

Women's AD/HD

Self-Assessment Symptom Inventory (SASI)

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(This scale is designed for use as part of a structured interview in conjunction with other diagnostic tools when evaluating women for AD/HD)

Name _____ Age _____ Date _____

Occupation _____ Marital Status _____ No. of Marriages _____

Number of Children _____ Children Living at Home _____

Directions:

On the following pages you will find a list of symptoms. Rate each statement on a scale from 0 to 3 to indicate how much that feeling or behavior is part of your personal experience.

- 0 = not at all like me; almost never happens to me.
- 1 = a little like me; happens to me, but not often.
- 2 = a lot like me; happens to me often.
- 3 = just like me; happens to me almost all the time.

If an item does not pertain to you, mark that item N/A.

When you encounter an item that pertains to you, but requires information you can't recall, or about which you have no knowledge, respond with a question mark (?).

If you have problems that are not listed, please write them in the area provided on the last page.

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9 8 7 6 5 4 3 2

CHILDHOOD AD/HD PATTERNS

Answer this group of questions retrospectively as you recall your childhood experiences.

Inattention

- _____ 1. I daydreamed in school.
- _____ 2. My mind wandered, even when I *tried* to listen to the teacher.
- _____ 3. In class, I didn't hear the teacher's instructions.
- _____ 4. I made careless mistakes on tests.
- _____ 5. I lost or misplaced things.
- _____ 6. I was teased for being "spacey."

Hyperactivity

- _____ 1. I "got in trouble" for talking in class.
- _____ 2. I was a tomboy.
- _____ 3. It was hard for me to sit still in class.
- _____ 4. I felt best when I was moving around, playing sports, or dancing.
- _____ 5. It was difficult for me to fall asleep because thoughts were bouncing around in my head.
- _____ 6. I doodled or fidgeted when I had to sit still.
- _____ 7. My friends called me "hyper."
- _____ 8. When sitting, I tended to tip back in my chair or jiggle my legs.
- _____ 9. I was very talkative.

Impulsivity

- _____ 1. I interrupted others, even when I tried not to.
- _____ 2. When upset, I said things I didn't mean.
- _____ 3. I acted silly or "crazy" with my friends.
- _____ 4. I acted on the spur of the moment, never thinking of the consequences.

Productivity

- _____ 1. In school, I didn't finish seat work as quickly as the rest of the class.
- _____ 2. The demands of high school felt overwhelming to me.
- _____ 3. I did well in school, but had to work much harder than my classmates.
- _____ 4. I studied or did homework late into the night.

Initiation

- _____ 1. I had trouble getting started on my homework.
- _____ 2. It was hard for me to begin working on a project unless someone was there to keep me on track.
- _____ 3. I worked better with others than alone.

Follow-through/perseverance

- _____ 1. It was hard for me to complete long-term school projects.
- _____ 2. I dabbled in many hobbies or activities, but I never really persevered in my efforts.
- _____ 3. Although I took music lessons, I rarely, or never, practiced.

Under-arousal

- _____ 1. I felt sleepy when sitting in class, but I became energetic as soon as I stood up and moved.
- _____ 2. It was difficult to get up in the morning.
- _____ 3. I wasn't alert until late in the morning.
- _____ 4. I didn't seem to have as much energy as my friends.

Procrastination

- _____ 1. I got by doing everything at the last minute.
- _____ 2. I handed in my homework late, and sometimes I didn't do it at all.
- _____ 3. The only way I could study for a test was to stay up very late the night before.

Motivation/underachievement

- _____ 1. I didn't do as well in school as I felt I should have.
- _____ 2. I got by on my intelligence, and I didn't really try hard in school.
- _____ 3. My parents and teachers told me I could do better if I tried.
- _____ 4. I started each grading period with good intentions, but could never sustain them.

Organization

- _____ 1. My room looked like a "disaster" area.
- _____ 2. My backpack/bookbag/desk was messy.
- _____ 3. I had trouble being organized.
- _____ 4. I had trouble keeping track of assignments, long-term projects, and due dates.

Time management

- _____ 1. I arrived late for scheduled activities and appointments.
- _____ 2. I lost track of the time.
- _____ 3. I stayed up late, and then I had trouble getting up in the morning.

