

ASSOCIATED NEUROLOGICAL SPECIALTIES

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Name of patient: _____ Date: _____

Suggested Diagnostic Criteria for Adult Encephalopathy and ADD

Please circle any that apply to you.

- 1. Family history of ADD , manic-depressive illness, depression, substance abuse, or other disorders of impulse control or mood**
Because ADD is genetically transmitted and related to the other concerns mentioned below, it is not unusual to find such a family history.
- 2. Persistent procrastination or difficulty initiating things.**
Adults with ADD align anxiety with beginning a task, because they fear they will not do it correctly. As a result, they put it off and off, which intensifies anxiety related to the task.
- 3. Several projects going at once; difficulty with completion**
A corollary of #2. As one project is put off, another is undertaken. By the end of the day, week, or year, numerous projects have been undertaken, while few have been completed, impacting career and home life.
- 4. Lack of patience**
Frustration of any sort reminds the adult with ADD of past failures and can lead him/her to become angered and withdrawn. The impatience results from a need for stimulation and often leads others to think of the individual as immature or insatiable.
- 5. Continuous search for high stimulation**
Adults with ADD are always searching for something new and exciting.
- 6. Easily prone to boredom**
A corollary of #5. Boredom overcomes the adult with ADD. Although it is often misinterpreted as a lack of interest, actually it is a relative inability to sustain interest over time.
- 7. Constant self-esteem problems**
This results from a history of being told one is a space cadet, an underachiever, lazy, different, out of it, etc. Prolonged frustration or failure can lead to problems with self-esteem.

8. Prone to say what comes to mind without concern for relevance of the remark or timing.

Similar to children with ADD in the classroom, the adult with ADD gets carried away with excitement. When an idea comes, it must be verbalized, tact yielding to child-like enthusiasm.

9. A feeling of underachievement, of not meeting one's goals (regardless of how much one has accomplished).

While a person may be highly accomplished by objective standards, they may feel as if they are floundering or stuck with a sense of being lost in a maze, unable to capitalize on their potential.

10. Problems getting organized

This is a considerable issue for most adults with ADD. Without the structure of an individual, such as a parent or teacher to assist in organization, the adult may stagger under the organizational demands of everyday life. Smaller things may mount up to create huge obstacles.

11. High creativity, intelligence, and intuition

Although this is not a symptom, many adults with ADD often have unusually creative minds. In the midst of their disorganization and distractibility, they show flashes of brilliance.

12. Prone to distractibility, difficulty focusing, and tendency to tune out or drift away in the middle of a page or conversation, often coupled with the ability to hyperfocus at times.

This is the most readily observable symptom of ADD. Although this is involuntary; it happens when the person isn't looking, so to speak. The ability to hyperfocus is frequently present, which emphasizes the fact that this is a syndrome not of attention deficit, but of attention inconsistency.

13. Difficulty navigating established channels and following proper procedure

This is not due to some unresolved problem with authority figures. It is a manifestation of boredom and frustration. This can be boredom with routine ways of doing things, as well as excitement about new approaches, and frustration with not being able to do things the way they are supposed to be done.

14. Impulsive actions (i.e. spending of money; changing plans, including career plans; and the like.)

This can be one of the more dangerous of the adult symptoms.

15. Erroneous self-observation

Often poor self-observers, people with ADD do not accurately gauge the impact they have on other people.

16. Susceptible to depression and mood swings, especially when detached from a person or a project.

More so than children with ADD, adults with ADD are more likely to experience unstable moods. While some of this is due to the biology of the disorder, it is also related to the experience of frustration and/or failure.

17. Feeling of insecurity, impending doom, alternating with high-risk-taking

This is related to both the tendency to worry needlessly and the tendency to be impulsive.

18. Inclination to worry endlessly and/or needlessly, as well as looking for something to worry about alternating with attention to and disregard for actual dangers.

Anxiety becomes what attention turns into when it isn't focused on some task. Worrying because you are not worrying.

19. Susceptible to addictive behaviors

This may be an addiction to a substance such as alcohol or drugs or to an activity, such as gambling, or shopping.

20. Feeling of restlessness

Although not usually manifested in the full-blown hyperactivity one may see in a child, an adult with ADD will experience "nervous energy", such as pacing; fidgeting; shifting position while sitting; leaving a room frequently; and feeling nervous while at rest. Often adults with ADD cannot sit still during a business meeting, speech, or presentation.

* Childhood history of ADD (it may not have been formally diagnosed, but in reviewing the history, the signs and symptoms were there.

* Situation not explained by other medical or psychiatric condition.

Place a check (✓) in the box to the right of each category to indicate how much this type of feeling has bothered you in the past several days.	0 Not at All	1 Somewhat	2 Moderately	3 A lot
1. Poor self-image: Do you feel old or unattractive?				
2. Discouragement: Does the future look hopeless?				
3. Low self-esteem: Do you feel worthless?				
4. Loss of interest in life: Have you lost interest in your career, hobbies, family, or friends?				
5. Sadness: Do you feel sad or down in the dumps?				
6. Indecisiveness: Is it hard to make decisions?				
7. Irritability: Do you frequently feel angry and resentful?				
8. Inferiority: Do you feel inadequate or inferior to others?				
9. Loss of motivation: Do you have to push yourself hard to do things?				
10. Guilt: Do you get self-critical and blame yourself?				
11. Appetite changes: Have you lost your appetite? Do you overeat or binge compulsively?				
12. Sleep changes: Is it hard to get a good night's sleep? Are you excessively tired and sleeping too much?				
13. Loss of sex drive: Have you lost your interest in sex?				
14. Concerns about health: Do you worry excessively about your health?				
15. Suicidal impulses: Do you have thoughts that life is not worth living or think you'd be better off dead?				
TOTALS				

TOTAL SCORE	DEGREE OF DEPRESSION
0-4	Minimal or no depression
5-10	Normal but unhappy
11-20	Borderline to mild depression
21-30	Moderate depression
31-45	Severe depression