 Total Score _____				

(cont.)

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Section 3 Items		Never or rarely	Some-times	Often	Very often
46.	Find it difficult to tolerate waiting; impatient	1	2	3	4
47.	Make decisions impulsively	1	2	3	4
48.	Unable to inhibit my reactions or responses to events or others	1	2	3	4
49.	Have difficulty stopping my activities or behavior when I should do so	1	2	3	4
50.	Have difficulty changing my behavior when I am given feedback about my mistakes	1	2	3	4
51.	Make impulsive comments to others	1	2	3	4
52.	Likely to do things without considering the consequences for doing them	1	2	3	4
53.	Change my plans at the last minute on a whim or last minute impulse	1	2	3	4
54.	Fail to consider past relevant events or past personal experiences before responding to situations (I act without thinking)	1	2	3	4
55.	Not aware of things I say or do	1	2	3	4
56.	Have difficulty being objective about things that affect me	1	2	3	4
57.	Find it hard to take other people's perspectives about a problem or situation	1	2	3	4
58.	Don't think about or talk things over with myself before doing something	1	2	3	4
59.	Trouble following the rules in a situation	1	2	3	4
60.	More likely to drive a motor vehicle much faster than others (Excessive speeding)	1	2	3	4
61.	Have a low tolerance for frustrating situations	1	2	3	4
62.	Cannot inhibit my emotions as well as others	1	2	3	4
63.	I don't look ahead and think about what the future outcomes will be before I do something (I don't use my foresight)	1	2	3	4
64.	I engage in risk taking activities more than others are likely to do	1	2	3	4
Office Use Only—Section 3 Total Score _____					
Section 4 Items		Never or rarely	Some-times	Often	Very often
65.	Likely to take short cuts in my work and not do all that I am supposed to do	1	2	3	4
66.	Likely to skip out on work early if my work is boring to do	1	2	3	4
67.	Do not put as much effort into my work as I should or than others are able to do	1	2	3	4
68.	Others tell me I am lazy or unmotivated	1	2	3	4
69.	Have to depend on others to help me get my work done	1	2	3	4

(cont.)

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70. Things must have an immediate payoff for me or I do not seem to get them done	1	2	3	4
71. Have difficulty resisting the urge to do something fun or more interesting when I am supposed to be working	1	2	3	4
72. Inconsistent in the quality or quantity of my work performance	1	2	3	4
73. Unable to work as well as others without supervision or frequent instruction	1	2	3	4
74. I do not have the willpower or determination that others seem to have	1	2	3	4
75. I am not able to work toward longer term or delayed rewards as well as others	1	2	3	4
76. I cannot resist doing things that produce immediate rewards even if they are not good for me in the long run	1	2	3	4
Office Use Only— Section 4 Total Score _____				
Section 5 Items	Never or rarely	Some-times	Often	Very often
77. Quick to get angry or become upset	1	2	3	4
78. Overreact emotionally	1	2	3	4
79. Easily excitable	1	2	3	4
80. Unable to inhibit showing strong negative or positive emotions	1	2	3	4
81. Have trouble calming myself down once I am emotionally upset	1	2	3	4
82. Cannot seem to regain emotional control and become more reasonable once I am emotional	1	2	3	4
83. Cannot seem to distract myself away from whatever is upsetting me emotionally to help calm me down. I can't refocus my mind to a more positive framework.	1	2	3	4
84. Unable to manage my emotions in order to accomplish my goals successfully or get along well with others	1	2	3	4
85. I remain emotional or upset longer than others	1	2	3	4
86. I find it difficult to walk away from emotionally upsetting encounters with others or leave situations in which I have become very emotional	1	2	3	4
87. I cannot rechannel or redirect my emotions into more positive ways or outlets when I get upset	1	2	3	4
88. I am not able to evaluate an emotionally upsetting event more objectively	1	2	3	4
89. I cannot redefine negative events into more positive viewpoints when I feel strong emotions	1	2	3	4
Office Use Only— Section 5 Total Score _____				

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Office Use Only Total of Sections 1–5: Total EF Summary Score _____				
Office Use Only Count number of items answered 3 or 4 EF Symptom Count _____				
Office Use Only Add Items 1, 6, 14, 16, 24, 49, 50, 55, 60, 65, and 69 ADHD-EF Index Score				