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 (specify): _____

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 medication 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 shaded rows that say "Office Use Only."

Section 1 Items	Never or rarely	Some-times	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 consequence	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 advance 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** _____				

(cont.)

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

(cont.)

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 payoff 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 on 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
EF57. Quick to get angry or become upset	1	2	3	4
EF58. Overreact emotionally	1	2	3	4

(cont.)

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 very 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 event 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, and 68]**				