Table of Contents

INTRODUCTION 3

HEALING ADD BRAIN TYPE TEST 4
Questionnaire and Answer Key

ADD TYPE SUMMARY 8
Seven Types of ADD

HEALING ADD TREATMENT SUMMARY 9

WHAT DO I DO IF I HAVE MORE THAN ONE TYPE? 11

ABOUT AMEN CLINICS 12

BRAIN FIT LIFE ONLINE PROGRAM 13
HEALING ADD BRAIN TYPE TEST
Master Questionnaire

The Healing ADD Brain Type Test Master Questionnaire will be a great start to helping educate you about ADD and to help you know about the different types. You can also take a computerized test online that will score the questionnaire and give you suggestions for the different type or types endorsed. The link is http://addfull.amenclinics.com/?utm_source=ADDTypeTest&utm_medium=ACIHomepage.

A long time ago I realized that not everyone can get a SPECT scan ... so, based on thousands of scans, I developed this questionnaire to help educate you and your loved ones about ADD/ADHD and its types. The Healing ADD Brain Type Test Master Questionnaire is a 70 item self-test, which serves as an information tool to assess the possibility of overall ADD/ADHD syndrome and its seven types. This questionnaire has gone through many revisions as we learn more, but for now we think you will find it useful. Based on your answers, we will educate you about the type or types of ADD that you may have. Feel free to give this questionnaire to your friends and family members. ADD runs in families.

A word of caution is in order. Self-report questionnaires have advantages and limitations. They are quick and easy to score. On the other hand, people filling them out may portray themselves in a way they want to be perceived, resulting in self-report bias. For example, some people exaggerate their experience and mark all of the symptoms as frequent, in essence saying, “I’m glad to have a real problem so that I can get help, be sick, or have an excuse for the troubles I have.” Others are in total denial. They do not want to see any personal flaws and they do not check any symptoms as significantly problematic, in essence saying, “I’m okay. There’s nothing wrong with me. Leave me alone.” Not all self-report bias is intentional. People may genuinely have difficulty recognizing problems and expressing how they feel. Sometimes family members or friends are better at evaluating a loved one’s level of functioning than a person evaluating himself or herself. They may have noticed things that their loved one hasn’t.

Questionnaires of any sort should never be used as the only assessment tool. Use this one as a catalyst to help you think, ask better questions and get more evaluation if needed. Always discuss any recommendations with your personal physician.

THIS ADD TYPE QUESTIONNAIRE IS INTENDED AS AN INFORMATIONAL AND EDUCATIONAL TOOL FOR YOU AND YOUR LOVED ONES, AND IS NOT DESIGNED TO REPLACE YOUR HEALTH CARE PROVIDER’S PROFESSIONAL JUDGMENT REGARDING YOUR HEALTH. THE QUESTIONNAIRE IS NOT INTENDED TO DIAGNOSE, TREAT OR CURE ANY MEDICAL CONDITION, INCLUDING BUT NOT LIMITED TO ADD/ADHD, NOR IS IT INTENDED TO BE THE BASIS OF RECOMMENDING A SPECIFIC COURSE OF TREATMENT FOR YOUR MEDICAL CONDITION OR THAT OF A LOVED ONE. PLEASE WORK WITH YOUR HEALTH CARE PROVIDER FOR ADVICE ABOUT YOUR SPECIFIC MEDICAL CONDITION(S) AND TREATMENT(S) FOR SUCH CONDITION(S).

You can find high quality supplements at www.amenclinics.com.
HEALING ADD BRAIN TYPE TEST  
Master Questionnaire  

Copyright © 2014 Daniel Amen, M.D.

Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give yourself the most complete picture, have another person who knows you well (such as a spouse, lover, or parent) rate you as well. List other person______________________________