Motor control

- _____ 1. My handwriting was messy.
- _____ 2. I was physically awkward and did poorly in sports.
- _____ 3. I tended to bump into things—corners of tables, door frames, etc.

LEARNING ISSUES

Reading

- _____ 1. I was a slow reader.
- _____ 2. When reading, my mind wandered.
- _____ 3. Typically, after reading a textbook, I could not answer the questions at the end of the chapter.
- _____ 4. I needed to reread information to be sure that I understood it.
- _____ 5. I didn't read for pleasure.

Writing

- _____ 1. Writing assignments were difficult for me.
- _____ 2. I had lots of ideas, but I couldn't organize them when writing a paper.
- _____ 3. I could verbally explain what I knew, but I just couldn't get it down on paper.

Memory

- _____ 1. I had trouble remembering the directions for assignments.
- _____ 2. Even when I studied, I couldn't recall the information on a test.
- _____ 3. I was forgetful and absentminded.

SOCIAL/INTERPERSONAL ISSUES

Shyness/ social withdrawal

- _____ 1. I felt shy and self-conscious around my classmates and others.
- _____ 2. Even when I had something to say, I rarely raised my hand in class.
- _____ 3. I had only a few friends during school years.
- _____ 4. I didn't date, or rarely dated, in high school.

Interpersonal interactions

- _____ 1. Other girls called me "mean" or "bossy."
- _____ 2. I felt different from other girls.
- _____ 3. Other girls didn't like me, but I didn't understand why.
- _____ 4. It was hard for me to keep up with the conversation of a group of girls.
- _____ 5. I fought and argued with my friends.
- _____ 6. In conversation, I'd say something dumb, or couldn't think of anything to say.
- _____ 7. I was very sensitive to teasing.

PSYCHOLOGICAL ISSUES

Moodiness/anxiety

- _____ 1. I felt worried and anxious.
- _____ 2. I felt moody and depressed for no reason.
- _____ 3. I dreaded being called on by the teacher.
- _____ 4. I didn't like going to school.
- _____ 5. I became very anxious before tests.
- _____ 6. I was irritable as a teenager.
- _____ 7. I cried easily.

Feeling criticized/misunderstood

- _____ 1. I wish my parents had understood how hard high school was for me.
- _____ 2. It felt as if my parents criticized me a lot.
- _____ 3. My mother and I were in conflict during my teen years.
- _____ 4. I was repeatedly humiliated or criticized by teachers or others in school.

Self-esteem

- _____ 1. I feel a sense of shame or regret as I look back on things I did in high school.
- _____ 2. I wasn't really good at anything.
- _____ 3. I didn't feel good about myself during my school years.

PROBLEMATIC BEHAVIORS

Impatience/low frustration tolerance/anger

- _____ 1. I was impatient and easily frustrated.
- _____ 2. Although I controlled myself at school, I had screaming arguments at home with my family.
- _____ 3. I quit a task if I encountered difficulty.
- _____ 4. I lost my temper when frustrated.

Risk-taking behavior

- _____ 1. I took risks when driving an automobile.
- _____ 2. I started smoking at a younger age than many of my friends.
- _____ 3. I was sexually active earlier than other girls.
- _____ 4. I drank and experimented with drugs in high school or earlier.
- _____ 5. I abused alcohol or other substances in high school or earlier.

Oppositional/defiant behavior

- _____ 1. I got into trouble as a teenager.
- _____ 2. I rebelled against my parents.
- _____ 3. My parents didn't like the kids I hung out with in high school.
- _____ 4. I skipped classes in high school.
- _____ 5. I fought with my parents over rules and curfews.
- _____ 6. My parents didn't approve of my boyfriend in high school.
- _____ 7. I was very argumentative.
- _____ 8. I couldn't take "no" for an answer.

Disordered eating patterns

- _____ 1. I ate compulsively as a child or teen.
- _____ 2. I developed a pattern of bulimia.
- _____ 3. I became overweight after puberty.
- _____ 4. I repeatedly dieted without success.
- _____ 5. I binged on certain foods until I felt stuffed, even sick.
- _____ 6. I tried to control what I ate or became anorexic.

ADULT AD/HD PATTERNS

Inattention

- _____ 1. I tend to overlook details.
- _____ 2. Forms are difficult for me to complete correctly without overlooking something.
- _____ 3. It is hard for me to listen for long periods of time—in a lecture, seminar, or training class, for example.
- _____ 4. My mind tends to wander when I'm reading or listening to something that is not very interesting to me.

