

Name: _____

Child/Teen Amen Brain System Checklist

Please rate your child/teen on each of the symptoms listed below using the following scale. If practical and/or possible, to give us the most complete picture, have the child/teen (Ch/Tn) rate himself or herself. List who filled this out. _____

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

Ch/Tn Parent

- | | | | |
|-------|-------|-----|---|
| _____ | _____ | 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 |

Name: _____

- ___ 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

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- ____ 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