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

Other Self

1. Easily distracted
2. Difficulty sustaining attention span for most tasks in play, school, or work
3. Trouble listening when others are talking
4. Difficulty following through (procrastination) on tasks or instructions
5. Difficulty keeping an organized area (room, desk, book bag, filing cabinet, locker, etc.)
6. Has trouble with time, for example, frequently late or hurried, tasks take longer than expected, projects or homework are “last minute” or turned in late
7. Tendency to lose things
8. Makes careless mistakes, poor attention to detail
9. Forgetful
10. Restless or hyperactive
11. Trouble sitting still
12. Fidgety, constant motion (hands, feet, body)
13. Noisy, hard time being quiet
14. Acts as if “driven by a motor”
15. Talks excessively
16. Impulsive (doesn’t think through comments or actions before they are said or done)
17. Has difficulty awaiting turn
18. Interrupts or intrudes on others (e.g., butts into conversations or games)
19. Excessive or senseless worrying
20. Superorganized
21. Oppositional, argumentative
22. Strong tendency to get locked into negative thoughts, having the same thought over and over
23. Tendency toward compulsive behavior
24. Intense dislike for change
25. Tendency to hold grudges
26. Trouble shifting attention from subject to subject
27. Difficulties seeing options in situations
28. Tendency to hold onto own opinion and not listen to others
29. Tendency to get locked into a course of action, whether or not it is good for the person
30. Needing to have things done a certain way or you become very upset
31. Others complain that you worry too much
32. Periods of quick temper of rages with little provocation
33. Misinterprets comments as negative when they are not
34. Irritability tends to build, then explodes, then recedes, often tired after a rage
35. Periods of spaciness or confusion
36. Periods of panic and/or fear for no specific reason
37. Visual changes, such as seeing shadows or objects changing shape

You can find high quality supplements at www.amenclinics.com.
38. Frequent periods of déjà vu (feelings of being somewhere before even though you never have)
39. Sensitivity or mild paranoia
40. Headaches or abdominal pain of uncertain origin
41. History of a head injury
42. Dark thoughts, may involve suicidal or homicidal thoughts
43. Periods of forgetfulness or memory problems
44. Short fuse or periods of extreme irritability
45. Moodiness
46. Negativity
47. Low energy
48. Frequent irritability
49. Tendency to be socially isolated
50. Frequent feelings of hopelessness, helplessness, or excessive guilt
51. Lowered interest in things that are usually considered fun
52. Sleep changes (too much or too little)
53. Chronic low self-esteem
54. Angry or aggressive
55. Sensitive to noise, light, clothes or touch
56. Frequent or cyclic mood changes (highs and lows)
57. Inflexible, rigid in thinking
58. Demanding to have their way, even when told no multiple times
59. Periods of mean, nasty, or insensitive behavior
60. Periods of increased talkativeness
61. Periods of increased impulsivity
62. Unpredictable behavior
63. Grandiose or “larger than life” thinking
64. Appears anxious or fearful
65. Predicts the worst
66. Freeze in social situation
67. Physical stress symptoms, like headaches or excessive muscle tension
68. Conflict avoidant
69. Fear of being judged
70. Excessive motivation
AMEN CLINICS ADD TYPE
Questionnaire

Answer Key

For each of the groups listed below, add up the number of answers that were scored as “3” or “4” and place them on the space provided. A cutoff score is provided with each type. Some people score positively in more than one group; some even score positively in three or four groups. Use the results to help guide you through the treatment sections of the book.

1. Classic ADD (Questions 1 – 18)
Meets the criteria for both the Inattentive questions and the Hyperactivity-Impulsivity questions.
Inattentive Questions 1 – 9: four or more of a score of three or four is needed to make the diagnosis, more than four is suspicious.
Hyperactivity-Impulsivity Questions 10 – 18: four or more of a score of three or four is needed to make diagnosis, more than four is suspicious.
Inattentive Score of three or four: ____
Hyperactivity-Impulsivity Score of three or four: ____

2. Inattentive ADD (Questions 1 – 9)
Four or more of a score of three or four is needed to make the diagnosis, more than three is suspicious, but does not score two or more on the Hyperactivity-Impulsivity questions (10 – 18).
Inattentive ADD Score of three or four: ____

3. Overfocused ADD (Questions 19 – 31)
Meets the criteria for inattention (four or more on questions 1 – 9) and also scores four or more on the overfocused questions.
Overfocused ADD Score of three or four: ____

4. Temporal Lobe ADD (Questions 32 – 44)
Meets the criteria for inattention (four or more on questions 1 – 9) and also scores four or more on the temporal lobe questions.
Temporal Lobe ADD Score of three or four: __________

5. Limbic ADD (Questions 45 – 53)
Meets the criteria for inattention (four or more on questions 1 – 9) and also scores four or more on the limbic questions.
Limbic ADD Score of three or four: __________
6. Ring of Fire ADD (Questions 54 – 63)

Meets the criteria for inattention (four or more on questions 1 – 9) and also scores four or more on the Ring of Fire questions.

Ring of Fire ADD Score of three or four: __________

7. Anxious ADD (Questions 64 – 70)

Meets the criteria for inattention (four or more on questions 1 – 9) and also scores four or more on the anxious questions.

