

# BROWN

EXECUTIVE FUNCTION / ATTENTION

# SCALES

Thomas E. Brown, PhD

Adult  
Ages 19 and Older

SELF-REPORT  
FORM

Your Name \_\_\_\_\_

\_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_ Last

Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Birth Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age \_\_\_\_\_ Sex M  F

School \_\_\_\_\_ Grade \_\_\_\_\_

## INSTRUCTIONS

Please read each item carefully. Select the response option that best describes the degree to which that feeling or behavior has been a problem for you over the past 6 months (or since this assessment was last administered). A problem may be big, medium, or little whether it occurred frequently or infrequently during this time.

Select **N** if the feeling or behavior is **No Problem**.

Select **L** if the feeling or behavior is a **Little Problem**.

Select **M** if the feeling or behavior is a **Medium Problem**.

Select **B** if the feeling or behavior is a **Big Problem**.

**Please respond to all of the items** as best as you can even if you feel some of them don't apply to you.

## HOW TO MARK YOUR RESPONSES

Be certain to circle completely the letter you choose:

N (L) M B

If you wish to change a response, mark an X through it and circle your new choice, like this:

N (X) M (B)

Before starting, be sure to complete the information above.

## SCORING KEY

	N = No Problem	L = Little Problem	M = Medium Problem	B = Big Problem	N	L	M	B
1. I have trouble getting started on projects, assignments, or other tasks.					N	L	M	B
2. I get restless and fidgety when I have to sit still or wait in line.					N	L	M	B
3. I need to be reminded to keep working or to pay attention.					N	L	M	B
4. Unless I'm doing something I enjoy, I feel sleepy or tired during the day, even after a full night of sleep.					N	L	M	B
5. I have a hard time following instructions, especially when I have more than one thing to do at the same time.					N	L	M	B
6. I feel excessively stressed or anxious in situations that should be manageable for me.					N	L	M	B
7. I have trouble switching from one activity to another.					N	L	M	B
8. I am easily distracted by background noises or other things going on around me.					N	L	M	B
9. It's difficult for me to take notes and keep listening to what else is being said.					N	L	M	B
10. I need extra time to finish my assignments or projects.					N	L	M	B
11. If I think of something to say during a conversation, I interrupt others to say it before I forget it.					N	L	M	B
12. I worry too much about things that could go wrong and what others might be thinking about me.					N	L	M	B
13. I remember some of the details in assigned reading but have trouble understanding the main points.					N	L	M	B
14. I don't notice when I may be boring, confusing, or irritating others.					N	L	M	B
15. I tend to forget to bring—or often misplace—things I need, such as phone, keys, wallet, or purse.					N	L	M	B
16. If I can't understand something right away, I stop trying.					N	L	M	B
17. I find it hard to focus on one thing for a long time unless it's something I'm really interested in.					N	L	M	B
18. It's difficult for me to wake up, get myself out of bed, and get started in the morning.					N	L	M	B
19. I get frustrated and irritable over little things.					N	L	M	B
20. I get restless and fidget with my fingers, hair, clothing, or jewelry too much.					N	L	M	B

continued on back...



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21.	My work is inconsistent; sometimes it's good, sometimes it's not.	N	L	M	B
22.	When writing or talking, it's easy for me to wander off on some detail and forget the main thing I am trying to say.	N	L	M	B
23.	I get overly sensitive or defensive when someone teases or criticizes me.	N	L	M	B
24.	When working on projects or doing assignments, I tend to do them too quickly and make careless mistakes.	N	L	M	B
25.	I have trouble organizing my work and doing the most important things first without wasting time.	N	L	M	B
26.	I tend to forget a lot of what I have just heard in conversations.	N	L	M	B
27.	I spend too much time on little details trying to make my work perfect.	N	L	M	B
28.	I tend to be disorganized and forget due dates for projects, assignments, or bills.	N	L	M	B
29.	I have trouble getting to sleep at night because I can't stop thinking about different things.	N	L	M	B
30.	When writing, I put in—or leave out—letters or words without meaning to.	N	L	M	B
31.	I do or say things without thinking and often regret my actions later.	N	L	M	B
32.	I need to hear or read instructions several times before I understand them.	N	L	M	B
33.	It's hard for me to wait to say, get, or do something.	N	L	M	B
34.	It takes me a long time to answer questions.	N	L	M	B
35.	I need to be reminded to get started or to keep working on tasks that need to be done.	N	L	M	B
36.	I talk a lot and do not seem to know when to stop.	N	L	M	B
37.	I overreact when I'm angry, even to small things.	N	L	M	B
38.	I have trouble memorizing things like names and dates.	N	L	M	B
39.	It's hard for me to focus on a task unless it's interesting or I'm working with someone else.	N	L	M	B
40.	My work is rushed, incomplete, or late because I don't plan enough time to do things well.	N	L	M	B
41.	I have a hard time understanding and remembering directions or instructions.	N	L	M	B
42.	I lose focus easily when I have to listen to or read something that isn't very interesting.	N	L	M	B
43.	I get so nervous in school or at work that I have trouble remembering things I thought I knew.	N	L	M	B
44.	I wait until the last minute to do things.	N	L	M	B
45.	I get stuck doing one thing and have a hard time switching to something else that is more important.	N	L	M	B
46.	I have trouble finishing routine tasks that don't interest me.	N	L	M	B
47.	Because I speak too quickly or keep changing topics while talking, others have trouble understanding me.	N	L	M	B
48.	I feel sad or depressed and think that things may never get better.	N	L	M	B
49.	It is hard for me to stop doing things I like to do, like watching TV or playing games, even when I know I should.	N	L	M	B
50.	I try to pay attention in conversations, but my mind wanders and I miss out on important information.	N	L	M	B
51.	I have a hard time controlling my temper.	N	L	M	B
52.	When I'm writing, I may have good ideas, but it takes me a very long time to put them into sentences and paragraphs.	N	L	M	B
53.	I have excessive difficulty starting tasks I should do, like running errands and paying bills, unless the task is interesting.	N	L	M	B
54.	I am quick to jump to conclusions and interrupt others when they are in the middle of doing or saying something.	N	L	M	B
55.	Soon after starting a project or assignment, I get bored and don't want to finish it.	N	L	M	B
56.	When I'm reading something that isn't very interesting, I have to read it more than once to remember it.	N	L	M	B
57.	I plan to do things but forget about them (like running errands or paying bills).	N	L	M	B

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N	L	M	B

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