

BRAIN FUNCTION QUESTIONNAIRE

Name: _____ DOB: _____ Date: _____

PART 1

Please list the 3 major health concerns you have in order of importance:

1. _____
2. _____
3. _____

PART 2

Please circle the most appropriate number for the following symptoms:

0= never; 1 = rare, occasional, mild; 2 = occasional, moderate; 3= frequent, severe; 4= constant, very severe

SECTION 1

Problems with attention, concentrating, staying focused	0	1	2	3	4
Easily distracted or excessive daydreaming	0	1	2	3	4
Down, depressed, apathetic, sluggish, unmotivated or bored	0	1	2	3	4
Lacks attention to details, makes careless mistakes	0	1	2	3	4
Difficulty expressing empathy or one's own feelings	0	1	2	3	4
Poor planning skills, poor follow-through, fails to finish things	0	1	2	3	4
Poor organization, forget things, poor time management or procrastinate	0	1	2	3	4
Lack clear goals or forward thinking, never plans ahead	0	1	2	3	4
Poor social behavior and judgment	0	1	2	3	4
Trouble listening to or understanding instructions	0	1	2	3	4
Restless, fidgety or trouble staying still or quiet	0	1	2	3	4
Talks excessively, interrupts or intrudes on others	0	1	2	3	4
Uneasy when needing to wait one's turn	0	1	2	3	4
Impulsive (saying or doing things without thinking first)	0	1	2	3	4
Trouble learning from one's mistakes or experiences	0	1	2	3	4
Subtotal					
TOTAL					

SECTION 2

Excessive worries, even for no reasons	0	1	2	3	4
Tend to have or get stuck on repetitive negative thoughts	0	1	2	3	4
Tendency to be oppositional or argumentative	0	1	2	3	4
Upset when things don't go your way, are not done a certain way, or are out of place	0	1	2	3	4
Tendency toward compulsive or addictive behaviors	0	1	2	3	4
Trouble shifting your attention or changing behavior when needed	0	1	2	3	4
Intense dislike of change	0	1	2	3	4
Tendency to hold grudges	0	1	2	3	4
Difficulty seeing options in situations, gets locked in a course of action, even if not good	0	1	2	3	4
Say no without first thinking it over	0	1	2	3	4
Tendency to hold on to own opinion, not listening to others, even in face of contradictory evidence	0	1	2	3	4
Tendency to predict the worse or the future based on fear	0	1	2	3	4
Subtotal					
TOTAL					

SECTION 3

Frequent feelings of sadness or crying spells	0	1	2	3	4
Negativity or feelings of hopelessness for the future	0	1	2	3	4
Moodiness or irritability	0	1	2	3	4
Decreased interest in others or things that are usually considered fun	0	1	2	3	4
Feelings of helplessness or powerlessness	0	1	2	3	4
Feelings of worthlessness or chronic low self esteem	0	1	2	3	4
Dissatisfied or bored	0	1	2	3	4
Low energy	0	1	2	3	4
Excessive feelings of guilt	0	1	2	3	4
Suicidal feelings or thoughts	0	1	2	3	4
Sleep or appetite changes (too much or too little)	0	1	2	3	4
Increased sensitivity to smells/odors	0	1	2	3	4
Subtotal					
TOTAL					

SECTION 4

Feelings of nervousness or anxiety	0	1	2	3	4
Panic attacks or bouts Sweating, hot or cold flashes, cold hands	0	1	2	3	4
Tendency to freeze in anxiety provoking situations	0	1	2	3	4
Avoid public places for fear of having anxiety attacks	0	1	2	3	4
Persistent phobias	0	1	2	3	4
Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)	0	1	2	3	4
Periods of heart pounding, rapid heart rate, chest pain or palpitations	0	1	2	3	4
Periods of feeling smothered or trouble breathing	0	1	2	3	4
Bouts of Nausea or abdominal upset	0	1	2	3	4
Bouts of dizziness, fainting or feeling unsteady on your feet	0	1	2	3	4
Bites fingernail or picks skin	0	1	2	3	4
Embarrassed easily, sensitive to criticism or worry about what others think	0	1	2	3	4
Excessive fear of being judged or scrutinized by others	0	1	2	3	4
Tendency to predict the worst, always watching for something bad to happen, or fear of dying	0	1	2	3	4
Shy, timid or lack confidence in your abilities	0	1	2	3	4
Avoid conflicts	0	1	2	3	4
Subtotal					
TOTAL					

SECTION 5

Poor handwriting	0	1	2	3	4
Trouble maintaining an organized area of work	0	1	2	3	4
Multiple piles around the house	0	1	2	3	4
More sensitive to noise than others	0	1	2	3	4
Particularly sensitive to touch or tags in clothing	0	1	2	3	4
Tends to be clumsy or accident prone	0	1	2	3	4
Trouble learning new information or routines	0	1	2	3	4
Trouble keeping up in conversations	0	1	2	3	4
Light sensitive and easily bothered by glare, sunlight, headlights	0	1	2	3	4
More sensitive to the environment than others	0	1	2	3	4
Subtotal					
TOTAL					

SECTION 6

Short fuse or periods of extreme irritability or unstable mood	0	1	2	3	4
Bouts of rage with little provocation	0	1	2	3	4
Irritability tends to build, then explodes, then recedes, often tired after rage	0	1	2	3	4
Dark thoughts (might involve suicidal or homicidal thoughts)	0	1	2	3	4
Dark thoughts (might involve suicidal or homicidal thoughts)	0	1	2	3	4
Over-preoccupation with moral or religious ideas	0	1	2	3	4
Bouts of panic or fear for no specific reason	0	1	2	3	4
Misinterpret comments as negative when they are not	0	1	2	3	4
Sensitivity or mild paranoia	0	1	2	3	4
Bouts of spaciness or confusion	0	1	2	3	4
Periods of forgetfulness or memory problems	0	1	2	3	4
Reading comprehension problems or trouble finding the right words to say	0	1	2	3	4
Frequent periods of déjà vu (feeling you have been somewhere before even though you have not)	0	1	2	3	4
Visual or auditory changes (seeing shadows or hearing muffled sounds)	0	1	2	3	4
History of head injury or family violence or explosiveness	0	1	2	3	4
Headaches or abdominal pain of unknown origin	0	1	2	3	4
Subtotal					
TOTAL					