Anxious ADD Score of three or four: __________

Again, you can also take this test online at http://addfull.amenclinics.com/?utm_source=ADDTyypeTest&utm_medium=ACIHomepage and get a detailed report on the best ways to overcome your type or types of ADD.
Summary of the Seven Types of ADD

Type 1. Classic ADD (ADHD) -- inattentive, distractible, disorganized, hyperactive, restless, and impulsive.

Type 2. Inattentive ADD -- inattentive, easily distracted, disorganized, and often described as space cadets, daydreamers, and couch potatoes. Not hyperactive!

Type 3. Overfocused ADD -- inattentive, trouble shifting attention, frequently get stuck in loops of negative thoughts or behaviors, obsessive, excessive worrying, inflexible, frequent oppositional and argumentative behavior. May or may not be hyperactive.

Type 4. Temporal Lobe ADD -- inattentive, easily distracted, disorganized, irritable, short fuse, dark thoughts, mood instability, and may struggle with learning disabilities. May or may not be hyperactive.

Type 5. Limbic ADD -- inattentive, easily distracted, disorganized, chronic low grade sadness or negativity, “glass half empty syndrome,” low energy, tends to be more isolated socially, and frequent feelings of hopelessness and Worthlessness. May or may not be hyperactive.

Type 6. Ring of Fire ADD -- inattentive, easily distracted, irritable, overly sensitive, cyclic moodiness, and oppositional. May or may not be hyperactive.

Type 7. Anxious ADD -- inattentive, easily distracted, disorganized, anxious, tense, nervous, predicts the worst, gets anxious with timed tests, social anxiety, and often has physical stress symptoms, such as headaches, and gastrointestinal symptoms. May or may not be hyperactive.

Knowing your type is essential to getting the right help for yourself.
# Healing ADD Treatment Summary

Here is a summary of the major treatments for each type.

<table>
<thead>
<tr>
<th>ADD Type</th>
<th>Type 1. Classic ADD</th>
<th>Type 2. Inattentive ADD</th>
<th>Type 3. Overfocused ADD</th>
<th>Type 4. Temporal Lobe ADD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diet</strong></td>
<td>higher protein, lower carb</td>
<td>higher protein, lower carb</td>
<td>lower protein, higher smart carb</td>
<td>higher protein, lower carb, maybe “ketogenic diet”</td>
</tr>
<tr>
<td><strong>Natural Supplements</strong></td>
<td>Rhodiola, green tea, ginseng, L-tyrosine, zinc, grape seed or pine bark (abbreviated stimulating supplements)</td>
<td>stimulating supplements</td>
<td>5-HTP PLUS stimulating supplements</td>
<td>GABA, gingko, vinpocetine, huperzine A, ALC, PS, NAC, and ALA PLUS stimulating supplements</td>
</tr>
<tr>
<td><strong>Medications</strong></td>
<td>Stimulants such as Adderall, Vyvanse, Ritalin, or Concerta</td>
<td>Stimulants or Provigil, Nuvigil</td>
<td>Serotonin and norepinephrine enhancing meds such as Effexor or Cymbalta; or a serotonin enhancing med, such as Zoloft, Paxil, Prozac, Celexa or Lexapro PLUS a stimulant</td>
<td>If mood instability, consider anticonvulsants such as Neurontin, Lamictal, Trileptal or Depakote, PLUS a stimulant</td>
</tr>
</tbody>
</table>

You can find high quality supplements at www.amenclinics.com.
Here is a summary of the major treatments for each type.

<table>
<thead>
<tr>
<th>ADD Type</th>
<th>Type 5. Limbic ADD</th>
<th>Type 6. Ring of Fire ADD</th>
<th>Type 7. Anxious ADD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet</td>
<td>higher protein, lower carb</td>
<td>higher protein, lower carb</td>
<td>higher protein, lower carb</td>
</tr>
<tr>
<td>Natural Supplements</td>
<td>SAMe PLUS stimulating supplements</td>
<td>GABA, 5HTP PLUS stimulating supplements</td>
<td>L-theanine, Relora, Magnesium, Holy Basil, PLUS stimulating supplements</td>
</tr>
<tr>
<td>Medications</td>
<td>Stimulants such as Adderall, Vyvanse, Ritalin, or Concerta</td>
<td>Anticonvulsants together with a serotonin enhancing med and then if needed a stimulant</td>
<td>Strattera, desipramine, imipramine</td>
</tr>
</tbody>
</table>

You can also take this test online at [http://addfull.amenclinics.com/?utm_source=ADDTypeTest&utm_medium=ACIHomepage](http://addfull.amenclinics.com/?utm_source=ADDTypeTest&utm_medium=ACIHomepage) and get a detailed report on the best ways to overcome your type or types of ADD.
What Do I Do If I Have More Than One Type?