Distractibility

- _____ 1. I am easily sidetracked and wander from one task to the next as something catches my attention.

- _____ 2. I jump from topic to topic in conversation, forgetting what I started to say.
- _____ 3. I have difficulty concentrating when there is noise or conversation near me.
- _____ 4. It is very difficult for me to get back on task after an interruption.

Hyperfocus

- _____ 1. I can hyperfocus for long periods on certain activities, oblivious to things going on around me.
- _____ 2. When engaging in certain activities, I completely lose track of time.
- _____ 3. When I'm really concentrating, I don't hear what people say to me.

Transitions

- _____ 1. It is difficult for me to stop one activity when it's time to shift to another.
- _____ 2. I can't tear myself away from an activity when I'm really engaged.

Hyperactivity

- _____ 1. I tend to fidget or doodle.
- _____ 2. I talk so fast that other people "can't get a word in."
- _____ 3. I hate to sit still for long periods and find any excuse to move around.
- _____ 4. I seem to need less sleep than many other women.
- _____ 5. I have a high energy level.
- _____ 6. My activity level makes people around me uncomfortable.

Impulsivity

- _____ 1. I buy on impulse.
- _____ 2. I interrupt others in conversation, even when I try not to.
- _____ 3. I have impulsively jumped from one job to another.
- _____ 4. I have impulsively quit a job without considering the consequences.
- _____ 5. I have made major life decisions with little planning or forethought.
- _____ 6. I tend to "blurt out" whatever I'm thinking, though I may later regret it.

Productivity

- _____ 1. I just can't seem to keep up the number of activities and commitments that my friends seem to manage.

- _____ 2. I have felt overwhelmed by responsibilities at certain times in my life.
- _____ 3. It seems much harder for me than for others to take care of everyday tasks.
- _____ 4. Keeping up with job demands has been difficult for me.

Initiation

- _____ 1. Despite my best intentions, it is often hard for me to get started on a project.
- _____ 2. Getting started is much easier when I work with someone else.

Task completion and perseverance

- _____ 1. I tend not to finish the laundry—it's always in progress.
- _____ 2. I have many unfinished projects that I intend to get around to.
- _____ 3. I pick up and drop hobbies or interests.
- _____ 4. I don't meet most long-term goals I set for myself.

Decision-making

- _____ 1. I have difficulty deciding what to discard and what to keep.
- _____ 2. I have difficulty making selections in large department or grocery stores.
- _____ 3. Prioritizing is difficult for me—everything seems equally important.
- _____ 4. Decision-making is easier if my choices are limited.
- _____ 5. I have missed out on opportunities because I couldn't make a decision.

Planning

- _____ 1. Meal planning is difficult for me.
- _____ 2. I rarely plan my day and typically react to events as they occur.
- _____ 3. When doing a project, I figure it out as I go along.
- _____ 4. I have difficulty planning ahead.
- _____ 5. I rarely engage in social activities that require advance planning.

Sensory sensitivity

- _____ 1. Loud noises irritate me.
- _____ 2. I don't like to be in large crowds.
- _____ 3. Shopping centers and large superstores feel overwhelming to me.
- _____ 4. Fluorescent lighting tends to bother me.

Stimulation craving

- _____ 1. I am easily bored.
- _____ 2. I enjoy new projects and dislike routine activities.
- _____ 3. I have a wide range of interests and activities.
- _____ 4. I enjoy making changes in my life.
- _____ 5. I thrive on stimulation.

Under-arousal

- _____ 1. I am not fully awake and alert for several hours after I get up in the morning.
- _____ 2. Getting up in the morning is difficult for me.
- _____ 3. I use sugar and/or caffeine to keep myself going during the day.
- _____ 4. If my life circumstances allowed it, I would take a daily afternoon nap.
- _____ 5. On weekends, I sleep late or nap to catch up on my sleep.

Procrastination

- _____ 1. I procrastinate and resist doing tasks that are difficult or unappealing.
- _____ 2. I put off tasks until the last minute.

Motivation/ self-discipline

- _____ 1. I tend to do what I like before what I "ought."
- _____ 2. I tend not to stick with a goal or project that requires effort.
- _____ 3. Many things seem like "too much trouble" to me.

