

BDEFS-CA Long Form

Child's Name: _____ Date: _____

Sex: (Circle One) Male Female Age: _____

Name of person completing this form: _____

Relationship to this child: Mother Father Stepmother Stepfather Other: _____

Instructions:

How often does your child experience each of these problems? Please circle the number next to each item that best describes his/her behavior **DURING THE PAST 6 MONTHS**. If your child is currently taking medications for any psychiatric or psychological disorder, please rate his/her behavior based on how he/she acts while **OFF THE MEDICATION**. Please do not write in the rows that say "Office Use Only".

Section 1 Items		Never or Rarely	Sometimes	Often	Very Often
EF1.	Procrastinates or puts off doing things until the last minute	1	2	3	4
EF2.	Has a poor sense of time	1	2	3	4
EF3.	Wastes or doesn't manage his/her time well	1	2	3	4
EF4.	Not prepared/on time for schoolwork or assigned tasks given at home	1	2	3	4
EF5.	Has trouble planning ahead or preparing for upcoming events	1	2	3	4
EF6.	Can't seem to accomplish the goals he/she sets for him/herself	1	2	3	4
EF7.	Not able to get things done unless there is an immediate deadline or consequences	1	2	3	4
EF8.	Has difficulty judging how much time it will take to do something or get somewhere	1	2	3	4
EF9.	Has trouble starting the work he/she is asked to do	1	2	3	4
EF10.	Has difficulty sticking with his/her work and getting it done	1	2	3	4
EF11.	Not able to prepare in advanced for things he/she knows he/she is supposed to do	1	2	3	4
EF12.	Has trouble following through on what he/she agrees to do	1	2	3	4
EF13.	Has difficulty doing the work he/she is asked to do in the order of its priority or importance; can't "prioritize" well	1	2	3	4
Office Use Only – Section 1 Total Score: _____					

BDEFS-CA Long Form

Section 2 Items		Never or Rarely	Some-times	Often	Very Often
EF14.	When shown something complicated to do, he/she cannot keep it in mind so as to do it correctly	1	2	3	4
EF15.	Has trouble considering various ways of doing things	1	2	3	4
EF16.	Has difficulty saying what he/she wants to say	1	2	3	4
EF17.	Unable to come up with or invent as many solutions to problems as others	1	2	3	4
EF18.	At a loss for words when he/she wants to explain something	1	2	3	4
EF19.	Has trouble explaining his/her ideas as well or as quickly as others	1	2	3	4
EF20.	Not as creative or inventive as others of his/her age	1	2	3	4
EF21.	Has trouble learning new or complex activities	1	2	3	4
EF22.	Has difficulty explaining things in their proper order or sequence	1	2	3	4
EF23.	Can't seem to get to the point of his/her explanations	1	2	3	4
EF24.	Has trouble doing things in his/her proper order or sequence	1	2	3	4
EF25.	Unable to "think on his/her feet," problem-solve, or respond effectively to unexpected events	1	2	3	4
EF26.	Slow at solving problems he/she encounters in his/her daily life	1	2	3	4
EF27.	Doesn't seem to process information quickly or accurately	1	2	3	4
Office Use Only – Section 2 Total Score: _____					
Section 3 Items		Never or Rarely	Some-times	Often	Very Often
EF28.	Has difficulty waiting for things; has to have things or do things he/she wants right away	1	2	3	4
EF29.	Makes decisions impulsively	1	2	3	4
EF30.	Unable to inhibit his/her reactions to events or to what others say or do to him/her; reacts on impulse	1	2	3	4
EF31.	Has difficulty stopping what he/she is doing when it is time to do so	1	2	3	4
EF32.	Has difficulty correcting his/her behavior when he/she is given feedback about his/her mistakes	1	2	3	4
EF33.	Makes impulsive comments	1	2	3	4
EF34.	Likely to do things without considering the consequences for doing them	1	2	3	4
EF35.	Acts without thinking things over	1	2	3	4
EF36.	Finds it hard to take another person's perspective about a problem or situation	1	2	3	4

