

Master Brain Health Questionnaire

(created by Dr. Daniel Amen, M.D.)

The following questionnaire is one tool used at Nature's Link to help clients assess and take charge of their brain health. We suggest that you have a close friend or relative assist in answering the questionnaire if needed. You may also contact our office during business hours for further assistance. Please rate yourself on each of the symptoms listed below using the following scale:

N/A = Not Applicable; 0 = Never; 1 = Rarely; 2 = Occasionally; 3 = Frequently; 4 = Very frequently

- ___ 1. Have trouble sustaining attention to details or makes careless mistakes
- ___ 2. Trouble sustaining attention in routine situation (i.e. homework, chores, paperwork)
- ___ 3. Trouble listening
- ___ 4. Fail to finish things
- ___ 5. Poor organization for time or space (such as backpack, room, desk, paperwork)
- ___ 6. Avoid, dislike, or reluctant to engage in tasks that require sustained mental effort
- ___ 7. Lose 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. Run about or climb excessively in situations in which it is inappropriate
- ___ 22. Difficulty playing quietly
- ___ 23. Always "on the go" or act as if "driven by a motor"
- ___ 24. Talk excessively
- ___ 25. Blurt out answers before questions have been completed
- ___ 26. Difficulty waiting for a turn
- ___ 27. Interrupt or intrude on others (e.g., butt into conversation or games)
- ___ 28. Impulsive (saying or doing things without thinking first)

___ **Total for questions 1 - 28**

N/A = Not Applicable; 0 = Never; 1 = Rarely; 2 = Occasionally; 3 = Frequently; 4 = Very frequently

- ___ 29. Excessive or senseless worrying
- ___ 30. Upset when things are out of place
- ___ 31. Upset when things do not go your way
- ___ 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. Difficulty 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
- ___ 42. Need to have things done a certain way or you become upset
- ___ 43. Others complain that you worry too much
- ___ 44. Tend to say no without first thinking about question
- ___ 45. Tendency to predict fear

___ **Total for questions 29 – 45**

- ___ 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. Feeling 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

___ **Total for questions 46 – 63**



N/A = Not Applicable; 0 = Never; 1 = Rarely; 2 = Occasionally; 3 = Frequently; 4 = Very frequently

- ___ 64. Frequent feelings of nervousness or anxiety
- ___ 65. Panic attacks
- ___ 66. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremors)
- ___ 67. Periods of heart pounding, rapid heart rate or chest pain
- ___ 68. Periods of troubled 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. Easily startled
- ___ 83. Tendency to freeze in anxious situations
- ___ 84. Lack confidence in your abilities
- ___ 85. Feel shy or timid
- ___ 86. Easily embarrassed
- ___ 87. Sensitive to criticism
- ___ 88. Bite fingernails or picks skin

___ **Total for questions 64 – 88**

- ___ 89. Short fuse or periods of extreme irritability
- ___ 90. Periods of rage with little provocation
- ___ 91. Often misinterpret comments as negative when they are not
- ___ 92. Irritability tends to build, and then explode, then recedes, often tired after a rage
- ___ 93. Periods of confusion (tends to “space out”)
- ___ 94. Periods of panic and/or fear for no specific reason
- ___ 95. Visual or auditory experiences such as seeing shadows or hearing muffled sounds
- ___ 96. Frequent periods of déjà vu
- ___ 97. Sensitivity or mild paranoia
- ___ 98. Headaches or abdominal pain of uncertain origin
- ___ 99. History of head injuries or family history of violence or explosiveness
- ___ 100. Dark thoughts (including suicidal or homicidal thoughts)
- ___ 101. Periods of forgetfulness or memory problems

___ **Total for questions 89 – 101**