Organization

- _____ 1. My home is cluttered and messy.
- _____ 2. I keep things organized at work, but my personal life is in shambles.
- _____ 3. I try to get organized, but I never seem to accomplish my goal.
- _____ 4. I have difficulty organizing my thoughts when writing.
- _____ 5. I have difficulty managing my paper work—either at home or at work.

Time management

- _____ 1. I tend to run late and end up feeling frantic.
- _____ 2. I overcrowd my schedule and tend to overcommit.
- _____ 3. I am late because I try to squeeze in “one last thing.”
- _____ 4. I run late because I dawdle and lose track of time.
- _____ 5. I tend to underestimate how much time an activity will take.
- _____ 6. My lateness is a source of irritation to others.

DIFFICULTIES RELATED TO LEARNING DISABILITIES

- _____ 1. I was diagnosed with learning disabilities in the following area(s).

- _____ 2. I was tested for learning problems in school.

Reading

- _____ 1. I rarely read for pleasure.
- _____ 2. While reading, I can concentrate only if the material is very interesting to me.
- _____ 3. I have difficulty recalling information that I have read.
- _____ 4. I read slowly.
- _____ 5. I must reread text in order to fully comprehend it.

Writing

- _____ 1. Writing papers was my main area of difficulty in school.
- _____ 2. I have difficulty organizing my thoughts in writing, even when I am familiar with the subject.
- _____ 3. I am more comfortable explaining something verbally than in writing.
- _____ 4. My difficulty with writing has caused problems at work.
- _____ 5. Spelling is difficult for me.
- _____ 6. My punctuation and grammar are poor.

Memory

- _____ 1. I need to speak the moment I think of something in order not to forget my thought.
- _____ 2. I misplace personal belongings.
- _____ 3. I have difficulty recalling the names of people and common objects.

- _____ 4. I am absentminded.
- _____ 5. I have to write things down to remember them.
- _____ 6. I forget to do things I intend to do.
- _____ 7. I have difficulty remembering multistep-directions or multi-item lists.
- _____ 8. My recall is variable and unpredictable.

Motor control

- _____ 1. I have poor handwriting.
- _____ 2. The legibility of my handwriting is variable.
- _____ 3. I tend to bump into or trip over things.
- _____ 4. I have poor motor coordination.

DIFFICULTIES IN AREAS OF ADULT RESPONSIBILITY

Parenting

- _____ 1. My parenting is inconsistent.
- _____ 2. I can't develop routines for myself, much less establish them for my child(ren).
- _____ 3. I have difficulty controlling my temper toward my child(ren).

Workplace

- _____ 1. I have received unsatisfactory performance ratings at work.
- _____ 2. I have quit a job in order to avoid being fired.
- _____ 3. I have changed jobs many times, never finding the “right” job.

Life maintenance activities

- _____ 1. I don't keep up with housekeeping tasks in a regular, consistent manner.
- _____ 2. My home and/or office are filled with disorganized piles of papers.
- _____ 3. Laundry is done at the last possible moment.
- _____ 4. My wardrobe is disorganized and in disarray.
- _____ 5. I typically neglect making routine medical and/or dental appointments.
- _____ 6. I neglect to take care of routine automobile maintenance.
- _____ 7. I wait until my car is nearly out of gas before filling the tank.
- _____ 8. My life is filled with numerous, avoidable crises.

Financial management

- _____ 1. I have difficulty managing my money.
- _____ 2. I have a large credit card debt.
- _____ 3. I have difficulty balancing my check book.
- _____ 4. I tend to file my tax forms late.
- _____ 5. My financial record-keeping is chaotic.
- _____ 6. Some years I have not filed my income tax return.
- _____ 7. I have a poor credit rating.
- _____ 8. I never know how much money I have in the bank.
- _____ 9. My bank account is overdrawn.

PSYCHOLOGICAL ISSUES

I have been diagnosed and treated for:

- _____ Depression
- _____ Anxiety/panic disorder
- _____ Bipolar disorder
- _____ Post-traumatic stress disorder
- _____ Obsessive-compulsive disorder

Self-esteem

- _____ 1. I try to hide many aspects of my life, fearing that I'll be judged negatively.
- _____ 2. People think too highly of me, and I fear that I'll be "found out."
- _____ 3. I feel "stupid" because I can't accomplish things that others can.

