

THE ACQ

(ADD Centre Questionnaire)

M. Thompson M.D., L. Thompson, Ph.D.

	Never or very rarely	Some-times	A great deal	Almost always
Name: _____ Date: _____ Age: in Years: _____ <p style="text-align: center;">QUESTIONS:</p>				
1. When reading text-books or similar types of material, I find that within the first page, without meaning to, my mind has drifted off the material and I must re-read the material.				
2. When creating something that I consider a challenge or reading something of intense interest to me, I go into a state of "hyper-focus" which is characterized by at least three of the following: <ul style="list-style-type: none"> • remaining at the task for lengthy periods of time • feeling <u>very</u> intense and irritable if disturbed by others • feeling <u>extremely</u> irritable if asked to do something else • desiring complete silence or just quiet music while working 				
3. When listening to a lecture, within the first five minutes and then <u>frequently</u> during the lecture, without consciously intending to, I drift off topic and miss the points that are being taught.				
4. When listening to conversations, even in interesting social situations, my mind wanders off the topic being discussed and I miss parts of what is being said.				
5. Both I and others have noticed that I often act (say things, spend money, take action) without thinking things through carefully with the result that afterwards I may wish I had not acted so impulsively.				
6. Others may view me as acting as if I am "driven". I must be doing something (but usually not a task that someone else has defined). This characteristic may make it difficult for others who, occasionally, just want to sit and relax.				
7. When others want to just sit and "relax", I find this irritating, (I.e.; "Why aren't they pitching in? There are things to be done!")				
8. Procrastination is a problem. This may be due to getting side tracked on to more interesting things when a task becomes boring. It may also be due to my having too many important things on-the-go.				
9. When I "lock on" to something, then I want to get it done or settled right now!				
10. I can be a very impatient person. I may, for example, be aggravated by somewhat slow service in a restaurant or a store.				
11. "Forced" inactivity leads to one or more of the following: boredom, sadness, melancholy, feelings of decreased self esteem.				
12. I always feel I should be doing (accomplishing) more.				
13. I jump from one topic or task to another and then back again; particularly at work this can be annoying to others.				