

# Amen Child/Teen Brain Symptom Checklist

Name: \_\_\_\_\_

Parents please rate your child or 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 or teen (Ch/Tn) rate himself/herself. List who filled this out \_\_\_\_\_

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

Ch/Tn Parent

- |       |       |  |
|-------|-------|--|
| _____ | _____ | 1. Fails to give close attention to details or make 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 questions
- \_\_\_\_\_ 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 smell/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 déjà vu (feelings of being somewhere you have never been)
- \_\_\_\_\_ 97. Sensitivity or mild paranoia
- \_\_\_\_\_ 98. Headaches or abdominal pain of uncertain origin
- \_\_\_\_\_ 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