Moodiness/anxiety

- _____ 1. I have felt demoralized by my failures.
- _____ 2. I have felt depressed for no reason.
- _____ 3. I am anxious for no reason.
- _____ 4. I worry a lot.
- _____ 5. I have fears and phobias.
- _____ 6. I tend to be irritable and overreact to frustration.
- _____ 7. My moods vary from day-to-day.
- _____ 8. I suffer from panic attacks.
- _____ 9. My moodiness or depression is worse during winter months.

Obsessive/compulsive tendencies

- _____ 1. I have perfectionist tendencies.
- _____ 2. Even in unimportant tasks, I feel compelled to do a perfect job.
- _____ 3. My perfectionism prevents me from

completing tasks in a timely manner.

- _____ 4. In my efforts to do a good job, I seem to make things more complicated than they need to be.
- _____ 5. There have been periods when I've become obsessed by a particular thought or concern.

Social/interpersonal issues

- _____ 1. My lateness and disorganization have caused problems in relationships.
- _____ 2. I am separated and/or divorced.
- _____ 3. I have been married more than once.
- _____ 4. I can't seem to maintain friendships over the long term.
- _____ 5. I tend to keep to myself.
- _____ 6. I withdraw from other women for fear they will judge me.
- _____ 7. I have always felt "different" from other women.
- _____ 8. I misread people.
- _____ 9. I am not a good listener, and I interrupt or think about other things while someone is talking.

Frustration tolerance

- _____ 1. I hate to wait.
- _____ 2. I become frustrated or angry in traffic.
- _____ 3. I lose my temper if my children are noisy or argumentative.
- _____ 4. I quit tasks out of frustration.

Underachievement

- _____ 1. I should have done better in school.
- _____ 2. I have not achieved up to my potential in my career.
- _____ 3. I haven't reached the life goals I set for myself.
- _____ 4. I feel disappointed in my achievements.

Feeling criticized/misunderstood

- _____ 1. I am sensitive to criticism.
- _____ 2. I feel that I am viewed negatively.
- _____ 3. The people close to me don't understand my struggles to manage my life.

OTHER DIFFICULTIES

Hormonal issues

- _____ 1. I have PMS symptoms, including moodiness, irritability, and low frustration tolerance.
- _____ 2. My PMS symptoms have become worse over the years.
- _____ 3. My AD/HD symptoms decreased during pregnancy.
- _____ 4. Right before my period, my AD/HD symptoms become worse.
- _____ 5. I did well in elementary school, but started having difficulty after puberty.

Sleep problems

- _____ 1. I am a “night owl” and don’t go to sleep at a reasonable hour.
- _____ 2. I have difficulty falling asleep because my mind is racing.
- _____ 3. If I could sleep on my schedule, I’d sleep from about 3 AM to 11 AM.

Fibromyalgia

- _____ 1. I have been diagnosed with fibromyalgia.
- _____ 2. I have chronic muscle and/or joint pain.

Substance abuse/addictions

- _____ 1. I have a history of substance abuse.
- _____ 2. I have abused alcohol.
- _____ 3. I smoke cigarettes and have been unable to quit.
- _____ 4. I compulsively shop or spend money.

Problem eating patterns

- _____ 1. I eat to calm myself.
- _____ 2. I tend to overeat at mealtimes.
- _____ 3. I binge on a certain food and can’t stop once I’ve started.
- _____ 4. I forget to eat or skip meals.
- _____ 5. I have had an eating disorder.
- _____ 6. I have abused laxatives to lose weight.

Patterns of “self-medication”

- _____ 1. I keep myself going throughout the day with coffee, tea, sodas and sugar.
- _____ 2. I have used cigarettes to improve my concentration.
- _____ 3. I have regularly used marijuana, alcohol and/or other substances to calm myself.

Abuse/trauma

- _____ 1. I was repeatedly humiliated or psychologically abused in the classroom setting.
- _____ 2. I have been in an abusive relationship as an adult.
- _____ 3. I have been physically, sexually, or emotionally abused.
- _____ 4. Events that are not particularly traumatic for others trigger intense and repetitive anxiety reactions in me.
- _____ 5. I have nightmares, flashbacks, and/or extreme anxiety as a result of traumatic event(s) in my past.

List any other problems you might have here.