BDEFS-CA Long Form

EF37.	Doesn't stop and talk things over with him/herself before deciding to do something	1	2	3	4
EF38.	Has trouble following the rules in a situation	1	2	3	4
EF39.	Engages in risky behavior or risk taking	1	2	3	4
EF40.	Has trouble with self-discipline (self-control)	1	2	3	4
Office Use Only – Section 3 Total Score: _____					
Section 4 Items		Never or Rarely	Some-times	Often	Very Often
EF41.	Takes short cuts in his/her chores, schoolwork, or other assignments and does not do all that he/she is supposed to do	1	2	3	4
EF42.	Quits working if his/her chores, schoolwork, or other assignments are boring for him/her to do	1	2	3	4
EF43.	Does not put much effort into his/her chores, schoolwork or other assignments	1	2	3	4
EF44.	Seems lazy or unmotivated	1	2	3	4
EF45.	Has to depend on other people to help get his/her chores, schoolwork or other assignments done	1	2	3	4
EF46	Things must have an immediate pay off for him/her or he/she is not able to get them done	1	2	3	4
EF47.	Has difficulty resisting the urge to do something fun or more interesting when he/she is supposed to be working	1	2	3	4
EF48.	Inconsistent in the quality or quantity of his/her work performance	1	2	3	4
EF49.	Unable to work without supervision or frequent instruction	1	2	3	4
EF50.	Lacks willpower or self-determination	1	2	3	4
EF51.	Not able to work toward longer-term or delayed rewards	1	2	3	4
EF52.	Not able to resist doing things that produce immediate rewards even if they are not good for him/her in the long run	1	2	3	4
EF53.	Gives up too easily if something requires much effort	1	2	3	4
EF54.	Not able to get started in his/her chores, school projects or work without a lot of prodding or encouragement from others	1	2	3	4
Office Use Only – Section 4 Total Score: _____					
Section 5 Items		Never or Rarely	Some-times	Often	Very Often
EF55.	Has a low tolerance for frustrating situations	1	2	3	4
EF56.	Cannot inhibit his/her emotions	1	2	3	4

BDEFS-CA Long Form

EF57.	Quick to get angry or become upset	1	2	3	4
EF58.	Overreact emotionally	1	2	3	4
EF59.	Easily excitable	1	2	3	4
EF60.	Not able to inhibit showing strong negative or positive emotions	1	2	3	4
EF61.	Has trouble calming him/herself down once he/she is emotionally upset	1	2	3	4
EF62.	Not able to be reasonable once he/she is emotional	1	2	3	4
EF63.	Cannot seem to distract him/herself away from whatever is upsetting him/her emotionally to help calm down. Can't refocus his/her mind to a more positive framework	1	2	3	4
EF64.	Not able to manage his/her emotions in order to accomplish his/her goals successfully or get along well with others	1	2	3	4
EF65.	Remains emotional or upset longer than other children	1	2	3	4
EF66.	Finds it difficult to walk away from emotionally upsetting encounters with others or leave situations in which he/she has become emotional	1	2	3	4
EF67.	Not able to rechannel or redirect his/her emotions into more positive ways or outlets when he/she gets upset	1	2	3	4
EF68.	Not able to evaluate an emotionally upsetting even more objectively or reasonably	1	2	3	4
EF69.	Not able to reevaluate or redefine negative events into a more positive viewpoint when he/she feels strong emotions	1	2	3	4
EF70.	Emotionally impulsive or quick to show or express his/her feelings	1	2	3	4
Office Use Only – Section 5 Total Score: _____					
Office Use Only					
Total of Sections 1-5: EF Summary Score: _____					
EF Symptom Count: _____ [Number of Answers of 3(Often) or 4 (Very Often)]					
ADHD-EF Index Score: _____ (Add items 5, 20, 21, 23, 27, 35, 47, 51, 59, 68)					