

HAD SCREENING

psychologist.ae

Name:	Date of Birth	M/F	Today's Date:
-------	---------------	-----	---------------

Read the following statements and check (x) the appropriate box.

1. Mostly 2. Some times 3. Rarely 4. Never

1) Generally feel fatigued - low level of energy

2) Frequently losing pencils, eye glasses, lunch box etc.,

3) Tension headaches/migraines/stomach aches

4) Getting distracted easily and drifting away

5) Difficulty in focussing attention, especially to detail

6) Inability to tolerate stress

7) Getting easily excited and angry

8) Numbers getting reversed e.g. reading 84 instead of **48**

9) Frequent difficulties in establishing and maintaining relationships

10) Postponing tasks, studies till the last minute and then rushing to finish them

11) Getting violent easily and getting into trouble

HAD SCREENING

12 Being too sensitive and easily hurt.

13) Perfectionism in some cases and rigidity in doing things in certain ways

14) Mood swings from too happy to too sad

15) Do you experience any urgency to speak

16) Mind being in a fog, ready to sleep (during studies, work etc..)

17) Repeatedly thinking about something, unable to get rid of some thoughts

18) Difficulty with a sense of direction - getting easily lost.

19) Over reacting to small issues/problems

20) Not listening to instructions at work/home

21) Disorganized at school, home. Room/ desk/ cupboard being too messy.

22) Impulsiveness: saying and doing things without thinking. Being too impatient.

23) Learning difficulties, reading/writing problems

24) Forgetting assignments, not turning in work even if it has been done

HAD SCREENING

25) Difficulty in sitting still, constantly moving legs tapping fingers etc.,

26) Drinking too much tea, coffee, cola etc or smoking too much.

27) Being an evening or night person

28) Bladder and bowel problems in childhood: bedwetting. constipation and diarrhea

29) Getting tired by the middle of the day even after having a good night's rest.

30) Difficulty in waking up in the mornings

Raw Score:	Scaled Score:	Category:	Tested by:
------------	---------------	-----------	------------

Remarks & Recommendations

Psychologist