It is very common to have more than one add brain type. If you have more than one type take the test again online at http://addfull.amenclinics.com/?utm_source=ADDTypteTest&utm_medium=ACIHomepage and we will send you a tailored set of recommendations you can discuss with your healthcare professional.
About Amen Clinics, Inc.

Amen Clinics, Inc. (ACI) was established in 1989 by Daniel G. Amen, M.D. It specializes in innovative diagnosis and treatment planning for a wide variety of behavioral, learning, emotional, cognitive, and weight problems for children, teenagers, and adults. ACI has an international reputation for evaluating brain-behavior problems, such as ADD, depression, anxiety, school failure, brain trauma, obsessive-compulsive disorders, aggressiveness, marital conflict, cognitive decline, brain toxicity from drugs or alcohol, and obesity.

Brain SPECT imaging is performed in the Clinics. ACI has the world’s largest database of brain scans for emotional, cognitive, and behavioral problems. ACI welcomes referrals from physicians, psychologists, social workers, marriage and family therapists, drug and alcohol counselors, and individual patients.

Amen Clinics, Inc., Southern California
4019 Westerly Place, Suite 100
Newport Beach, CA 92660

Amen Clinics, Inc., DC
10701 Parkridge Blvd., Suite 110
Reston, VA 20191

Amen Clinics, Inc., DC
10701 Parkridge Blvd., Suite 110
Reston, VA 20191

Amen Clinics New York
16 East 40th St., 9th Floor
New York, NY 10016

Amen Clinics, Inc., San Francisco
1000 Marina, Suite 100
Brisbane, CA 94005

Amen Clinics, Inc., Pacific Northwest
616 120th Ave NE, Suite C 100
Bellevue, WA 98005

Amen Clinics Atlanta
5901-C Peachtree Dunwoody Road, N.E.,
Suite 65
Atlanta, Georgia 30328

(888) 564-2700

www.amenclinics.com

Amenclinics.com is an educational interactive brain website geared toward mental health and medical professionals, educators, students, and the general public. It contains a wealth of information to help you learn about our clinics and the brain. The site contains over three hundred color brain SPECT images, hundreds of scientific abstracts on brain SPECT imaging for psychiatry, a brain puzzle, and much, much more.

View over three hundred astonishing color 3-D brain SPECT images on:
Aggression … Attention Deficit Disorder, including the six subtypes … Dementia and cognitive decline … Drug Abuse … PMS … Anxiety Disorders … Brain Trauma … Depression … Obsessive Compulsive Disorder … Stroke … Seizures
Brain Fit Life Online Program

Dr. Daniel Amen’s Brain Fit Life Online Program will give you all the tools you need to boost your brain and body! Brain Fit Life is a program to get control of your brain and body for the REST OF YOUR LIFE.

The community is dedicated to helping you will lose weight (if you want to), improve your memory and boost your mood. You’ll also: elevate your energy, sharpen your focus and calm your anxiety. And the crazy thing is that all of this will happen when you put into practice the same 12 very simple brain-based solutions.

The program includes:

Detailed questionnaires to know your BRAIN TYPE and personalize this program to your own individual needs. You will also and learn how to decrease your risk of Alzheimer’s disease.

Interactive daily online brain and food journals to track your important numbers, calories, and brain healthy habits, like sleep and exercise – THIS IS THE SINGLE MOST IMPORTANT TOOL FOR IMPROVING YOUR HEALTH. If you take 5 minutes a day and keep these journals research suggests it will double your weight loss in just 10 weeks.

Hundreds of brain healthy recipes, tips, shopping lists, and menu plans.

Exclusive, award winning 24/7 BRAIN GYM where you can test, work out and strengthen your brain to reduce stress, improve your memory and attention, and boost your mood. It is like having a personal trainer for YOUR OWN BRAIN. The brain gym has been described as “wildly fun…the positive thinking exercises have carried me through the day….”

Daily tips and text messages to help you remember your supplements and stay on track to get healthy NOW (if you want).

A relaxation room to decrease anxiety and boost your mood.

Plus much, much more.

One of our patients said after 10 weeks her sister thought she had a mini-face lift.

Another lost 46 pounds with no effort by using the 12 steps.

Sign up at www.mybrainfitlife.com

You can find high quality supplements at www.amenclinics.com.